



Canberra Region Kidney Support Group

Kidney News

The views expressed in this newsletter are not necessarily those of the CRKSG

Governor-General launches Kidney Health Week in Sydney

The Governor-General of Australia and Kidney Health Australia's Patron in Chief, Ms. Quentin Bryce AC, launched Kidney Health Week 2010 at Admiralty House in Sydney on 24 May 2010.

Ms. Bryce presented the Kincaid-Smith Medal to Professor Judith A Whitworth AC for her outstanding contributions to the knowledge of kidney disease and high blood pressure in Australia.

Patrons of Kidney Health Australia including Sir Jack and Lady Margaret Brabham with their grandson, racing car driver 17 year old Mathew Brabham, who has become a Young Ambassador for Kidney Health Australia, Tim Mathieson, Ambassador, and Bob Pritchard, Global Ambassador, were presented to the Governor-General.

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Sir Jack and Lady Margaret Brabham with the Governor-General, Ms. Quentin Bryce AC.



Professor Judith A Whitworth AC and the Governor-General, Ms. Quentin Bryce AC.

Prime Minister Launches 'Donatelife - Discuss It Today. OK?'

On Saturday 22 May 2010, the Prime Minister, the Hon Kevin Rudd MP launched the first national campaign to take place as part of the national reform package to increase Australia's organ and tissue donation rates.

The 'Donatelife - discuss it today. OK?' campaign encourages Australian families to discuss and know each other's donation wishes.

The Prime Minister said, "Offering someone the possibility of life is in fact the supreme act of compassion."

Many Australians are not aware that in Australia the family's consent to organ and tissue



Prime Minister launching the Donatelife Campaign.

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50 Australians a day are Dying with Kidney Related Disease

Kidney Health Australia, 14 May 2010

Are you at risk of Kidney Disease? - is the theme of Kidney Health Week 2010 which is aimed at increasing the number of Australians to undertake regular kidney health checks with their GPs and to visit the new website www.checkmykidneys.com.au to be launched today.

Kidney Health Australia CEO and Managing Director Anne Wilson said Kidney Health Australia will launch a national awareness campaign on the importance of early detection of Chronic Kidney Disease (CKD) aimed at the 1.7 million Australians who have some level of kidney disease and do not even know it.

Ms Wilson said the campaign is being released to highlight Kidney Health Week which commences on Sunday 23 May 2010.

“The three pronged attack will include national television advertising, billboards and the use of social networking media on the internet including YouTube and Face Book to highlight the need for people to look after their kidneys by having them checked.”

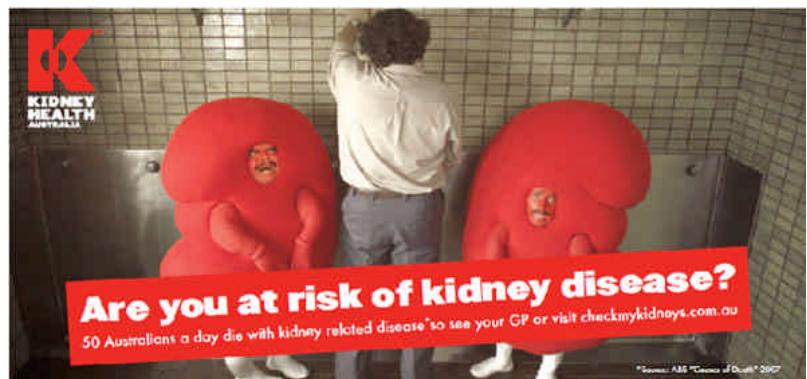
“This is the first time such a campaign has been implemented specifically targeting the detection of Chronic Kidney Disease.”

“People can lose up to 90% of the use of their kidneys without feeling sick and then quickly end up on dialysis.”

Dr Tim Mathew, Medical Director of Kidney Health Australia said, “Research shows 27% of people going onto dialysis have not seen a kidney specialist related to their disease until less than three months prior to their kidneys failing.”

“Chronic Kidney Disease is treatable if people become aware of its presence through simple local checks with their GPs,” Dr Mathew said.

Kidney Health Australia Help Line call Kidney Health Australia on 1800 4 543 639.



Organ Donor Registration

If you are viewing this newsletter on-line, click on the link below to register as an organ donor. Organ donor registration is completely voluntary. If you register you will receive a donor card similar to the one shown here.

<https://www2.medicareaustralia.gov.au/pext/registerAodr/Pages/DonorRegistration.jsp>



Apple & Walnut Salad

INGREDIENTS - Serves 4 (Low potassium & phosphate)

- ◆ 120g packet baby salad leaves
- ◆ 1 red skinned apple, sliced
- ◆ 300g can Edgell Butter Beans, drained
- ◆ ½ cup walnuts

Dressing

- ◆ 2 tablespoons oil
- ◆ 2 tablespoons wine vinegar
- ◆ 1 teaspoon honey



METHOD

1. Arrange lettuce, apple, drained Edgell Butter Beans and walnuts on a platter.
2. Place dressing ingredients into a screw top jar and shake well to combine. Pour over salad and serve immediately.

TIP: A Corella pear can be used as an alternative to apple in this recipe.

This recipe comes from Simplot Australia. Many more are included in a CD of recipes produced by JANSSEN-CILAG for the Central Northern Adelaide Health Service.

Calendar of Events

In an endeavour to encourage more renal community participation, meetings for 2010 will be held on Saturdays at 2:00pm at the Pearce Community Centre, Building 1, Collett Place, Pearce on the dates indicated. Each meeting should only take around 15 or 20 minutes unless there is something of significance to discuss, so come along and put in your two cents worth and perhaps have a tea or coffee along with a biscuit and discuss any concerns you might have.

You never know, you might have some good ideas about what the Group should be doing! Don't forget this Group was set up to support the renal community and we need to know what needs to be done to provide that support.

Meeting dates for 2010 are as follows:

- 16th January 2010,
- 17th April 2010,
- 14th August 2010, and
- 11th December 2010.

Please note, the meeting on 14th August will be the AGM. All welcome

Service Provision for Clients in need of Emergency Unscheduled Dialysis

The following letter is to be sent to all patients that utilise ACT dialysis facilities. It is included here for the information of readers.

I am writing to seek your co-operation to enable us to improve service provision for clients in need of emergency unscheduled dialysis. The proposed change will affect your dialysis schedule if you regularly dialyse in the acute dialysis unit or in the event of your requiring to be dialyzed in the acute unit for other medical reasons.

As a tertiary care unit the Renal Service at Canberra Hospital is called upon to treat patients who need emergency dialysis to support life threatening renal failure. The need for emergency dialysis is infrequent and unpredictable; the decision is made by the on-call renal physician.

When a decision for the need for emergency dialysis is made, in the first instance a vacant dialysis chair will be allocated for the procedure. In the event of this not being possible it will be necessary to reschedule the dialysis of a stable patient to another session (or to the satellite dialysis centre) to accommodate the client requiring emergency dialysis.

Whilst doing so the nurse manager of the unit will take into consideration your social circumstances and travel arrangements. Every attempt will be made to advise you of the change in your dialysis schedule as soon as possible. Where necessary, the decision will be taken in consultation with your treating renal physician and will in no way compromise your ongoing dialysis care.

Please feel free to contact the clinical nurse consultant (head nurse) at your dialysis unit for further clarification on the matter.

Thank you for your consideration and cooperation in the matter.

Yours sincerely

Dr Girish Talaulikar
Clinical Director – Renal Service
The Canberra Hospital

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donation proceeding is always sought. The most important thing that helps a family's decision is their knowing the wishes of their loved one.

“There is still a view that when you have inscribed on your driver’s licence that you wish to be an organ donor, that is the end of the story...your wish will not be carried out unless your family and loved ones approve that choice - that’s the bottom line,” the Prime Minister said.

“It was David’s strength in actually initiating it and pursuing that discussion many times in the family.....if we hadn’t had those discussions I couldn’t say honestly that I would have said yes”, said Robyn Hooke founder of the David Hooke Foundation.

“I’m so proud of the fact that we, as a family, knew what to do and we did it for him”, Robyn said. “It was the last thing that we could do for him and that, in itself, just gave us so much pride to be able to do that for him.”

The DonateLife campaign will run nationally until 30 June 2010 and includes television, radio, outdoor, online, cinema and print advertising as well as outdoor activities for the public to get involved and start the discussion.

EUROBODALLA Renal Support Group & Organ Donor Awareness

by Brad Rossiter

Lorae and I were invited to Admiralty House to attend the launch of Kidney Health week by The Governor General, Her Excellency Ms Quentin Bryce, AC on Monday 24th May 2010.

On Sunday 23rd May, Lorae and I departed Moruya Airport via REX Airlines. We flew to Sydney last year for the 1st time and this year was our 2nd.

Both of us very appreciative of the mode of transport and accommodation provided by Kidney Health Australia.

Accommodation was again at the Mercure Hotel, once again we were treated like royalty.

On the day, arriving at the front entrance to Admiralty House in the leafy surrounds of Kirribilli, we were ushered into the grounds.

The presentations following the official launch of Kidney Health Week were very interesting and a proud moment for both Lorae & me.

During morning tea we were introduced to The Governor General. Anne Wilson CEO KHA, informed the Governor General of our involvement with Kidney Health Australia, my type 1 Diabetes, Kidney Disease, Amputations , and the establishing of the Eurobodalla Renal Support Group & Organ Donor Awareness.

The Governor General was most impressed with Lorae and my positive attitudes. Especially mentioning how she valued strong support from family and loved ones.

The Governor General also commented on my mobility with 2 prosthetic legs.

Lorae and I spoke with a number of people, including Dr Andrew Pesce President of the AMA & Sir Jack & Lady Brabham.

An absolutely grand location providing panoramic views over Sydney harbour to the Opera House and Fort Dennison.

We strolled through Admiralty House, back along to the entrance, through the front gates — back to reality.

We then returned to Sydney Airport for our flight to Moruya. The flight between Sydney and Moruya takes approximately 1 hour. The return flight was about 10 minutes shorter — possibly because it's down hill!

Less time for Lorae to dig the finger nails in.....

Our thanks to Kidney Health Australia

It is The Eurobodalla Renal Support Group & Organ Donor Awareness commitment to continually RAISE COMMUNITY AWARENESS to all Australians of Kidney Disease, & Organ Donation & Transplantation, year round.



Brad Rossiter talking with Dr Andrew Pesce, President of the AMA at Admiralty House in Sydney.

If Undelivered Please Return To:

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PO Box 5051
Garran ACT 2605

Phone: 02 6290 1984
E-mail: crksg@shout.org.au
Web: <http://www.crksg.org.au>

We're on the Web —
www.crksg.org.au



MEMBERSHIP APPLICATION/RENEWAL

Canberra Region Kidney Support Group Inc
PO Box 5051 GARRAN ACT 2605.
ABN: 77 396 063 641

Last Name: **First Name:**

Address:.....

Email:

Phone No:

I would like to make a voluntary donation to CRKSG for the amount of: \$..... Membership is free. All donations \$2 or more are tax deductible. Cheque/Money Order payable to CRKSG Inc. Please accept this application for membership of the Canberra Region Kidney Support Group Inc.

Signature: **Date:**.....

Post Form to:

The Treasurer
Canberra Region Kidney Support Group Inc
PO Box 5051
GARRAN ACT 2605.

NOTE: This form may also be used to notify a change of address/contact details.