



Canberra Region Kidney Support Group

Kidney News

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

KIDNEY SECTOR HIGHLIGHTED IN AUSTRALIA DAY HONOURS

26 January 2012

Australia Day Honours have been bestowed upon three recipients for their services to Kidney Health Australia and the kidney sector.

Kidney Health Australia is proud to announce that its National Medical Director, Associate Professor Tim Mathew, has been honoured as a recipient of an AM General Division Order of Australia, as has National Consumer Council Chair Mr David Parker.

Former Director Mr Jack Le Cras was awarded the Medal OAM of the Order of Australia General Division for services to the community and to Kidney Health Australia and the former Australian Kidney Foundation in WA.

The Governor-General Ms Quentin Bryce made the announcement in the Australia Day honours list today.

Anne Wilson, CEO of Kidney Health Australia said it is a proud day for the kidney community to see awards bestowed to three very worthy recipients. Of Prof Mathew's award, Ms. Wilson said his career in medicine and renal care, which has spanned five decades, was an exceptional contribution to the improved health of Australia.

In this Issue:

Kidney Sector Highlighted in Australia Day Honours 1

DonateLife Week 2012 2

NRL's 'let your loved ones know' Project Launched 3

Fillet of Lamb with Garlic 4

Calendar of Events 5

Eurobodalla Renal Support Group 5

"This is a great honour for Prof Mathew and it recognizes his vital contribution to advancing wider public awareness about kidney disease and particularly his specific goal of reducing the burden of kidney failure on the Australian community," Ms Wilson said.

Prof Mathew is a strong advocate for raising awareness and educating people about a disease that affects approximately 1.7 million Australians over the age of 25.

After graduating from Melbourne University in 1961, Prof Mathew began his nephrological career at Royal Melbourne Hospital in 1963 and undertook training in nephrology in Washington DC.

After his appointment as Director of the Renal Unit at The Queen Elizabeth Hospital in Adelaide in 1977, Prof Mathew chaired the Adverse Drug Reactions Advi-

(Continued on page 2)

KIDNEY SECTOR HIGHLIGHTED IN AUSTRALIA DAY HONOURS

(Continued from page 1)

sory Committee of Australia between 1993 and 2001 and simultaneously served as a member of the Australian Drug Evaluation Committee.

Prof Mathew was appointed as Medical Director of Kidney Health Australia in 2002 where he has enthusiastically dedicated himself to reducing the burden of Chronic Kidney Disease in Australia.

Prof Mathew is currently chair of the Chronic Kidney Disease Monitoring Advisory Committee of the Australian Institute of Health and Welfare.

Among his major research interests are immunosuppression in transplantation, progressive kidney failure and the effects of drugs on the kidney.

According to Ms Wilson, Prof Mathew's dedication to public awareness about kidney disease has generated a greater consciousness amongst many Australians of the importance of early detection of chronic kidney disease.

"Prof Mathew is not only an exceptional kidney specialist, he is also a single-minded visionary in the health field and his thoughtfulness and professionalism are deeply appreciated," Ms Wilson said.

For the past two years Kidney Health Australia's National Consumer Council has been chaired by economist, transplant recipient and former Executive Director Department of Treasury Mr. David Parker. His work and contribution to the kidney cause and to public administration and economic policy has also been honoured.

Ms Wilson said Kidney Health Australia is tremendously proud about the well-deserved honours, bestowed on Prof. Mathew, Mr. David Parker and former Director Mr. Jack Le Cras. These honours reflect in part the wider work and objectives of our organization and all who devote themselves tirelessly to working in the kidney area.

DonateLife Week 2012

Sunday 19 - Sunday 26 February
Ask and know your loved ones' donation wishes



What is happening in the ACT to promote organ donation during DonateLife Week 2012?

Antiques & Collectables Valuation Day, at Antiques Centre, 37 Townsville Street, Fyshwick, 18 February 10:00 - 14:00.

Information Stall, at Direct Factory Outlet Shopping Centre (DFO), Fyshwick, 19 February 11:30 - 14:00.

DonateLife Information Stall, Garema Place, Canberra City, 21 February 11:00 - 14:00.

DonateLife Walk, Gift of Life, Regatta Point, Commonwealth Park, 22 February 2012 07:00.

ACT Chief Minister's Awards (by invitation only), Legislative Assembly of the ACT, 24 February 11:30.

Further information on the above and other events may be found on the [DonateLife website](#).

NRL's 'let your loved ones know' Project Launched

The NRL have produced a video promoting organ and tissue donation. NRL All Stars captain Benji Marshall and NSW Blues skipper Paul Gallen are among seven Rugby League heroes to headline a national awareness campaign launched today to help promote organ and tissue donation in Australia.

Rugby League's "let your loved ones know" project was launched by Trish Crews, NRL's Director of Community, Culture and Diversity, (pictured right during the launch) at the DonateLife week launch in Canberra on Wednesday 15th February. The project has been developed by the NRL in partnership with the Australian Organ and Tissue Donation and Transplantation Authority to support and promote the 2012 DonateLife Week. DonateLife week runs from 19 to 26 February.

Further information may be found on the web at —

<http://www.nrl.com/leagues-let-your-loved-ones-know-project-launched/tabid/10874/newsid/65872/default.aspx>



World Kidney Day — 2012



World Kidney day is a joint initiative of the International Society of Nephrology (ISN) and the International Federation of Kidney Foundations (IFKF).

Mission Statement: The mission of World Kidney Day is to raise awareness of the importance of our kidneys to our overall health and to reduce the frequency and impact of kidney disease and its associated health problems worldwide.

Further information about World Kidney Day may be found on the [World Kidney Day](#) website.

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>

Alternatively register by calling: 1800 777 203.



Fillet of Lamb with Garlic

INGREDIENTS - Serves 4

- 2 fillets of lamb (about 400 g)
- 4 cloves of fresh garlic, finely chopped
- 2 tbsp of olive oil
- 2 shallots, finely chopped
- 2 tsp of dried thyme
- 2 tsp of dried parsley
- 2 tsp of dried rosemary
- 6 tsp of dried oregano
- zest of whole lemon
- 1 glass white wine



METHOD

1. Mix garlic, lamb fillets, shallots, olive oil, herbs and lemon zest.
2. Marinade in fridge for at least 2 hours.
3. Preheat the oven to 200° c.
4. Heat frying pan until hot
5. Cook fillets in pan until browned.
6. Transfer meat and marinade into ovenproof dish.
7. Cook in oven for 35 mins.
8. Remove lamb from oven, transfer to warm dish and rest for 10 mins.
9. Deglaze oven pan with white wine and bring to boil.
10. Strain if required and pour over lamb.

NUTRITION	
Nutrient	Per serve
Energy (kJ)	1410
Protein (g)	32
Fat - Total (g)	8
Carbohydrate - Total (g)	20
Sodium (mg)	138
Potassium (mg)	972
Phosphorus (mg)	375

Thanks to Kidney Health Australia for supplying this recipe.

Recipes from a CD entitled, Healthy Eating with the Renal Recipe Bank.
Produced by Janssen-Cilag for the Government of South Australia.

Disclaimer: Always consider your individual circumstances when using this resource. The information contained herein is of general nature and is not

Calendar of Events

Quarterly Meetings

Meetings for the Group are held at the Pearce Community Centre, Building 1, Collett Place, Pearce on the dates indicated below. Meetings are held on Saturdays at 2:00pm on each occasion.

Meeting dates for 2012 are as follows:

10th March,

9th June,

8th September (AGM), and

8th December

All welcome

Eurobodalla Renal Support Group



Eurobodalla Renal Support Group & Organ Donor Awareness founder Brad Rossiter welcoming Mr David Gough to Batemans Bay on his annual Organ Donor Awareness Ride.

David's ride progress can be followed on his website, www.odar.com.au.

"It was great to see David again this year at Batemans Bay on his way south.



We had the Donate Life Book of Life available for all those who came along to meet and speak with David.

Thank you to Councillor Graham and Michele Scobie for coming along to welcome David to the Eurobodalla Shire". Brad said.

The Donate Life Book of Life will be on show with The Eurobodalla Renal Support Group and Organ Donor Awareness during February 2012 for all to have a look at.

Both Brad & David's stories are featured in The Book of Life.

"The Eurobodalla Renal Support Group and Organ Donor Awareness would like to thank all the media organisations who helped promote David's Organ Donor Awareness Ride 2012". Brad said.

Congratulations to Brad for his award of Eurobodalla Citizen of the Year.

If Undelivered Please Return To:

CRKSG
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.