



Canberra Region Kidney Support Group

# Kidney News

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

## KEY KIDNEY POLICY ANNOUNCED BY GOVERNMENT

**The Australian Government has announced a new two year pilot of a national Live Organ Donor Leave scheme – a key plank of Kidney Health Australia’s most recent policy submissions to Government.**

Kidney Health Australia’s CEO, Ms Anne Wilson said: “Today’s announcement is a big win for those with kidney disease and represents something we have been advocating for inclusion in the Federal budget.”

The pilot scheme will provide up to six weeks paid leave at minimum wage to employers, who will pass it on to those employees who become live organ donors.

“As the peak national body representing those with kidney disease and their families, we’ve been working hard to support those who give people the gift of life through organ donation.

“Currently, many of those who choose to become live organ donors need to take leave – often unpaid – which further adds strain to an already stressful situation.

“Providing the ability to take the time off work, while still having some form of income for everyday expenses such as bills, the mortgage and groceries means there is one less thing to worry about.”

Live donors are required to take significant time off from work to undergo the initial ‘work up’ tests prior to the operation, as well as a number of weeks for recovery following the surgery.

The most recent figures available from the Australian & New Zealand Organ Donation Registry show there were 1,080 people waiting for a kidney transplant in Australia at the end of 2012.

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The latest available figures for live donation currently show that 237 people donated a kidney in 2012.

The incidence of kidney disease is expected to continue to rise as the population ages, resulting in the number of those on dialysis (nearly 11,000 at last count), growing further and placing pressure on transplant waiting lists.

“In light of these figures it’s clear we need to take a multi-faceted approach to organ donation, which includes better supporting future living organ donors” said Ms Wilson.

Providing paid leave will help those who make the life saving decision to provide a kidney to a loved one. Furthermore, the fact that it will be administered by the Australian Organ and Tissue Authority is great news, as they have the experience and resources to really help push forward the living organ donation agenda.”

# MARCH HIGHEST MONTH ON RECORD FOR DECEASED ORGAN DONATIONS

**Kidney Health Australia welcomes the announcement that March has resulted in the highest month for deceased organ donation rates in Australian recorded history, and that the first quarter of 2013 represented a 55 per cent improvement on last year's result. For the month of March, NSW doubled and Queensland tripled their monthly average (over the last three years) and all mainland states are tracking to significantly exceed the donor rates accomplished in 2012.**

Kidney Health Australia CEO, Ms Anne Wilson said these latest figures represented an encouraging improvement and are the result of the concerted efforts of the sector and the Australian Organ and Tissue Authority. The programs and changes instituted by the Authority in recent years are believed to be having a positive impact on the process of organ donation in hospitals throughout the country with more consistency being achieved in the events around donation translating into a higher success rate.

The increased rates also present a new hope for the 11,000 people currently on dialysis.

“Kidneys are the most required organ for transplantation, with 1,080 people currently on the waiting list for a kidney transplant in Australia.”

Last year, 606 kidneys were transplanted from deceased donors – representing the majority of the total 843 kidneys transplanted.

Yet consent remains an issue in influencing deceased organ donation outcomes, particularly when families are unsure of the deceased's wishes. A recent study showed that 86 per cent of Australians would consent to donate their loved one's organs if that was their known wish, but only 56 per cent would do so if the deceased wishes were unknown.

“With four years as the average wait for a kidney, it's clear we must bridge this gap by encouraging better communication and discussions within families.

“A kidney transplant means an end to the harsh reality involving more than 15 hours a week of dialysis, tethered to a machine. It can mean a restored life, improved health and a new freedom for those Australians affected by kidney disease,” she said.

The announcement today by Parliamentary Secretary for Health and Ageing Shayne Neumann comes a day after the Australian Government announced a new two year pilot of a national Live Organ Donor Leave Scheme, providing up to six weeks paid leave at minimum wage to live organ donors.

“The live donor leave scheme is something donors needed, we modeled and advocated tirelessly for, and now the government has adopted.

“Ultimately, it is about taking a multifaceted approach to improving rates – one that includes best practice training, public education and awareness campaigns, better systems and new, innovative initiatives. All these changes in combination will help improve overall donation rates.”

## 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.



## From the KHA Kidney Community Newsletter — April 2013

Are you Living with Kidney Cancer and Would Like to Help Others?

**Kidney Health Australia and the Cancer Council Victoria want to hear from you.**

Kidney Health Australia is assisting Cancer Council Victoria to recruit Cancer Connect Volunteers. Cancer Connect is a free and confidential phone support program that links those affected by cancer to someone who has already been through a similar cancer experience.

The Cancer Council is looking for people who have been affected by kidney cancer and would like to help by simply listening to others affected and sharing their story. Free ongoing training and support is provided.

Paul a cancer survivor and Cancer Connect volunteer said: "Being involved with Cancer Connect, and sharing my experience to help others through a difficult time, is very rewarding. I wish someone had been there for me like that."

*If you would like to join our program and are at least two years post-treatment, please call Janine Wawryk on (03) 9635 5477 or call the Cancer Council Helpline on 13 11 20.*

## A Mediterranean diet is good for your heart!

**A recent study has confirmed that the Mediterranean diet can protect against heart attacks, stroke, and death from cardiovascular causes.**

The study from the PREDIMED Investigators, published in the New England Journal of Medicine included 7,447 people aged between 55 and 80 years. All of the participants, who were at high risk for heart attack or stroke, were randomly assigned to one of three diets. Two diets were Mediterranean diets enriched with either extra-virgin olive oil or mixed nuts, while the comparison group was encouraged to follow a low-fat eating plan. over a four year period, cardiovascular disease risk was reduced by 30 per cent in the Mediterranean diet groups.

The traditional Mediterranean diet includes high amounts of olive oil, nuts, fruit, vegetables and cereals, moderate amounts of fish and poultry and low amounts of red and processed meats, dairy products and sweets. A moderate amount of red wine during dinner is also typical. The Mediterranean way of life also encourages regular exercise, and making meal



## 2013 Kidney Health Week

26th May — 1st June

To find out how you can become involved go to [www.kidney.org.au](http://www.kidney.org.au)

# Steamed Pears

## INGREDIENTS - Serves 4

- 4 pears (such as beurre bosc), peeled
- 4 tbs honey
- Pinch ground cinnamon
- Pinch ground nutmeg



## METHOD

1. Cut tops off pears (these will become lids) and core.
2. Stand pears upright in a bamboo steamer or steamer insert.
3. Fill each pear with 1 tablespoon honey and sprinkle with cinnamon and nutmeg.
4. Place top portion over a saucepan of simmering water. Steam pears for 15-20 minutes or until soft.

NUTRITION	
Nutrient	Per serve
Energy (kJ)	740
Protein (g)	1
Fat - Total (g)	1
Carbohydrate - Total (g)	44
Sodium (mg)	7
<b>Potassium (mg)</b>	<b>157</b>
<b>Phosphorus (mg)</b>	<b>17</b>

Thanks to the Australian Sports Commission 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 intended to replace the advice of an Accredited Dietician or Renal Physician. Please consult an Accredited Dietician for individual dietary advice.

## Calendar of Events

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 2013 are as follows:

8<sup>th</sup> June,  
24<sup>th</sup> August (AGM?), and  
23<sup>rd</sup> November.

**All welcome**

RAM Morning Teas

May 14<sup>th</sup> Tuesday,  
June 12<sup>th</sup> Wednesday,  
July 9<sup>th</sup> Tuesday,  
August 14<sup>th</sup> Wednesday,  
September 10<sup>th</sup> Tuesday,  
October 9<sup>th</sup> Wednesday,  
November 12<sup>th</sup> Tuesday, and  
December 11<sup>th</sup> Wednesday.

## Eurobodalla Renal Support Group



**Eurobodalla Renal Support Group  
&  
Organ Donor Awareness**

*Community Event*

**“FIND OUT FRIDAY”**

Where- Bridge Plaza Batemans Bay NSW 2536

When- Most Fridays.

Time- 9.30am to 5.00pm

As usual we have

Organ Donor Registration forms available.

Information from

Kidney Health Australia- [www.kidney.org.au](http://www.kidney.org.au)

Donate Life- [www.donatelife.gov.au](http://www.donatelife.gov.au)

Chat with dual organ transplant recipient Brad Rossiter- Kidney & Pancreas.

***Discuss your organ donation wishes today with your family & love ones-***

***It's your decision.***

Looking forward to seeing you there.

2012 Eurobodalla Shire Citizen of the Year- Brad Rossiter

If Undelivered Please Return To:

CRKSG  
PO Box 5051  
Garran ACT 2605

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

We're on the Web —  
[www.crksg.org.au](http://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.