

**THE NEXT  
3 MINUTES  
COULD SAVE  
YOUR LIFE**





**KIDNEY  
HEALTH  
AUSTRALIA**

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## **CHRONIC KIDNEY DISEASE (CKD)**

Kidneys are vital organs responsible for removing waste products and extra water from your body, they regulate important hormones in the body that control blood pressure, make red blood cells and promote strong bones.

Some forms of kidney disease cannot be reversed but the progress can be slowed or prevented by medication and lifestyle changes.

Sometimes kidney disease leads to kidney failure, which requires dialysis or a kidney transplant to keep you alive.

If you have lost over half of your kidney function and the loss persists for over three months, it is called Chronic Kidney Disease (CKD) which is a significant and growing public health problem, responsible for substantial burden of illness and premature mortality.

**10%**

10% of adults who visit their general practitioner have signs of chronic kidney disease (CKD).

**13%**

Diseases of the kidney and urinary tract cause or contribute to nearly 13% of all deaths.

**25%**

25% of those people who start dialysis are not seen by a kidney specialist until less than 90 days before having to commence actual treatment.



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**50%**

Nearly half of all people with diabetes have CKD.

**80%**

4 out of 5 adults seeing their GP in Australia have at least one risk factor for CKD.

**100%**

All cases of CKD should be assessed, managed and monitored.



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## **ONE IN EVERY 3 AUSTRALIANS IS AT INCREASED RISK OF DEVELOPING CHRONIC KIDNEY DISEASE (CKD)**

Adult Australians are at increased risk of CKD if they:

- Have high blood pressure
- Have diabetes
- Are over 50 years of age
- Are of Aboriginal and Torres Strait Islander descent
- Are obese
- Smoke cigarettes
- Have a family history of kidney failure.

People with risk factors for kidney disease and people over the age of 50 should visit their general practitioner for an annual kidney check.



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## **YOU CAN LOSE UP TO 90% OF YOUR KIDNEY FUNCTION AND NOT EVEN KNOW ABOUT IT**

Early detection of CKD is the most cost-effective way to tackle kidney disease. Targeting people at high risk of CKD will identify about 20% with undiagnosed CKD. About half of these will be at high risk of progression or early cardiovascular disease. Programs to improve early detection are being developed in the primary care, workplace and pharmacy setting.



90%

80%

70%

60%

50%

40%

30%

20%

10%

0%



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## **KIDNEY AND URINARY TRACT DISEASE CAUSES OR CONTRIBUTES TO ALMOST **13%** OF ALL DEATHS\***

Kidney failure is increasing and has become a significant cause of death.

In 2007, diseases of the kidney and urinary tract have jumped to 10th on the leading cause of death list with **3230** deaths.

In the last 10 years, this number has steadily risen by **123%**.

Most of this rise appears to be due to an increase in deaths from chronic kidney failure. This number has risen by a striking **133%** in the last 3 years.

\* Australian Bureau of Statistics,  
3303.0 - Causes of Death, Australia, 2007

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# KIDNEY AND URINARY TRACT DISEASE KILLS MORE AUSTRALIANS THAN ROAD ACCIDENTS OR BREAST CANCER\*

Nearly **2 million** Australians have some degree of CKD; the majority are unaware that they have it.

There were almost **1 million** hospitalisations for dialysis in 2007-2008. Dialysis is the most common reason for hospitalisation in Australia.

\* Australian Bureau of Statistics 3303.0 - Causes of Death - Chapter Two, Leading Causes of Death, Australia, 2007

**3,230**

Kidney Disease

**2,706**

Breast Cancer

**1,880**

Suicide

**1,727**

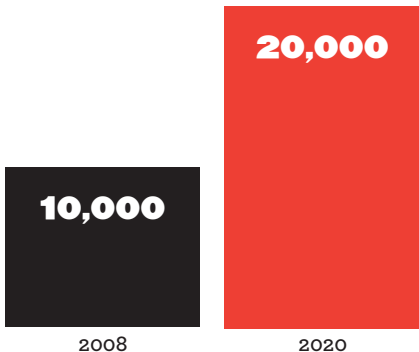
Skin Cancer

**1,237**

Road Accidents

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# BY 2020, THE NUMBER OF PEOPLE ON DIALYSIS IS PROJECTED TO **DOUBLE\***



\*The number of people on dialysis at the end of 2008 was 10,062 and hence it is reasonable to project at a 6-7% annual growth that the number will be close to 20,000 by 2020.

The direct expenditure on CKD increased **33%** between 2000/01 and 2004/05 whereas total health care expenditure increased by only 19%.

Expenditure on CKD per person in Australia increased by **27%** – this increase is more than double the increase in per person total health care expenditure<sup>1</sup>.

During this time, **85%** of CKD expenditure was on dialysis and transplantation.

7 new patients require dialysis or transplantation every day of the year.

The current average annual cost of dialysis is **\$65,000** per patient. In comparison, the initial cost of a kidney transplant is **\$62,375**, followed by an annual cost of **\$10,749**<sup>2</sup>.

1 Australian and New Zealand Dialysis & Transplant Registry.  
AIHW 'Health Care Expenditure on CKD in Australia 2004/05'

2 Cass,A., Chadban,S., Craig,J., Howard,H., McDonald,S., Salkeld,G., & White,S.  
'The Economic Impact of End-Stage Kidney Disease in Australia.'  
Kidney Health Australia, Melbourne, 2006

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## **LIVING WITH DIALYSIS 3 X 5 HOURS PER WEEK**

Dialysis or a kidney transplant is needed when the kidneys have stopped working. More often kidney function slowly stops working over a number of years until it fails permanently. This is when dialysis or a kidney transplant is needed and usually happens when there is less than 10% of function left.

Dialysis is a treatment for kidney failure that removes waste products and extra water from the blood by filtering the blood through a special membrane to remove waste products. There are two forms of dialysis – haemodialysis and peritoneal dialysis.

MONDAY

Haemodialysis

TUESDAY

*Get groceries*

WEDNESDAY

Haemodialysis

THURSDAY

*Pick up dry cleaning*

FRIDAY

Haemodialysis

9:00

9:30

10:00

10:30

11:00

11:30

12:00

12:30

1:00

1:30

2:00

2:30

3:00

3:30

4:00

4:30

5:00

*Go to the bank*

*Wash the car*

*Movie with Rodger*

*Go to gym*

*Go to gym*

*Walk the dog*

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## **OUR VISION**

To save lives and reduce the need for dialysis.

## **OUR MISSION**

To advance the public health agenda through awareness, detection, prevention and management of kidney disease in Australia and our region.

- Commitment to 'making a difference'
- Commitment to excellence
- Working co-operatively
- Proactive leadership

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# THE KEY PILLARS OF KIDNEY HEALTH AUSTRALIA

## Advocacy

*n.* 1. the pursuit of influencing outcomes – including public policy and resource allocation decisions within political, economic, and social systems and institutions – that directly affect people's current lives.

Kidney Health Australia has both national and state-based Consumer Committees that address issues affecting the lives of people with kidney failure. Council representatives consist of kidney patients and their families and other stakeholders.

## Research

*n.* 1. diligent and systematic enquiry or investigation into a subject in order to discover facts or principles.

The Kidney Health Australia Medical Research Funding Program provides up to a million dollars of funding annually to kidney related research projects. The essential research completed in these projects improves knowledge and understanding of kidney related disease and helps work toward better kidney health for all Australians.

## Detection

*n.* 1. the act or process of detecting; discovery.

Kidney Evaluation for You (KEY) is Kidney Health Australia's chronic kidney disease (CKD) early detection and prevention program for the community. KEY aims to find early asymptomatic CKD in high-risk individuals and refer them to a primary health care provider for appropriate long-term care. KEY was the first primary health care program for early detection of CKD to be established in Australia and the first in the world to use point-of-care machines to screen for kidney function. The use of point-of-care technology enabled participants to receive all their pathology results before the end of their visit. This unique aspect sets KEY apart from other screening programs.

## Education

*n.* 1. the act or process of educating; the imparting or acquisition of knowledge, skill, etc.

### Health Professional Education

Implementing awareness and education programs in conjunction with renal specialists, health professionals and educators to reduce the incidence of kidney disease in the community.

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## Patient Education

Providing a network of education, care and support for patients, their families and carers.

## Partnership

*n.* the state or condition of being a partner; participation; association, joint interest.

Engagement with corporate business and the creation of synergistic relationships to increase the reach of the Kidney Health Australia message and add value to our corporate partner.

# COMMUNITY

## Kidney Kids Programs – Camps and Activities

Camps and activities are held around the country for children who have kidney disease and are on dialysis or have received a transplant. They provide an opportunity to meet with peers, while receiving essential medical treatment in a safe and fun environment. The program also provides valued respite to families and carers.

## Consumer Participation and Advocacy Strategy

Consumer Advocacy Committees are established in each state that identify and address issues affecting individuals living with kidney and urinary disease, their families and carers.

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### **Patient/Carer/Health Professional Forums**

Forums are continually held around Australia to provide relevant education and support networks to people living with kidney disease, their families and carers, as well as health professionals.

### **Adult Holiday Program**

Kidney Health Australia provides a dialysis holiday program for families in some states.

### **Kidney Check Australia Taskforce (KCAT)**

KCAT is Kidney Health Australia's national primary care education program. It has been active in educating general practitioners, practice nurses, pharmacists and indigenous health care workers in early detection and best care pathways in CKD. It has shaped national policy in CKD and was responsible for the introduction of eGFR, the new staging of CKD and clinical action pathways around each stage.

### **Organ Donation Awareness**

Kidney Health Australia actively encourages Australians to become organ donors. Kidney Health Australia does not handle organ and tissue donation registration, nor their retrieval and transplantation – we refer all enquiries regarding the donation of organs and tissues to either the Australian Organ Donor Registry or the relevant state organ donation agencies. For more information about organ donation visit [www.donatelife.gov.au](http://www.donatelife.gov.au)

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## **Kidney Connect**

Our support program for people with kidney disease, kidney donors and recipients, their carers and family members. It consists of the following two programs:

### **1. Peer Support Program**

Supports people living with kidney disease, kidney donors and recipients, their carers and family members via TelEConnect. This national telephone and email peer support service connects people in need with trained peer support volunteers who have similar experiences.

### **2. Kidney Care Program**

Trained Kidney Care volunteers from the general community provide support and companionship to people undergoing haemodialysis treatment in renal units in some states in Australia.

## **Kidney Health Information Service (KHIS)**

A service offering information, support and referral, which ensures people requesting information about kidney and urinary tract related issues are directed to the most appropriate service to meet their needs. This service is suitable for the general Australian public, those living with or affected by kidney disease and health professionals. Free call line 1800 4 KIDNEY (543 639).

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### **F.A.I.T.H. (Family Accommodation Initiative Transplant Housing)**

The FAITH Project provides fully furnished accommodation for Western Australian families who need to travel to Perth for living kidney transplants. Since the launch of FAITH in Western Australia, Kidney Health Australia has provided numerous rural families with much needed lengthy stays, ranging from 1 to 5 months.

### **Research**

Kidney Health Australia is actively involved in continued research in the area of kidney health. The Kidney Health Australia Medical Research Funding Program provides around \$1 million dollars of funding annually to kidney related research projects.

In addition to research funding, Kidney Health Australia 'Research & Grants Scholarship Program' coordinates and manages an ongoing medical research program. To date, Kidney Health Australia has provided close to \$30 million for medical research programs in hospitals and universities.

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# CORPORATE ENGAGEMENT OPPORTUNITIES

## Commercial Services

### Solution K

As a way of diversifying our income stream, KHA has extended its existing call centre to include Solution K. Building on our current expertise and technology platform, Solution K provides professional, competitive and efficient outsourcing contact centre services. This enables charities and corporate organisations to access first rate services from an Australian-based supplier whilst benefiting the community.

### KHA Comms

Kidney Health Australia has launched KHA Comms, our own telecommunications shop, so now you can get your mobile, home phone and ADSL and support Kidney Health Australia. This is a terrific way to support a charity and save money at the same time. Customers of KHA Comms are able to designate a percentage of their telephone service account as a tax-deductible donation to Kidney Health Australia. Call us now on 1800 454 3639 to find out more.

## Kidney Health Australia Lotteries

Kidney Health Australia conducts lotteries in all states in Australia to raise much-needed funds to ensure we can continue our valuable work. Money raised from our lotteries helps us fund the many programs and services we offer, as well as vital medical research.

Tickets can be purchased via our website or by calling 1800 4 543 639.

## Events

### BIG RED BBQ

Bring family, friends and colleagues together and hold a fundraising BBQ for your chance to win great prizes. Go to [www.bigredbbq.com.au](http://www.bigredbbq.com.au)

### Kidney Kar Rally

Travel around Australia with 160 of your closest friends and experience some of the best rally roads Australia has to offer, while raising much-needed funds for our kidney kids.

### Golf Day

The ever-popular Kidney Health Australia golf day is held at the start of each year, at the exclusive Kingston Health Golf Club. The day provides an excellent opportunity for golfers of all capabilities to play the highly coveted course, and in doing so they help raise funds for Kidney Health Australia.

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## Corporate Boardroom Lunches

An opportunity to listen to presentations from key industry opinion leaders and a great way to network with other high profile individuals.

## Community Fundraising

### Run/Walk/Cycle

Get fit and help Kidney Health Australia raise funds by participating in a sporting event such as a fun run. Compete as an individual or as a corporate team.

### Community Driven Fundraising Activities

Support Kidney Health Australia by creating your own fundraising activities.

### Payroll Giving

Make a small tax-deductible donation from your pay each month and help raise funds to fight kidney disease.

### Matched Giving Programs

Encourage your employees to be community minded by matching any funds they raise for their community event.

### Recycling Programs

Donate your old phones, clothing and cars.

### Bequests

Leave a gift for the future by remembering Kidney Health Australia in your will.

For all Kidney Health enquiries visit  
[www.kidney.org.au](http://www.kidney.org.au) or please call

**1800 4 KIDNEY**  
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