

KIDNEY COMMUNITY *Issue 6*

From The National Kids Programs Coordinator...



July is a busy month on the kidney kid's front, with both our NSW and WA Kidney Kids Capers Programs being hosted in Sydney and Perth respectively. The Kids Capers Programs provide a unique opportunity for families who are affected by kidney disease to connect in a fun and informal environment. This year, we are very lucky to have several of the Kidney Kar Rally participants come along to Capers to see just how the money they raise is put to good use. It is also a great chance to thank the participants for all the hard work that they put into fundraising. This year, the 23rd annual Kidney Kar Rally is running from August 12-20th from Wagga Wagga to Cowra via Port Macquarie. Entrants come from all parts of the country and ALL types of vehicles can participate. For more information about the rally, contact Josh at 03 9674 4310. And to learn more about our kids programs, give me a ring on 02 9299 4599.

Stephen Anderson

Speaker Training Many volunteers have participated in our speaker training to learn about our organisation and key health messages. Training takes one hour via teleconference. The next training courses are Aug 15 and Sept 12 at 7 pm EST. Contact Annette on Annette.smith@kidney.org.au or 03 9674 4305.

The RSA: A Runaway Success!



The 2011 Renal Society of Australasia conference was held in Adelaide from 8-11 June. The keynote speakers, guest speakers and concurrent sessions all fitted with the theme of the conference: *Exploring New Territory - Transforming Renal Health*. The conference provided a breadth of information covering acute kidney injury through to palliative care options for people with end stage kidney disease. The international guest speaker, Shad Ireland, gave an inspirational presentation on one man's journey with kidney disease to triumph and compete at the elite Ironman level. Kidney Health Australia was well represented at the conference with a poster presentation by Community Education and Health Promotion Manager Jo Fairbairn on *Targeted Kidney Health Screening in a Rural NSW Setting* and an oral presentation by The Canberra Hospital's Ms Barbara Harvie on *Chronic Kidney Disease (CKD) in Primary Care: Innovation, Collaboration and Education* which outlined the KCAT Practice Nurse Education Program. The conference was also attended by Kidney Health Australia's CEO and Managing Director Anne Wilson and WA Project and Events Coordinator Colin Finch. Check out the great pic of Colin and Shad!

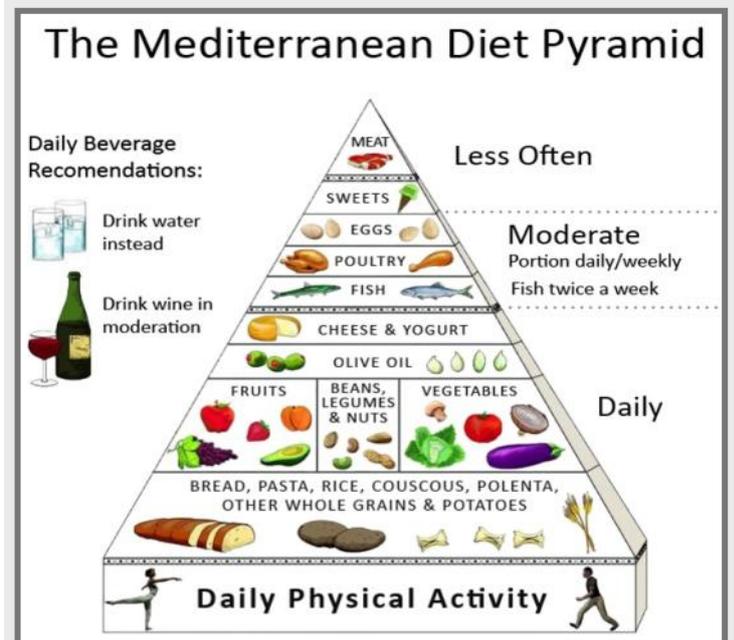
Medical Matters with Joanna Stoic... *Healthy Food for Healthy People!*



We are often asked about diet and how important it is in managing kidney disease and cardiovascular health. The draft KHA-CARI Guideline on nutrition for people with early CKD (note people who are on dialysis or who have received a kidney transplant have different requirements) encourages a balanced and adequate diet with a normal protein intake of 0.75-1 gram per kilogram of body weight per day (e.g. an 80Kg person can have 60-80 gram of protein each day). In addition the draft Guidelines emphasise that salt intake should be reduced to <6 grams a day. One frequently discussed diet is the "Mediterranean Diet" that ticks most of the boxes. The essential features of this diet are:

- Make olive oil your primary source of dietary fat
- Use an abundance of food from plant sources (fruits, vegetables, grains, nuts etc)
- Reduce the consumption of red meat
- Eat low to moderate amounts of fish (at least twice weekly) and poultry weekly
- Eat low to moderate amounts of cheese and yoghurt daily

The Mediterranean diet has been shown to be associated with better survival and fewer cardiovascular events as well as improved well-being. The pyramid chart represents the essential features of the Mediterranean diet. Remember individualised diet intervention from an accredited dietitian is always the best starting point particularly for those with CKD and special issues. The Mediterranean Diet is a recommended basis on which to plan your meals for all the family when cardiovascular health is an important consideration.



Are you between the ages of 18-25 years and have a diagnosis of kidney disease?
Contact Stephen at Stephen.anderson@kidney.org.au

Coming Together for the Kids

The NSW Kidney Kids Capers program was a great success! Held on the 3rd & 5th of July, Kidney Kids and their families enjoyed a Family BBQ at Sydney Olympic Park, and followed with a fun day out at Luna Park. 'Life Be In It' were on-hand to take care of games and activities. Kids played cricket, had sack races and were catapulted into the air on the fireman's mat. While all this fun was taking place mum and dad got a chance to develop support networks of their own. We also had a visit from some of the teams from the Kidney Kar Rally and the kids got a chance to muck around in the cars. At Luna Park The kids were joined by Tyler from the Amazing Race and our Kidney Kidnections author Simone Eyles, as well as a crew from Women's Day and Today Tonight which was a great media win for the program. A great time was had by all and KHA would like to thank all the families, sponsors and health professionals that made the day possible!



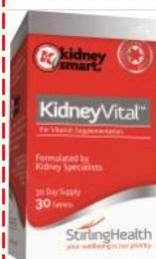
Luke's Story

Luke is a kidney transplant recipient, living in Rockhampton. He has just returned from the World Transplant Games in Sweden where he successfully represented Australia in a number of sporting events. This is Luke's story...



It was September 2006- my first dialysis treatment- the beginning of a thirteen month period I will never forget. I wasn't in a relationship - six months into treatment I met someone and it started off well. Doing dialysis gave her a chance to do her own thing as well as spend time with me when not working or dialysing... As it took approximately five hours each treatment before or after work, I was leaving work early or arriving late for work a few days each week. Although I had an experienced team of co-managers it didn't mean that it wasn't affecting them. Coming to work at lunch time tired from dialysing in the morning, I knew it was affecting everyone. Without their support it would have been impossible to do my job to its capacity... 4th October 2007 was the last time I dialysed before my transplant. Post-transplant I had to live across the road from the hospital. I started with daily visits to the hospital, until I was well enough for two visits per week. Three months post-transplant and countless blood tests later my blood levels were consistent enough to return back to Rockhampton. The first twelve months post-transplant were still tough, not only on me but my family and friends... I spent a total of nine weeks in and out of hospital including stays in Brisbane's PAH away from family and support. Within eighteen months of my transplant, I was no longer with my partner and was in a different job and not sure where my future was heading. As I was always involved in sport I was very interested to learn more about the Transplant Games. The Games gave me direction and something to look forward to again. Three years after my transplant, I attended my first Australian Transplant Games. More recently I have just returned from attending the World Transplant Games in Sweden. I competed in the swimming and was luckily enough to pick up two silver medals in the 50m and 100m breaststroke and bronze in the 50m freestyle. The people that I have met at these games will be lifetime friends and we all have great stories to tell.

New Product Now Available!



Kidney Health Australia is proud to announce that *Kidney Vital*, the new kidney specific multivitamin supplement is now available through pharmacies nationally. *Kidney Vital* is the first multivitamin tailored to meet the nutritional needs of people with CKD, by providing the right vitamins and minerals in the right doses and avoiding nutrients that may be harmful. *Kidney Vital* was recently awarded *Winner- Innovative New Product* at the Pharmacy Expo 2011!

A Chance to Have Your Say... The Victorian Department of Health will be releasing a Renal Health Plan Discussion Paper in July. This paper provides an opportunity to reassess how the system functions and to set strategic directions and action areas to ensure it continues to respond to changing needs into the future. Following consultations on the discussion paper a Renal Health Plan will be developed. The Department of Health will be consulting widely with consumers, clinicians, professional groups, peak bodies and other stakeholders. If you would like a copy of the discussion paper or to provide written feedback visit: www.health.vic.gov.au/renalhealth after Tuesday 12 July or call the Department of Health on (03) 9096 1354. Feedback should be provided by 31 August 2011 with by email: renal@health.vic.gov.au or by post:

VIC Renal Health Plan Consultation
Clinical Service Development Unit
Department of Health, Level 19
50 Lonsdale Street, Melbourne Vic 3000

If you would like to participate in a consumer and carer forum during August with the Department of Health on the discussion paper please email renal@health.vic.gov.au, with email subject "Consumer forum" or call the Department of Health on (03) 9096 1354.

State	Upcoming Events	Date
WA	WA Kidney Kids Capers	July 11-13
National	NAIDOC week	July 3-10
National	National Diabetes Awareness Week	July 10-16
National	Wee Week	July 18-24
WA	Renal Support Group of SWWA Meeting: <i>Bunbury, contact Lulu 0417 182 811</i>	July 31 10:00am
National	Eurobodalla Renal Support & Organ Donor Awareness Meetings, <i>contact Brad 0458 534 470</i>	July 1, 8, 15, 18, 25, 29
QLD	Brisbane KHA support Group Meeting, <i>Norman Park Bowls Club, contact Matty 0404 177 748</i>	Aug 3 10:00am

Recipe of the Month: Indian Style Chicken Casserole

Ingredients (Serves 4):

3 skinless chicken breasts, cut into cubes
1 onion, diced
½ x 440 g canned tomatoes
1 tsp garlic
1 tsp cumin
1 tsp coriander
1 tsp ginger
1 tsp black pepper
1 tsp turmeric
2 tbsps vegetable oil
3 tbsps natural yoghurt
1 cup chicken stock (1 stock cube in 1 cup boiling water)
* Recipe Courtesy of Janssen-Cilag
Renal Recipe Bank CD—Low Phosphate & Low Potassium Recipes



Method: Heat oil in deep saucepan; sauté the onion. When onion is almost cooked, stir in garlic and spices. Add chicken and brown. Stir in stock and tomatoes. Simmer 1 hour or transfer to ovenproof dish and bake in moderate oven for 1 hour. Prior to serving add yoghurt. Serves 4.

Tip: Serve with boiled rice

Nutritional Info Per Serve

Energy	1335kJ
Protein	34grams
Fat	18grams
Carbohydrate	5grams
Sodium	327mg
Potassium	567mg
Phosphate	399mg