

KIDNEY COMMUNITY

Issue 1

From the CEO

I am so pleased to officially launch Kidney Health Australia's first issue of *Kidney Community*, a newsletter connecting people who have a special interest in kidney disease. Whether you have just been diagnosed with CKD, are caring for someone on dialysis, or are simply looking for ways to keep your kidneys healthy, this newsletter will provide you with articles, facts and updates about various aspects of kidney health.

Starting in March, Kidney Health Australia will offer this newsletter on a monthly basis so that you can stay up-to-date on national, state and local activities, including education, advocacy and support opportunities. It will also provide you with tips on how you can get involved with your kidney community to have your voice heard.

I hope that you enjoy this inaugural issue of the *Kidney Community* and I encourage you to send your stories and thoughts to community@kidney.org.au so we can learn more about what's happening in your community.

Enjoy!

Anne Wilson

CEO and Managing Director
Kidney Health Australia



Golf Day

Kidney Health Australia is holding its annual Golf Day on 1 March 2011, at the prestigious Kingston Heath Golf Club in Victoria. Cost is \$1650 per team of 4 and includes a BBQ lunch, 18 holes of golf, dinner and exciting entertainment at night. Contact Joshua Donchi on 03 9674 4310 for more information.

Fundraising for Kids

In November 2010, Mackay local Helena Mani demonstrated just what bringing an issue to your local communities' attention can achieve. Having lived with the hereditary kidney disease, distal renal tubular acidosis from birth, Helena and her husband Neil, held a charity auction in beautiful North Queensland.

Raising the inspiring amount of \$6,293 for the National Kidney Kids Camp, the fundraiser also raised awareness of kidney health issues. "I know how hard it must be for the sick children so that's what motivated me" said Helena who organised the event while juggling the family real estate business and being a mother to 2-and-a-half year old daughter Malina.



Items under the hammer on the day included a Hayman Island escape, a Gold Coast getaway and a Newcastle Knights Guernsey.

A Tasmanian Winner!

On the 22nd December 2010 at Devonport Mazda, Mazda Representative Mike Lucadou - Wells presented Wendy Campbell from Don with the keys to a Mazda car she won in the 2010 Kidney Health Australia Victoria/Tasmania Mazda Car Lottery.



Billy the Kidney, kidney consumer Ken Hinds and his family member Betty Hinds were also there to celebrate. The car lottery helped support Kidney Health Australia's National Kidney Kids Camp, Tasmanian Health Education Forums, and local kidney health promotion and prevention activities.

NSW Government News

The NSW Government has announced that from the 1st January 2011 NSW residents who travel a cumulative distance of 200 km or more per week to access renal dialysis will now be eligible for financial assistance through the Isolated Patients Travel and Accommodation Assistance Scheme.

The announcement was welcomed by the Kidney Health Australia NSW Consumer Committee - a passionate group of kidney consumers and health professionals who have advocated strongly for this policy change.

To learn more about the scheme visit www.health.nsw.gov.au/policies/ib/2010/IB2010_063.html or contact the NSW Health Department at 02 9391 9000.

Interested in joining your Kidney Health Australia State Consumer Committee? Contact 1800-4-KIDNEY (1800-454-363) or community@kidney.org.au

This month's topic: Holiday Dialysis

Q: Are you planning a holiday and seeking haemodialysis?

A: Try the Alice Springs renal unit (at the Community Health Centre, Flynn Drive NT). The unit normally has at least one spot in their afternoon shift for holiday patients if given enough notice. If you'd like to head to the unit to see the beautiful MacDonnell ranges or breathtaking Standley Chasm, call Chelsea on 08 8951 650 to see if the dates you'd like to travel are free.

Q: Do you fancy travelling somewhere a little cooler?

A: Try the Launceston Community Health Centre Renal Unit (22 McHugh Street, Kings Meadows, Launceston TAS). This new unit tries to keep a holiday slot available so call them on 03 6336 5132 to enquire about availability if you're thinking about a friendly Tasmanian holiday.

Want to share a holiday story with Kidney Community?

Email us at community@kidney.org.au

KHA Offers Congratulations!

Congratulations to two of Kidney Health Australia's NSW Consumer Committee members who were recently honoured for their outstanding contributions to the kidney community!

Geoff Youdale NSW has been awarded a **Member of the Order of Australia (AM)** in the 2011 Australia Day Honours for his service to civil engineering, particularly in the field of road technology, and to the community through leadership roles with Kidney Health Australia.

Geoff's determination to achieve equity of access and treatment for kidney patients is greatly valued and admired.



Brad Rossiter was awarded a **Citizen of the Year Achievement Award** and presented

with his Citizenship Medal by Mayor Fergus Thompson at the Eurobodalla Shire Australia Day Ceremony. This award recognises the dedication of Brad and his family in their unceasing promotion of organ donation and kidney health.



Visit our website at www.kidney.org.au

Profile - Health Professional with Heart

Name: Rosie Simmonds

Title: Nurse Practitioner

Place of work: Barwon Health, The Geelong Hospital, Victoria

Name of Dept: Home & Satellite Haemodialysis Support Unit

Qualifications: Master of Nursing, Registered Nurse

Years of experience:

25 years of renal nursing experience covering all aspects of caring for the person with chronic kidney disease. For the last 14 years I have worked in home haemodialysis and along with a fantastic team and wonderful patients established the first nocturnal home haemodialysis program in Australia in 2001.

The most rewarding aspect of your work:

Assisting and supporting people to gain the skill and confidence to manage their own care at home. To be part of that wonderful journey is amazing. To see people go from doubting that they would ever be able to dialyse at home to actually physically and psychologically benefitting from longer hour more frequent overnight dialysis is fantastic.

Your hope for the future for those with chronic kidney disease:

Ideally I'd like to say "a cure", or drug free kidney transplants for all. But perhaps more realistically I'd wish for more portable, more efficient and more convenient forms of dialysis and more awareness of the benefits of home dialysis and how easy it actually is!!



Medical Matters with Dr Tim Mathew



In recent years,

pomegranates have become a much-researched food, with scientists finding evidence that the fruit's high antioxidant activity may provide various health benefits. Results of the latest study, which were presented at the American Society of Nephrology's 43rd Annual Meeting in November 2010, reported that pomegranate juice consumption can lower oxidative stress, reduce inflammation, improve lipid profiles, and bring down blood pressure. Kidney dialysis patients are at especial risk for these complications.

Dr. Batya Kristal from Israel and colleagues set out to "identify the effect of pomegranate juice consumption on oxidative stress, inflammation and incidence of infections after one year of intervention in individuals on kidney dialysis." The authors studied 101 patients who consumed pomegranate juice or a placebo drink at the beginning of each dialysis session, three times weekly for one year.

After one year, the researchers reported that patients who drank pomegranate juice had reduced inflammation and less damage from oxidative stress. They also were less likely to be hospitalized because of infections, with a 40 percent reduction in those requiring a first hospitalization and a greater than 80 percent reduction in secondary hospitalizations.

Cardiovascular risk factors also improved in patients who drank the pomegranate juice, including lower blood pressure, improved lipid profiles, and fewer cardiovascular events. All of these findings led the authors to note that daily intake of pomegranate juice for 12 months "has a continuous, accumulative, beneficial effect for dialysis patients."



Tell us your thoughts on the newsletter at community@kidney.org.au or on 1800 454 363

State	Upcoming Events	Date
National	Donate Life Week	Feb 20 – 27
NSW	Eurobodalla Renal Support & Organ Donor Awareness & Education Display - Bridge Plaza, Batemans Bay	throughout Feb & Mar (9.30-5.30pm)
NSW	Eurobodalla Renal Support Group - East Coast Radio 2EC Outside Broadcast - Bridge Plaza, Batemans Bay	Feb 25 (10-2pm)
TAS	Tasmania Harley Bike Ride for Kidney Disease Launceston	Feb 26
WA	Staff Education Session with KHA—Sir Charles Gairdner Hospital	Feb 10 & 17
WA	WA Renal Education Service "Kidney Care 1: Making a Difference" – Royal Perth Hospital	Feb 26
National	World Kidney Day (check next edition for major events)	Mar 10
WA	WA Street Appeal for World Kidney Day	Mar 11
WA	WA Renal Education Service "Kidney Care 2: Treatment Choices" – Royal Perth Hospital	Mar 26
National	Salt Awareness Week	Mar 21–27