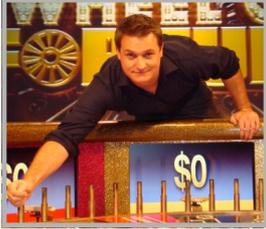


KIDNEY COMMUNITY *Issue 9*



From the WA Events Manager

Another month, another newsletter filled with inspiring stories and community events! We are always so impressed at KHA to witness the lengths that people will go to in order to raise awareness of kidney disease. You may recall a few months back, Katrina Sykes of WA swam to Rottnest Island to raise awareness. This month another extraordinary young woman has achieved an amazing feat – Rebecca Baker has walked from Mt Gambier to Darwin to support Kidney Health Australia! Incredible! Here in WA, we will be doing some walking of our own at the first WA Big Red Walk on October 16th which aims to get people talking about kidney health. Be sure to come along if you are in the neighbourhood and keep on the look-out for more exciting newsletter stories in the months to come... The year isn't over yet!

Colin Finch



3,500 Km Solo Walk for KHA!

Over the past few months, 21 year old Rebecca Baker walked from Mt Gambier to Darwin to raise funds and awareness for Kidney Health Australia. Rebecca completed her 4.5 month walk in Darwin in October where she was welcomed by the Deputy Lord Mayor and many well-wishers, including her mother Janine from Horsham and her fiancé Will Bloar who supported her on the road. Rebecca walked an average of 32 kilometres a day and wore out five pairs of runners! Kidney Health Australia congratulates Rebecca for her amazing achievement and thanks her for her generosity. You can still donate to Rebecca's effort at www.everydayhero.com.au/rebecca_baker

Medical Matters with Dr. Marie Ludlow... ANZSN Conference Report



You would have been hard pressed to find a kidney specialist from the 19th to 21st of September, as most were in Adelaide for the 47th annual scientific meeting of the Australian and New Zealand Society of Nephrology (ANZSN). For three days over 250 conference attendees were treated to a vast array of international and local speakers, who highlighted new advances, revisited old controversies, and provided a broad overview of the current status of kidney disease. Conference participants were treated to insightful presentations from the three international keynote speakers. Associate Professor Marcello Tonelli from Canada presented a plenary session on *Risk prediction in chronic kidney disease* and also contributed to the *Renal disease in Indigenous communities* seminar with an overview of kidney disease in the Canadian Aboriginal population. Professor Peter Mathieson from the United Kingdom presented work on management of proteinuric disease, and signalling within and between glomerular cells. Finally, Professor Catherine Shanahan also from the United Kingdom spoke about mechanisms of vascular calcification in renal disease and DNA damage signalling. The speakers competing for the *Kidney Health Australia Clinical Science Award* were all of exceptional quality and showed that Australia and New Zealand has a breadth of talented researchers. This award was won by Susan Blair from Monash Medical Centre. Other notable presentations were the memorably titled *Bex, flies and audiotapes (or why I missed my daughter's concert)* by Professor Alan Cass, and a thoughtful presentation by Professor Wendy Hoy which reiterated the health crisis of Indigenous Australians. Next year the conference crosses the Tasman to Auckland, New Zealand.

WA's first Big Red Walk kicks off on Sunday October 16th! Contact Colin Finch on 08 9381 9311 to register.



Home Dialysis - The way to go !!

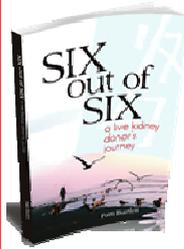
Hi, my name is Debbie Fortnum and I am very excited to join the Kidney Health Australia team as the home dialysis project manager. I am based in the Perth office because I am a sand groper (and an Eagles fan) but my position covers all of Australia. My background is as a nurse who has worked in dialysis for more years than I like to count. My job is to look at the reasons why people with kidney failure are not offered or do not choose home dialysis. The goal is to make home dialysis an option for everyone who would actually like to dialyse at home. Research shows that home dialysis is best for your health if you need dialysis and we all know it is great to be in control of your own treatment and dialysis times. We also know that not everyone gets the option. If anyone has any comments, positive stories or ideas to improve home dialysis please contact me on debbie.fortnum@kidney.org.au

Victorian & Tasmanian Kids Have a Blast!

On the 24th and 25th of September, thirty children attended the two day Victorian Kidney Kids Capers . The program kicked off with a great family BBQ on Saturday, with the kids leaving their parents behind on Sunday to enjoy a sunny day out at Luna Park. The kids all made new friends and the parents got a chance to meet other carers in a similar position to their own. Two families from Tasmania joined in the festivities and were able to connect with others who share similar health challenges. Natalie Hunter, from Channel 10's *Totally Wild*, even dropped by to check out the action! A big thank you to all the volunteers who helped and to the families who continue to make this program worthwhile.



Want to advertise your event or share your story? Please email community@kidney.org.au



A Live Kidney Donor's Journey

Patti Bartlett, a fitness instructor and recreational therapist, has recently published a compelling book *Six out of Six, a live kidney donor's journey*. It documents not only the story of her family's life in the 50s and 60s and the tragedies that strike it, but most importantly the journey she embarked on after deciding to donate her kidney to her brother Mark who was suffering from

kidney failure. While undergoing a series of medical tests Patti kept a journal with the aim of informing potential donors what is involved in being a live kidney donor. The book also contains useful information on how to seek government help, how to understand transplant compatibility and become a live donor. For more details or to purchase the book, please visit www.sixoutofsix.com.au or email pattibartlett12@gmail.com



My Story by Sandra Bell

My name is Sandra Bell and I'm 70 years old. I was diagnosed with kidney disease in 2004 and have been on dialysis for nearly six years. At first I was shocked and disappointed because my husband and I had planned that when we retired we would have another big caravan trip around

Australia, and perhaps a trip to Europe and Vietnam— the latter being one of my husband's dreams. Luckily we had taken two trips which covered most of Australia in 1997 and 2000 as part of our long service leave. Thank goodness we didn't wait until retirement. We are not deterred however because we have filled our lives since dialysis started with many trips- some in our caravan, and others to places such as Cairns, Noosa, Adelaide, Perth, Gold Coast and Darwin (where we had to fly due to time constraints between dialysis). It's great to get away and I'm very happy for other people to put in my needles and work the machine because it's a real rest and break from my machine at home. I have been on nocturnal dialysis for four years and it took sometime to adjust to. I sleep moderately well but feel so much better for the extra hours on the machine. I dialyse every second night so my calendar has big black marks around these dates. My grandchildren comment that I have lot of parties to go to. I started dialysis at a clinic three times a week and am very grateful for all their help and encouragement to embrace nocturnal home dialysis. Kidney failure has certainly changed my life, but to have the chance to visit much of our beautiful Australia with so many fabulous place to see, and to have many clinics who have places for visitors, is a bonus. One has to be very well organized, but I enjoy planning and dreaming where to go next.



KHA Launches New Online Lotteries Store

Kidney Health Australia's major fundraising arm, our lotteries, has now expanded to include online purchasing. Now anyone can go online and support us by purchasing lottery tickets and go into the draw to win amazing prizes such as cash, holidays and cars. What better way to support us than by having a chance to win prizes which could change your life? Visit <http://store.kidney.org.au> and purchase your tickets today.

Kidney Health Information Session.

The Goulburn Valley Kidney Support Group and the Goulburn Health Consumer Consultative Committee are holding an information session about kidney health. Guest speakers will include Dr Peter McClelland (Nephrologist) and Carolyn Hargreaves (Senior Nurse, Organ and Tissue Donation). The event will take place Wednesday 26th October at the Rural Health Academic Centre on Graham Street, Shepparton from 3pm–5pm (afternoon tea served). For more information contact Carmel Chaston on 03 5795 2541.



SELLING SHARES ? Do you have parcels of shares you wish to sell that will cost you more in brokerage fees than their value? You can donate them and benefit Kidney Health Australia. There may even be tax savings. The process is easy. Just contact www.ShareGiftAustralia.org.au or 1300 731 632 to receive a donation form. They will take care of the rest at no costs to you, thus maximising your donation. ShareGift arranges the sale and will send you a receipt for tax purposes. Don't forget to nominate Kidney Health Australia on the form. For more info contact Annette Smith on 03 9674 4305.

State	Upcoming Events	Date
National	Lupus Awareness Month	Oct
NSW	Eurobodalla Renal Support & Organ Donor Awareness. Bridge Plaza Batemans Bay <i>contact Brad 0458 534 470</i>	Oct 7th, 14th, 21st, 24th, 31st
SA	SA Kidney Kids Capers	Oct 8th-9th
WA	Tree Planting and Thanksgiving Ceremony, Lake Monger Reserve off Dodd St, Wembley, Perth	Oct 9th 3.00-4.00pm
WA	Big Red Walk—Variety Pavilion, Saw Ave, Kings Park, Perth. Contact Colin 08 9381 9311	Oct 16th
WA	Renal Education Service, Kidney Care 2 Treatment Choices, Royal Perth Hospital	Oct 22nd

Kidney Vital Hits the Shelves

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.



Recipe of the Month: Spicy Lamb Mint Kebabs

Ingredients (serves 4)

- 500g Lamb mince
- 1 small onion, finely chopped
- 50g fresh breadcrumbs
- 1tbsp ground cumin
- 2tbsp fresh coriander, chopped
- pepper
- 150g natural yoghurt
- 5cm piece cucumber, diced
- 2tbsp fresh mint, chopped



Nutritional Info Per Serve

Energy	1080kj
Protein	29g
Fat	10g
Carbohydrate	12g
Sodium	205mg
Potassium	543mg
Phosphate	338mg

Method:

Mix lamb, onion, breadcrumbs, cumin and coriander in a bowl. Using lightly floured hands, roll mixture into 24 small balls. Chill 30minutes. Thread balls onto 8 skewers. Cook under preheated moderate grill for 20 minutes, turning occasionally. Mix together yoghurt, cucumber and mint. Serve with kebabs.

Recipe from KHA's *Back on the Menu: Recipes for a reduced potassium diet*