

# KIDNEY COMMUNITY *Issue 4*

## From the National Support Coordinator...

This month you'll notice that we have issued an extended version of our *Kidney Community* newsletter to accommodate all the exciting events surrounding 2011's Kidney Health Week which will take place nationally from May 22nd-28th. This year's campaign turns Kidney Health Week into *Red Undies Week* and focuses on the tagline "it's time for some decent exposure" in order to really raise some awareness of this silent killer. I encourage you all to visit the dedicated website [www.redundiesweek.org.au](http://www.redundiesweek.org.au) to find out more about the campaign and also to learn more about the many ways that you can get involved in your community. Not to be outdone by all the Red Undies Week content, there are a number of other very interesting articles to have a read through this month— including a great piece related to stem cell research and some more personal accounts of consumer and carer experiences with kidney disease. As always, we encourage you to share your stories and ideas with us – it is always a pleasure to be kept in the loop...



Matty Hempstalk  
National Support Coordinator

## A Welcome Policy Directive from NSW Health



NSW Health has introduced a new policy directive related to in-hospital patients which aims to promote the early detection and management of CKD to prevent the progression to End Stage Kidney Failure. This new approach will involve three steps:

1. Identifying patients in hospital who are at high risk of developing CKD
2. Completing of a Kidney Health Check through the assessment of urinalysis, blood pressure and an estimated measure of glomerular filtration rate
3. Following up by making a referral to the patient's General Practitioner or Nurse Practitioner if any one of the tests results is abnormal.

The policy directive involves the education and training of hospital health care staff to identify the risk factors for CKD and the appropriate management and referral processes.

## Bowling for Support in Brisbane

On Sunday April 10th, consumers and carers with various experiences with kidney disease gathered at the Greenslopes Bowls Club for a day of activity and support. The day offered an opportunity for consumers to share stories, learn from one another and exercise their bowling skills. Monthly activities will continue through 2011. For more information, contact Matty at 0404 177 748.

## Medical Matters With Breonny Robson

### Stem Cells: the future for Kidney Disease?

**What are Stem Cells?** Stem cells are special cells in the body that function in ways that normal cells can't. There are two types – embryonic and adult stem cells. Most of the cells in our body have a specific function – they might be a brain cell, a lung cell or a kidney cell. Stem cells are special because they don't have any specific function and can develop from a 'general' cell into lots of different types of specific cells such as muscle cells, brain cells and blood cells. Stem Cells are also able to self regenerate, so that they can divide and produce more stem cells! Stem cells hold great potential for medical research as their special functions mean there is the potential to create new tissues or cells to replace the function of a failed organ.



**What is happening with Stem Cell Research for kidneys?** In response to a Kidney Blog query, Dr Sharon Ricardo from the [Australian Stem Cell Centre](http://www.australianstemcellcentre.org.au) advises "Currently the only proven treatments offered involving stem cells are for the treatment of some blood and auto immune diseases. These treatments involve either bone marrow or cord blood, such as a bone marrow transplant to treat leukaemia. Other stem cell based therapies are still in research phase or in clinical trials. Clinical trials are essential to ensure treatment is proven, safe and effective, before widespread use in patients. Many treatments offered by overseas organisations do not appear to have undergone any clinical trial process and therefore we cannot know if they are safe or if they even work." In other work, researchers in America are working on an 'artificial kidney' made from adult stem cells that could be used in conjunction with dialysis. The artificial kidney consists of stem cell structures grown on tiny porous disks about the size of a finger tip. The stem cells that are used are from donated adult kidneys. The device would work when fluid from the body flows over the disk. Proteins and hormones usually produced by healthy kidneys would be added to the fluid by the stem cells. The fluid would then flow back into the patient's body. The artificial kidney would be used in conjunction with dialysis to replace kidney function. This research is still about 10 years away from commercial use. Other research coming from Scotland centres around growing new kidneys from a combination of stem cells from a person's own amniotic fluid, collected at birth, and foetal cells from animals. Scientists have been able to grow a half centimetre long kidney which is about the size of the kidneys in a human foetus. It is hoped that the new 'mini-kidneys' would grow to adult size when transplanted into a human body. It is estimated that the technology would be ready to be tested on humans in about 10 years. In the years to come, we are likely to see many interesting and potentially life changing advances coming in the area of stem cell research for kidney disease. You can keep updated on new advances in this area by visiting the kidney news section of our website.

## Meet and Greet with Maurice!

Wunyah! My name is Maurice Serico and I joined the KHA QLD/National Consumer Committee this year to provide some Indigenous consumer input to KHA decision making. I'm an Aboriginal man from Brisbane. My background is Gubbi Gubbi (Sunshine Coast) and Jiman (Central Queensland) as well as British Isles background. The word "Wunyah" is a Gubbi Gubbi greeting word. Currently I do six nights a week of nocturnal dialysis at home (well, officially six nights but you know how it is...). Learning to self-dialyse and in particular moving on to nocturnal dialysis were the best things to happen to my kidney health. I regained a great deal of control of my life and definitely feel more in charge and responsible for what happens to me. I think that feeling of control is missing for a lot of Indigenous renal patients and I would like to be able to encourage more control and ownership of renal health among Indigenous people. I have a bachelor of arts and did two years medical studies before health issues stopped me progressing. I have worked in Aboriginal health in the Commonwealth (loong time ago) and more recently in a Brisbane based Aboriginal health service. My role at KHA is very new and still developing. I will be trying to establish networks and contacts as time goes by. I would really like to hear from you if you have an issue that you would like brought to the attention of KHA.



## KHA Launches You Tube Video with leading Ventriloquist

Kidney Health Australia has launched a new promotional campaign for its telco business *KHA Comms* featuring the talents of Australia's leading female Ventriloquist, **Lindi Jane** and her friend **Billy the Kidney!** *KHA Comms* is our wholly owned telco selling home, mobile and internet products with all profits going to support Kidney Health Australia. This innovative project offers cheap connections and the opportunity to claim tax back on your phone bill. Now KHA Children's Ambassador Lindi Jane has kicked in by recording a promotional video which is now available to view on You Tube. Lindi said "I was delighted to help the charity by recording this video, as every connection helps raise money for this fantastic cause!" Derek Finch from Kidney Health Australia added "Our plan rates are untouchable – with mobile rates this low and no contracts we can actually save people money while they help charity". "We know people on dialysis often suffer financially so we offer an extra discount to those and anyone with a kidney transplant. It's a great way to support a charity that doesn't cost you money!" The *KHA Comms* video can be seen on You Tube or the *KHA Comms* Facebook page. To enquire about great rates or sign up to *KHA Comms* ring 1800 454 363



## Words of Gratitude

I wish to express my gratitude for the care and attention given to my husband Alan Gregory. He is a dialysis patient at the Caloundra Public Hospital Renal Unit and when need be he dialyses at Nambour General Hospital Renal Unit. The care and attention given by the doctors and nurses is not just an overnight or weekly experience, but an ongoing relationship; sometime for many years. They are a dedicated lot and even as a wife of a patient, I benefit from the contact with them as well. Everyone shares a lot together over a long period of time (patients, staff, family & carers and also the drivers of the Kidney bus). With the adverse publicity the Nambour Hospital sometimes get, I want it to be known that we are very thankful for all that is done for Alan through Renal and Oncology and over a period of 36 years our family and friends have been well attended and cared for at Nambour General Hospital. Yours faithfully Naomi Gregory.



(PHOTO Alan Gregory and Dialysis Nurse Mia Cox)

Visit our website at [www.kidney.org.au](http://www.kidney.org.au)

## Featured Recipe : Tuna Dip (From KHA'S Back on the Menu book— Recipes for reduced potassium diet)



### Ingredients

250g Cream cheese, softened  
2 tbsp onion, finely chopped  
1 tbsp clove garlic, crushed  
1 tsp Worcestershire sauce  
Pepper  
1/2 cup sour cream  
100g can tuna (drained and flaked)

### Method

Mix cheese, onion, garlic, horseradish, Worcestershire sauce and pepper. Blend in sour cream. Add tuna and mix thoroughly.

### Serving Suggestion:

Serve dip in bowl and garnish with chopped fresh parsley. Serve with parmesan crackers. Serves 8.

### Nutritional Profile per serve

Energy	700kj
Protein	6g
Fat	15g
Carbohydrate	2g
Sodium	212mg
Potassium	110mg
Phosphate	85mg

To receive this Kidney Community newsletter regularly contact [community@kidney.org.au](mailto:community@kidney.org.au) or ring 1800 454 363

## Launching a Special KIDnection for Families

On Sunday April 17th, families of children affected by kidney disease gathered at New Farm Park in Brisbane to launch Kidney Health Australia's latest publication *Kidney Kidnections* which tells the stories of 18 families affected by kidney disease. Labor State Member for Brisbane Central Ms Grace Grace MP joined the festivities along with the book's Wagga Wagga based author Simone Eyles. The day was topped off by activities for the kids along with opportunities for parents to share their experiences. To view coverage of the launch, visit [www.kidney.org.au](http://www.kidney.org.au)



## Did you know?

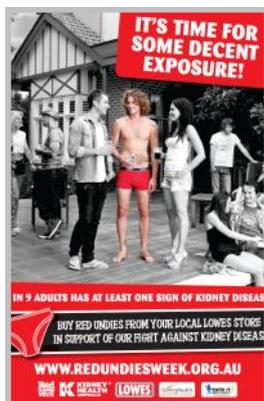
Kidney Health Australia produces a range of interesting books related to life with kidney disease. All publication titles and summaries can be viewed at [www.kidney.org.au](http://www.kidney.org.au)

To unsubscribe to this newsletter, please contact [community@kidney.org.au](mailto:community@kidney.org.au) or 1800 454 363

## Exposing the Silent Killer during Red Undies Week!

2011's Kidney Health Week is fast approaching, with activities set to kick off from May 22nd and continue through to May 28th. This year, Kidney Health Australia is proud to announce that Kidney Health Week will be known as Red Undies Week and will feature the tag line it's time for some decent exposure. The aim of this campaign is to raise much needed awareness of kidney disease, an illness which is often undercover and can go undetected or unnoticed. The fun, playful images associated with the messaging hope to instil in all generations that 1 in 9 adults has at least one sign of kidney disease. Kidney Health Australia has produced a postcard sized card and an A3 poster to convey these important messages. For more information, please contact 1800 454 3639.

**IT'S TIME FOR SOME DECENT EXPOSURE!**



### Going Undercover at KHA!

Did you know that each year, Kidney Health Australia provides over 200,000 postcards and 12,000 posters free-of charge to 2000 agencies across Australia to assist in promoting Kidney Health Week? Sorting, packing and posting this material takes an army of dedicated volunteers working around the clock to ensure that there is sufficient time for displays and activities to be planned. This year, 29 fabulous volunteers packed flyers and posters for Renal Units, Hospitals, Community Health Centres and other businesses. You will see from the photos this task

is huge! But it is all worth it when we hear of all the wonderful activities taking place in communities across the country. A massive thank you to our wonderful volunteers. If you are interested in becoming a volunteer, particularly to speak about kidney disease in the community or do fund-raising please contact [annette.smith@kidney.org.au](mailto:annette.smith@kidney.org.au) or 03 9674 4305. The next speaker training sessions will be held 6 June and 11 July.

### Sensational Sponsors!

Kidney Health Australia welcomes Lowes retailers as a major sponsor of 2011's Red Undies Week! Throughout May, Lowes will feature the campaign nationally and will donate proceeds from the sale of red undies to assist in the fight against kidney disease. Kidney Health Australia is also excited to be proudly supported by Stirling Health who in May will also launch Kidney Vital— a multivitamin specifically formulated for people with kidney disease.



### Swap It Don't Stop It!

This year, as part of the Kidney Health Week campaign, Kidney Health Australia is proud to jointly promote *Swap It Don't Stop It*, an Australian, State and Territory Government Initiative. Evidence shows that improving diet and being more physically active can help

prevent or delay the onset of chronic diseases, such as kidney disease. Swapping just means swapping certain things for healthier choices. For example, try swapping inside for outside, or a big meal for a small meal. It's a way of getting healthy without giving up the things you love! For more information visit [www.swapit.gov.au](http://www.swapit.gov.au)

### Put Your Walking Shoes On!

On Sunday 22<sup>nd</sup> of May join the fight against kidney disease by wearing red for the Big Red Walk & BBQ starting at the Brisbane Powerhouse at 10.00am. Then join us at the Rotunda at New Farm Park for the official Kidney Health Week launch. There will be a BBQ lunch, fun activities for the kids, a support group meeting and information stalls and activities from Kidney Health Australia, Transplant Australia-QLD and lot more. So

State	Upcoming Events	Date
National	World Hypertension Day	May 17
ACT	Kidney Health Week Launch with Minister for Health Ms Katy Gallagher - Legislative Assembly, Canberra 11:00-11:30am	May 20
QLD	Big Red BBQ and Community Event - Bribie Island, 2/2 Eucalypt Street, Bellara 12:30pm	May 21
TAS	Service of Thanksgiving & Remembrance - Door of Hope, Glen Dhu Street, Launceston 2:00pm	May 21
<b>National</b>	<b>Kidney Health Week</b>	<b>May 22— 28</b>
TAS	Kidney Health Week Display - Devonport Community Health Centre, Devonport Time TBC	May 21 – 28
QLD	Big Red Walk & BBQ – Powerhouse at New Farm Park, Brisbane – 10:00am	May 22
NSW	Eurobodalla Renal Support Group Lunch and Launch – Club Catalina Princess Highway Bateman's Bay 12:00pm	May 22
WA	Kidney Health Screening (open to the public)- Armadale Hospital Foyer, Armadale 9:00-5:00pm each day	May 23 - 27
NSW	Kidney Health Week display – RPA Hospital, Sydney	May 23 - 27
QLD	Sunshine Coast Information and Display- Nambour Hospital 9:00am – 5:00pm	May 23
TAS	Kidney Health Education Session and Display- Midlands Highway Campbelltown Time TBC	May 23
QLD	Kidney Health Screening (in red undies!) at Kingaroy Lowes Store 9:00am – 3:00pm	May 24
QLD	Risk Factor Screening and Blood Pressure Testing- Wesley Hospital, Auchenflower 9:00am – 5:00pm	May 25
WA	Kidney Health Education Session - Derbarl Yerrigan Health Service Time TBC	May 26
VIC	Community Health Education Event- <i>Are your kidneys at risk of failing?</i> East Wimmera Health Service Donald Campus Primary Care Centre, Donald 10:00am-4:00pm	May 26
VIC	GP Kidney Health Education Session, Address as above (Donald) 6:30pm-9:00pm	May 26
QLD	Service of Thanksgiving & Remembrance - The University of Queensland UQ Centre, St Lucia 2:00pm	May 28
VIC	Service of Thanksgiving & Remembrance - Melbourne City Conference Centre, Melbourne 2:00pm	May 28
NSW	Service of Thanksgiving & Remembrance – The Wesley Centre, 220 Pitt Street, Sydney 2:00pm	May 28