



Kidney Community

Issue 49 – Nov/Dec 2015

From the CEO and Managing Director



Welcome to the last edition of our Kidney Community newsletter for 2015.

It's been an incredible year for Kidney Health Australia and a record-breaking one also, from our biggest ever Kids Camp, to our most successful and far-reaching Kidney Health Week Campaign, and a record-breaking Kidney Kar Rally which saw three teams raise over \$70,000

each for our Kidney Kids Programs – wow!

It has also been a big year for our Emorgo Kidney Transplant House, which recently celebrated its first anniversary; and our world-first Big Red Kidney Bus Program, which recently won the Gold award for Innovative Models of Care at the Victorian Public Healthcare Awards, and also took out the Excellence in Community category at the National Disability Awards. Congratulations and thank you to everyone who has just taken

part in the Great Wall of China Challenge to raise funds for the Big Red Kidney Bus. Our aim is to have many more of these dialysis buses on the road over the next few years allowing more of our kidney community an opportunity to go on holidays to beautiful destinations. Thank you also to our patron Normie Rowe who recently performed a concert in Melbourne to raise money for a second Big Red Kidney Bus. This project is being led by our friends at Croydon Rotary Club in Melbourne.

Sadly, it was also a year in which we said goodbye to one of our finest scientific minds and a founding member of Kidney Health Australia (then the Australian Kidney Foundation); Emeritus Professor Priscilla Kincaid-Smith AC BCE passed away in July after an extraordinary career. We will remember Professor Kincaid-Smith's brilliance and legacy further on in this edition.

Finally, just last month, after months of hard work we have unveiled our brand new, cutting-edge, website and have launched our new digital lottery, K Lotto, designed to help Kidney Health Australia transition into the digital fundraising future and appeal to a new generation of supporters.

Thank you to every single one of you for your ongoing support; your contribution, big and small, makes all the difference. I wish you all a happy and safe festive season and New Year.

Anne Wilson
Managing Director and CEO

Priscilla Kincaid-Smith: A Lasting Legacy

Emeritus Professor Priscilla Kincaid-Smith AC, BCE, passed away in July this year at the age of 88. Professor Kincaid-Smith discovered the link between commonly prescribed over-the-counter pain-killers and changes in kidney structures and function. Banning of these medications not only dramatically reduced the incidence of kidney failure, but also contributed to a decline in renal pelvis cancer. Professor Kincaid-Smith also contributed to research on the links between high blood pressure and kidney disease.

The first woman to be appointed Professor at the University of Melbourne, Professor Kincaid-Smith went on to become President of the Royal Australian College of Physicians, the International Society of Nephrology, and the World Medical Association.

In 1994, in honour of Professor Kincaid-Smith, Kidney Health Australia (then known as the Australian Kidney Foundation) established the Kincaid-Smith Medal, our highest accolade for outstanding clinical and scientific achievement in the treatment of diseases of the kidneys and urinary tract. This year, it was awarded to Professor John Agar OAM, a trail-blazing home-based and nocturnal dialysis researcher, and former KHA Medical Director, Associate Professor Tim Mathew AM, one of Australia's



leading Nephrologists who has dedicated his career to improving the lives of Australians affected by kidney disease.

Following the Medal presentation, it was announced that Kidney Health Australia's research arm will henceforth be known as the Priscilla Kincaid-Smith Kidney Research Foundation. "Professor Kincaid-Smith was a pioneer in the field of kidney medicine and one of Australia's foremost kidney specialists, therefore it is only fitting to name our Foundation in her honour," said Kidney Health Australia's CEO, Anne Wilson, "The Foundation will ensure that her legacy lives on and that the Kincaid-Smith name continues to be synonymous with pioneering and inspirational kidney research."

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Australian and New Zealand Society of Nephrology (ANZSN) 2015 Annual Scientific Meeting

Canberra recently hosted the 2015 Australian and New Zealand Society of Nephrology (ANZSN) Conference from 6th-9th September, which was attended by over 400 delegates, including nephrologists, trainees, renal nurses and allied health professionals. Highlights of the conference included a keynote presentation by Professor Prabir Roy-Chaudhury, from the University of Arizona, who gave an informative insight into the future of vascular access for haemodialysis. It is concerning that less than one-quarter of fistulae are functional at one year following the original surgery. Professor Chaudhury's team are evaluating new surgical techniques in animal models that reduce turbulent flow and will hopefully lead to reduced failure rates. Associate Professor John Gill, St Paul's Hospital, Canada, presented thoughtful insights into living donor risk and the possibility of utilising decision aid tools to encourage a shared decision-

making process. It was interesting to see that Australia's Living Donor Leave Scheme is leading the way in offering innovative solutions to ease the burden of being a live kidney donor. Australia's Associate Professor Rachael Morton also spoke eloquently on how to incorporate an individual's preference for specified health outcomes into the economic evaluation of end stage kidney disease treatments. Kidney Health Australia staff members, Dr Marie Ludlow and Debbie Fortnum, presented successful poster sessions on national surveys of general practitioners and dialysis consumers respectively.

Abstracts for selected presentations have been published in a special issue of *Nephrology* (Volume 20, Issue Supplement S3 in September 2015, available to view [here](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1440-1797) [http://onlinelibrary.wiley.com/journal/10.1111/\(ISSN\)1440-1797](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1440-1797))



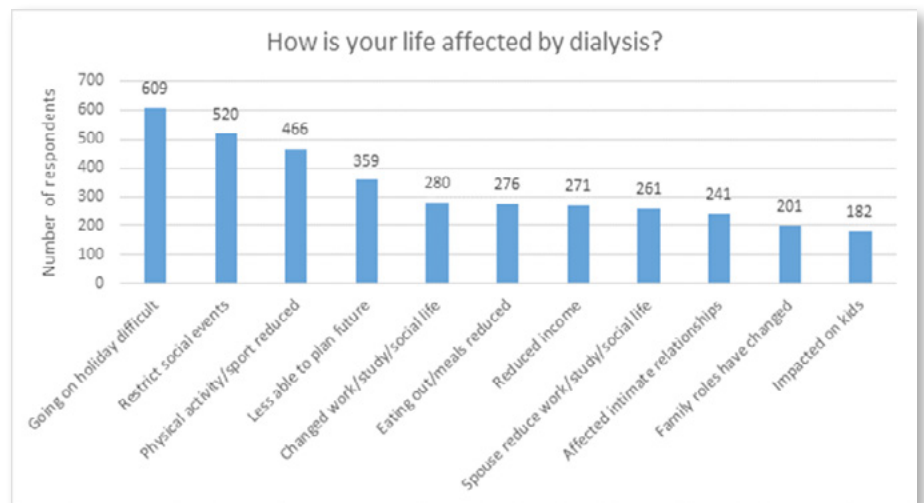
National Dialysis Survey Highlights Impact on Lifestyle

Kidney Health Australia recently completed a national survey of 1,021 people living on dialysis which, unsurprisingly, highlighted the huge impact dialysis has on lifestyle. For example, 60% of people surveyed found it difficult to take a holiday, 51% had to restrict social events, 46% reduced their involvement in sport or activity, and 35% felt they were less able to plan.

People on dialysis aged 18-44 years reported the highest level of impact, with 84% indicating financial strain, 55% having to change work hours, and 57% changing family roles. People using peritoneal dialysis reported the smallest number of lifestyle impacts.

Of the people surveyed, 14% had moved away from home for dialysis, or training for over a month, and of these 51% found it difficult or impossible to find accommodation. In the Indigenous population on dialysis, 12% continued to live away from home to access their treatment, compared to 3% of non-Indigenous people.

Despite the huge impact of dialysis, 94% were satisfied with their dialysis location whilst 72% were completely satisfied with their dialysis type, and, although 24% had some regrets about starting dialysis they still wanted to continue. People who had a choice in their dialysis routine reported higher levels of satisfaction.



A complete report will assist in supporting those with end-stage kidney disease, and will soon be available to download from kidney.org.au. *Kidney Health Australia sincerely thanks all the patients who participated in the survey, and the nurses who helped to distribute it.*

Enjoyed a good read?
Then do a good deed,
When you get to the end,
Please send to a friend!



New Exercise Program Helping Dialysis Patients

Deakin University and Western Health Melbourne researchers have launched an Australian-first exercise program to help fight the debilitating physical side-effects often experienced by people undergoing dialysis treatment. In partnership with Kidney Health Australia, resistance bands and exercise guides are being sent to every one of Australia's 300 dialysis treatment units at more than 100 Australian hospitals.

Deakin and Western Health Professor Paul Bennett said despite almost 12,000 Australians receiving dialysis treatment, the importance of exercise was often overlooked. "The combination of chronic kidney disease and sitting on dialysis – for four to five hours, three times a week – causes people to deteriorate physically at an alarming rate," Professor Bennett said.

"Exercise has been shown to improve physical function, quality of life, muscle condition and the dialysis treatment in patients, as well as decreasing depression, cardiovascular risk

and a range of other negative outcomes of kidney disease. Kidney-related disease kills 56 Australians every day, so it's a silent disease that not only kills but affects physical function and quality of life," he said.

Further information and resources will

be found on the Kidney Health website soon at kidney.org.au

For detailed information regarding packs

please contact Professor Paul Bennett at p.bennett@deakin.edu.au.



Emorgo Kidney Transplant House Turns One!

The success of Kidney Health Australia's free home away from home, for eligible Victorian and Tasmanian kidney transplant patients and donors, as well as for patients undergoing dialysis training, has been phenomenal and has led to many requests for Transplant Houses in other States.

In the year since it opened, nine families from regional and rural areas in Victoria and Tasmania have used the two-bedroom apartment in Brunswick, known as Emorgo House, as their base. The families have stayed at Emorgo House for varying lengths of time, between two to five weeks, while a family member either receives or donates



a kidney at one of the major Melbourne Hospitals. People who donate kidneys are called 'live' donors and may donate kidneys to either relatives or anonymous recipients.

Kidney Health Australia CEO, Anne Wilson, said the Emorgo Kidney Transplant House, funded by the Emorgo Foundation, had been a wonderful success which has already benefited many deserving families and that Kidney Health Australia hopes to be able to one day have a Transplant House in every State.

For more information, visit kidney.org.au or contact transplanthousing@kidney.org.au.

KHA has a Digital Makeover!

November was a big month for Kidney Health Australia, with the launch of our brand new kidney.org.au website and an exciting new online fundraising product, K Lotto.

The new website boasts a range of new features, is easier for users to navigate, and its responsive design means it is easy to use across all devices – something that was particularly important when considering many patients may be visiting kidney.org.au on their tablets or smartphones during dialysis sessions.

"Our new website will help us to further our vision to save and improve the lives of Australians affected by kidney disease and kidney cancer," said Kidney Health Australia's CEO and Managing Director, Anne Wilson.

"We now have the platform to better support and inform the 1.7 million Australians affected by kidney disease, as well as health professionals and the broader Australian public – whom we hope to be able to help educate about the vital role their kidneys play, and how to look after them," added Ms Wilson.

The new website also makes the introduction of K Lotto possible, which will complement the existing lotteries that form part of Kidney Health Australia's business.

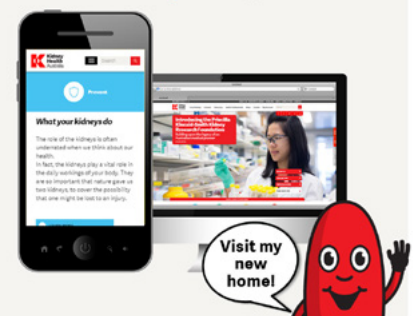
"K Lotto is an online charity raffle that gives both our existing, as well as new supporters, the chance to win exciting travel experiences and prizes, while supporting Australians affected by kidney disease," said Ms Wilson.

Prizes will be drawn fortnightly, with a big prize drawn every

three months, and will range in value from from \$30,000 to \$140,000. Prizes will include Flight Centre and Red Balloon gift cards, LED TVs, BBQs, whitegoods, mountain bikes and fitness equipment. Tickets are \$25 and are available for purchase via kidney.org.au.

Check out Kidney Health Australia's new look website and learn more about K Lotto at kidney.org.au.

Visit the new kidney.org.au



Kidney.org.au at a glance:

- Detailed information on all kidney conditions, from kidney disease to kidney stones
- Library of downloadable resources for patients and health professionals
- A major focus on the gap in Indigenous kidney health
- Responsive design makes the site useable across all mobile devices
- Dialysis Unit Guide for patients
- K Lotto online charity raffle
- Dedicated Health Professionals Hub



KIDNEY CALENDAR AND EVENTS

13 December

CAIRNS KIDNEY CLUB – noon-1.30pm at Brothers League Club Cairns, 99 Anderson St, Manunda

Australia Walks for a Cure!



The only event of its kind in Australia, Kidney Health Australia's 2015 Kidney Health Research Walk, was held on Sunday September 13 at locations all around the country, with supporters turning out in force to 'Walk for a Cure'.

The Walk raised an incredible \$170,000 to help save and improve the lives of Australians affected by kidney disease.

In Melbourne, the Holmes family brought along 70 of their relatives and friends as they walked for their toddler son, triplet Liam, who is awaiting a kidney transplant

It was a great feeling amongst all of the participants, volunteers, and supporters who attended the events. A huge thank you to everyone who came out to walk, run, or support the walk in some way, making the day so successful and enjoyable. Visit Kidney Health Australia's Facebook page to see all the photos!

24 December - 4 January

KIDNEY HEALTH AUSTRALIA OFFICES CLOSED. For any urgent KHIS enquiries, please contact khis@kidney.org.au.

7 March 2016

KIDNEY HEALTH AUSTRALIA'S 13TH ANNUAL GOLF DAY – The Royal Melbourne Golf Club, Black Rock, VIC. Visit kidney.org.au for more information, or email events@kidney.org.au to register.



BIG RED KIDNEY BUS

To enquire about your holiday dialysis needs, contact 1800 454 363 or download the application form at www.kidney.org.au

21 December – 30 January 2016

MELBOURNE, VIC – The Big Red Kidney Bus visits Royal Botanic Gardens, Birdwood Avenue, Melbourne. Enquiries to freecall 1800 454 363, or bigredkidneybus@kidney.org.au Bookings closed 6 December.

8 February - 29 March 2016

LAKES ENTRANCE - The Big Red Kidney Bus visits Big4 Whithers Holiday Park, 55 Roadknight St, Lakes Entrance VIC 3909 Freecall 1800 039 006 or 03 5155 1343 or email info@whithers.com.au Discounts for accommodation available - please mention Big Red Kidney Bus. Bookings close 26 January.

3 April - 23 April 2016

MILDURA - The Big Red Kidney Bus visits Big4 Mildura Deaken Holiday Park 472- 468 Deakin Avenue, Mildura VIC 3500. Call 1800 555 640, 03 5482 2157 or email admin@mildura-deakin.com.au Discounts for accommodation - please mention Big Red Kidney Bus. Bookings close 20 March 2016.

LIFESTYLE RECIPE CKD, DIALYSIS AND DIABETES-FRIENDLY

Prawn appetisers with corn salsa SERVES 4: Makes 12 mini-cups



With the warmer Summer months upon us and Christmas just around the corner, are you looking for a tasty appetiser to serve guests or enjoy with your own family? Why not try this zesty prawn recipe – suitable for people without a shellfish allergy and people living with CKD, diabetes, heart disease and those following a low salt diet.

INGREDIENTS

12 wonton wrappers	1 tsp garlic, minced
1 tbs olive oil	1 tsp jalapeno pepper, chopped (optional)
12 medium sized prawns, uncooked, shells removed	1 tbs spring onion, chopped
¼ teaspoon chilli powder	1 tsp lime juice
¼ cup canned corn kernels	1 tsp fresh coriander, chopped
¼ cup red capsicum, diced	

METHOD

1. Preheat oven to 180°C.
2. Brush wonton wrappers with olive oil and press into a mini muffin tray.
3. Bake for approximately 5 minutes or until they turn golden brown.
4. Heat remaining olive oil in a frying pan and saute prawns with chilli powder until they turn pink and opaque.
5. In a mixing bowl, combine corn, capsicum, garlic, jalapeno (optional), spring onion, lime juice and coriander.
6. Fill wonton cups with corn salsa and top with a prawn.

Nutrition Information PER SERVING (3 mini-cups): Calories 565kJ, protein 7g, carbohydrates 18g, fibre 1.1g, fat 4g, cholesterol 36mg, sodium 171mg, potassium 118mg, phosphorous 73mg

Recipe adapted from 'Spice it Up! Giving zest to your renal diet': www.myspiceitup.ca/