A big welcome to this edition of Kidney Community and I know I speak for all of you in wishing our former CEO and Managing Director Anne Wilson, whose last day with Kidney Health Australia was on May 27, all the very best for the future. We sincerely thank Anne for her 13 years of service to Kidney Health Australia and kidney health in general. I thank the Kidney Health Australia Board for entrusting me with the role of interim CEO of the organisation, whilst the Board goes through the process of finding a new permanent CEO. We will keep you informed through our website at kidney.org.au, via our social media channels and, of course, through the Kidney Community newsletter.

I’m pleased to say that in this edition of Kidney Community you will be able to read about this year’s successful Kidney Health Week, which was held from May 22 to May 29; commitments to kidney health and in particular Indigenous kidney health, that have been announced during the Federal election campaign; the inaugural winners of the Kidney Health Australia Primary Care Awards and a very special story about a member of our kidney community, Sandy Ellis of Brisbane, who has just celebrated 40 years living with the kidney her mum donated to her when she was just 11-years-old. Please read on and I look forward to working with you over the next few months to further our vision of saving and improving the lives of Australians affected by kidney disease.

Rosanna Care
Interim Chief Executive Officer, Chief Financial Officer and Company Secretary

Kidney Health Australia has welcomed election commitments by the Australian Labor Party and the Australian Greens to address chronic kidney disease in Aboriginal and Torres Strait Islander communities.

The Australian Labor Party announced last month that it will convene, if elected, a National Taskforce into kidney disease in Aboriginal and Torres Strait Islander communities. Meanwhile, earlier this month, the Australian Greens announced a commitment of $10 million in funding to address chronic kidney disease in Aboriginal and Torres Strait Islander communities.

Kidney Health Australia has called for a National Taskforce to tackle the devastating rates of kidney disease in Aboriginal and Torres Strait Islander communities since launching its Kidney Health for All report last year.

Kidney Health Australia has welcomed election commitments by the Australian Labor Party and the Australian Greens to address chronic kidney disease in Aboriginal and Torres Strait Islander communities.

In Australia, 1 in 5 Aboriginal and Torres Strait Islander adults are living with markers of Chronic Kidney Disease. Alarming, 90% of these Aboriginal and Torres Strait Islander people who have indicators of CKD are not aware they have the killer disease. In remote and very remote areas of Australia, where the incidence of end stage kidney disease for Aboriginal and Torres Strait Islander people is especially high, rates are up to 20 times higher than among non-Indigenous Australians.

Kidney Health Australia is re-emphasising the need for national leadership on the critical issue of kidney disease in Aboriginal and Torres Strait Islander communities and has also called for cross-portfolio government engagement and coordination. To read Kidney Health Australia’s election submission Checklist for Change, or Kidney Health for All go to www.kidney.org.au.

From the Interim CEO
Primary Care Award Winners announced

During this year’s Kidney Health Week, which was held from May 22 to May 29, the winners of the Inaugural Kidney Health Australia Awards for Excellence in the Detection of Chronic Kidney Disease in Primary Care were announced.

The winners were:

Overall Winner and Category Winner - GP Practice: Aberfoyle Park Medical Centre
Runner-up and Certificate of Excellence Awarded: Shoalhaven Medical Centres
Certificate of Excellence Awarded: Dr Wayne Cooper, General Practitioner
Category Winner - Individual: Sarsha Kalker, Registered Nurse
Category Winner - Other: Bulgarr Ngaru Medical Aboriginal Corporation

The new awards recognise excellence in the early detection and management of kidney disease in a primary care setting and were adjudicated through the Kidney Check Australia Taskforce, an expert committee, comprising prominent kidney specialists, health professionals and educators. Specifically the awards recognise the good work already being done in the important areas of detection and prevention at a primary care level.

Kidney Health Australia congratulates all the winners and will continue to work with all stakeholders toward establishing this level of care as the benchmark in Australia for kidney disease, and to having practices take a whole-of-practice approach to detecting chronic disease with an integrated care approach to managing chronic kidney disease in conjunction with diabetes and cardiovascular disease.

Call out to kidney cancer patients and carers

A major pharmaceutical company, which is in the process of launching a new treatment for metastatic kidney cancer, has commissioned qualitative research agency, Vivid, to interview cancer patients and their carers about their experience. The research would involve a one hour discussion at a convenient time and place before the end of June. People who take part will be remunerated - $125 per person.

All participants will remain anonymous as Vivid abides by the Australian Market and Social Research Society guidelines. If you’d like to find out more or you’re keen to take part, please get in contact with Philippa Dougall at Vivid via philippa@vividresearch.com.au or phone 0405 525 222.

Kidney Health hits the headlines for Kidney Health Week!

During Kidney Health Week 2016, held from May 22 to May 29, messages of awareness and prevention were heard around the country, on radio, television and print. There were many highlights for us including the wonderful interview radio king Alan Jones did with Kidney Health Australia’s Grant Monks. Grant willingly shared his story about life with kidney disease and life on dialysis with Alan and Australia.

Another highlight was the participation of Kidney Health Australia Board Member and internationally renowned paediatric nephrologist and clinical epidemiologist Professor Jonathan Craig, in a fascinating discussion on the ABC’s flagship late night radio program, Nightlife about kidney disease. We’d also like to thank Ward Kane from Mudgee, who was happy to be photographed by Fairfax Media in his Wollongong Hospital bed and whose kidney story was syndicated far and wide.

Once again, we saw some fantastic support for Kidney Health Week from our kidney community, including from renal units and hospitals all around the country, with staff helping us to celebrate the week by hosting health activities – such as blood pressure checks – and sharing educational information with their patients and local communities. Our community did us proud and we thank each and every one of you. We also thank everyone who participated and posted in our online ‘I Kidney Check’ community gallery.

Adding to the excitement of the week was a formal announcement from the NSW Government to support the expansion of our award-winning Big Red Kidney Bus program to NSW and the Federal Labor Party announced its commitment to fund a National Taskforce to tackle Indigenous kidney disease, if elected.

Finally, what would a campaign be without social media? This year’s campaign saw the best ever social media results, with our Facebook content reaching an amazing 631,152 people, which is an increase of 181% on 2015 results. In total, our #KHW16 campaign hashtag reached more than 1 million people on social media, thanks to some great content and the wonderful support of our alliance partners and kidney community.

To find out more about this year’s Kidney Health Week campaign and to read our State of the Nation report, visit kidney.org.au.

A special anniversary for transplant recipient

Brisbane’s Sandy Ellis held a surprise barbecue for her mum, Dorothy, on a very special anniversary for both of them on Friday, June 10. The day marked the fortieth anniversary of Sandy’s kidney transplant, which she received at the age of 11 from her mum.

“When I was 10-years-old, I was yellow and vomiting every day, and by the time I was diagnosed with kidney disease it was thought I had as little as a week to live and I’d lost both my kidneys.

“The first time they tried to put me on dialysis there were about 22 attempts to get the needle in my arms, nurses and doctors were holding me down and my parents were distraught in the background, and I wondered why they didn’t save me from the ordeal. It was such a difficult time for everyone, my Dad, Alan wanted to give me his kidney as well, he was there for me always during the difficult dialysis procedures.”

After such a traumatic time Sandy’s successful kidney transplant led to a new and much healthier life. When she was 16 Sandy competed in the Kidney Transplant Olympics in the United States, winning two gold medals and one bronze medal in track events. In 2000, Sandy ran with the Olympic torch in Brisbane, and she has had a 30-year career in the Federal Public Service.

While Sandy, who is now 51, doesn’t have the same kind of energy as she once did, and her kidney has started to deteriorate, there is still much to look forward to. Sandy says she will be taking her mum to the Transplant Games, which will be held in Penrith NSW, in September. “This time I think we will skip the running events, but we’re looking forward to entering mum in the scrabble contest!”

Tax Appeal 2016

As the national peak body, Kidney Health Australia promotes good kidney health through delivery of programs in education, advocacy, research and support.

This year’s Tax Appeal feature’s little Angus’ story about his battle with kidney disease, which he developed not long after birth, and we thank his family for sharing their journey to help create awareness of the kidney case and raise much needed funding for Kidney Health Australia. You can read Angus’ full story on our website.

This financial year we must raise $500,000 and we need donations more than ever - 98% of our fundraising depends on community support. Every little bit helps and if you are able to give you can be assured your gift, no matter how small, will go towards research into more effective treatments and cures. It will help give families the freedom to have a weekend away, or a proper holiday, through our Big Red Kidney Bus mobile dialysis unit, and it will allow sick children and their siblings to get together and forget about being ill at one of our Kids’ Camps on the Gold Coast.

Tax deductible donations can be gifted by phoning 1800 454 363, or you can go to http://kidney.org.au/donate/make-a-donation/

appeals We thank you very much. You can help us make a difference to so many lives.
KIDNEY CALENDAR AND EVENTS

31 July - 7 August
DONATE LIFE WEEK 2016 – Help us encourage more Australians to decide and register their donation decision during DonateLife Week 2016.

12 - 20 August
THE 28TH KIDNEY KAR RALLY – from Bathurst to Taree, via Dubbo. Join us for our 28th Kidney Kar Rally to enjoy an amazing and memorable 4000km journey across 8 days through beautiful and extraordinary regions in Australia.
Contact Kim or Arthur Davis on freecall 1300 300 544 or arkinda@hotkey.net.au for further information.

11 September
KIDNEY RESEARCH WALK – held in most capital cities around Australia. Dress in red and enjoy the fun and raise money for vital kidney research. https://2016researchwalk.gofundraise.com.au

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

5 September - 29 October 2016
HALLS GAP, THE GRAMPIANS – BIG4 Grampians Parkgate Resort, 2372 Grampians Road, Halls Gap VIC.
Call 1800 810 781, 03 5356 4215 or email stay@parkgateresort.com.au, Discounts available, please mention Big Red Kidney Bus. Bookings close 21 August 2016.

7 November - 17 December 2016
ANGLESEA - Anglesea Beachfront Family Caravan Park, 35 Cameron Road, Anglesea VIC. Call 1800 040 455 or 03 5263 1583, or email info@angleseabeachfront.com.au. Bookings close 23 October 2016.

Dress up and walk for a cure at the Research Walk
Kidney Health Australia’s annual Research Walk will be held in Adelaide, Brisbane, Canberra, Launceston, Melbourne, Perth and Sydney on Sunday, 11 September. As part of the day there will be fun events, food and drink. This year’s walk will also feature a special dress-up competition with prizes awarded to the best-dressed team and best-dressed individual.
It’s a great day and is an excellent opportunity to catch up with other members within our kidney community. It’s also an important to help raise funds for kidney research.
The Research Walk caters to all abilities and all walks feature varying distances to accommodate walkers and runners of all ages and abilities. Everybody is welcome, families and individuals alike. For more information please go to https://2016researchwalk.gofundraise.com.au

LIFESTYLE RECIPE  CKD, DIALYSIS AND DIABETES-FRIENDLY

Moroccan Spiced Chicken with Rice and Cauliflower

INGREDIENTS
SERVES 4
400g boneless and skinless chicken thighs
1 tbs olive oil
1 tsp paprika
½ onion, diced
1 tbs fresh ginger, chopped
2 fresh garlic cloves, chopped
¼ tsp turmeric
1 tsp coriander seed
½ tsp cumin
¼ tsp cinnamon
1 tsp paprika (extra)
1 cup uncooked basmati rice
1½ cups cauliflower, cut into florets
2½ cups no-added salt chicken stock
1 tbs lemon zest
¼ cup fresh coriander, diced

METHOD
1. Heat oil in a large frypan on moderate heat. Sprinkle paprika on chicken thighs. Brown chicken on both sides and transfer to a plate.
2. Using the same frypan, saute onion, garlic and ginger. When onions are soft, add spices and rice. Stir to coat the rice.
3. Add cauliflower and chicken broth.
4. Place chicken on top of rice mixture, sprinkle with the lemon zest and bring the liquid to the boil. Cover pan with a lid and simmer until liquid is absorbed and chicken is cooked through (approximately 30 minutes).
5. Add fresh coriander just prior to serving.

Nutrition Facts per serve: Energy 1561kJ, carbohydrates 45g, protein 26g, sodium 187mg, potassium 532mg, phosphorous 298mg.
Source: Spice it up! Holiday Special 2012. ISSN 1918-302 X Spice it up! © 2012. Visit www.myspiceitup.ca for more recipes

With the cooler weather upon us, there’s nothing more enjoyable that a tasty, warm meal full of flavour and quick to prepare. Suitable for people living with CKD, dialysis and diabetes, why not try this dish tonight?