

# your **KIDNEY** CONNECTION

MAGAZINE Spring 2023



Because  
of YOU...  
**Thank you!** Pg.3

**Red Socks Run**  
this October! Pg.6

**Kidney  
Kar Rally**  
goes to  
**CAMP** Pg.7

Raychelle and Pauliesha  
at Kidney Kids Camp.

## CEO'S WELCOME

We're already halfway through the year with some amazing achievements.

In May, Kidney Health Week brought the important message that kidney disease is 'more than a wee problem'. Thank you to everyone who got involved and made their voices heard. We managed to reach over 5 million people via media, including TV, print and online, and had over 14,000 people complete the 2 minute Kidney Risk Test within only a week.

A much-awaited Gold Coast Big Red Kidney Bus has been launched and starts operation in September, supporting locals with dialysis training and offering free respite sessions for those who want to finally enjoy a nice holiday in Queensland, while getting expert care from Gold Coast Hospital nurses on the Bus.

The National Kidney Kids Camp has come back even stronger after a 3 year hiatus, with kids from all over Australia coming to have fun with their peers over a 4 day adventure.



The kids were able to reconnect with friends and build new life-long connections. They were visited by Rally Car Champion Harry Bates and a Kidney Kar Rally team, which was captured live on Ch 7's Sunrise morning program. This was a great way to kick off the Kidney Kar Rally and see how the funds raised brighten up so many children's lives.

The annual Red Socks Run is back, supported by our wonderful ambassadors, Michala Banas and Stephen Curry. Please get involved, have some fun, and help raise those vital funds. We need everyone to contribute as much as possible in order to support our community and ensure our programs and services keep going.

**Thank you for your continued support of Kidney Health Australia.**

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## KIDNEY HEALTH Q&A

**"I just would like to thank the nurses for what they do for us, by allowing me to be dialysed, as it is not only a difficult time for me but also for my wife. We both are looking forward to the next booking."**

- Nicholas, Lakes Entrance 2021

**Q1:** Is the Big Red Kidney Bus service different to what I receive at my dialysis unit?

We have experienced dialysis nurses who will provide the same level of service and care during your holiday as you are accustomed to at your home renal unit. The nurses are highly experienced and will be sure to put you at ease.

Here's what others had to say:

**"I would like to thank the beautiful nurses on the bus, every single one of them were absolute professionals and extremely friendly."**

- Glenda, Porepunkah 2021

**Q2:** How do I find a renal dietitian?

Most Renal Dietitians are employed through hospital Renal Units and you should be able to arrange an appointment by asking your GP or Nephrologist for a referral or contacting your nearest renal unit.

If you are looking for a private renal dietitian, you may be able to find one through the Dietitians Association of Australia who can be contacted on **1800 812 942**. This group can provide you with names and contact details for dietitians in your local area.

Kidney Health Australia also offers diet and nutrition information at **[kidney.org.au/diet-nutrition](http://kidney.org.au/diet-nutrition)** and is planning to provide more tailored information to help you manage your diet throughout your kidney health journey. Watch this space!



# Because of YOU...

A big **thank you** to all our supporters and donors!

While this year has been financially challenging for many Australians it has been heart-warming to witness the generosity of wonderful donors and supporters like you.

You have continued to show your support and compassion for others and for that we are so thankful. Every dollar you give makes a big difference to the lives of people living with kidney disease and their families.

We are putting your gifts straight to work helping more Australians with kidney disease by:

- Keeping vital services running like the Big Red Kidney Bus, the Kidney Buddy program, Kidney Helpline, Kids and Youth Program and the Kidney Transplant House.
- Protecting more Australians from kidney disease through early intervention, detection and awareness programs.
- Funding research that helps save lives now and into the future.
- Improving the lives of those with kidney disease through access to clinically approved information and much needed services.

## Thank you!

We could not offer these life-saving and life-changing services without YOU.

To continue your much needed support please donate at **[kidney.org.au/donate](https://kidney.org.au/donate)** or scan the QR code to donate



## Did you know?

Between 2000 and 2020 the number of patients commencing dialysis who also have diabetes increased by **20%**.



# Kidney Health

## It's more than a wee problem



**1 in 6 hospitalisations are kidney disease related.**  
It's more than a wee problem.

**Kidney Health Week** in 2023 was a big success thanks to our community, who held stalls and shared content online. We were lucky to have great media support, even having our Clinical Director, Karen Dwyer interviewed on Channel 9 News.

The message embraced a misconception that early signs of kidney disease are wee related. The reality is that **90% of kidney function can be lost with NO symptoms**. It's more than a wee problem. The play on words also revealed that kidney disease is a BIG problem, more so than people assume. In fact, **1 in 6 hospitalisations** are kidney disease related. With a clever slogan and some hard-hitting facts the campaign broke old tropes and brought new light on the extent of kidney disease.

We thank all those in our community who so bravely shared their story with other Australians throughout the campaign to raise awareness.

What we achieved together:

- Over 14,000 people completed the Kidney Risk Test.
- Media reached over 5 million people.

“I've taken the kidney health test to see my risk - thanks for having it so readily available!”

If you want to host an event or get involved in next year's **Kidney Health Week**, we've already opened registration of interest - please fill in the form at [kidney.org.au/kidneyhealthweek](https://kidney.org.au/kidneyhealthweek)

**BOOKS** FOR  
**SALE**



### AN INTRODUCTION TO... Kidney Disease Treatment Series

Make informed choices about kidney disease treatment options. The series of 'An Introduction to...' booklets - Treatment Options, Hemodialysis, Peritoneal Dialysis, Peritoneal Dialysis, Comprehensive Conservative Care, Kidney Transplantation and Withdrawing from Dialysis - are available for people living with kidney disease to purchase or Renal Units to purchase in bulk.

**Only \$5 each** (incl GST and postage).  
**Withdrawing from Dialysis is only \$2** (incl GST and postage).



The 'An Introduction to...' series, cookbooks and many other resources are available for sale. Order yours now.

For organisation of bulk orders email [resources@kidney.org.au](mailto:resources@kidney.org.au)



### CKD MANAGEMENT HANDBOOK

Our current 4th edition of the **CKD Management in Primary Care** handbook is consistently the number one resource downloaded from Kidney Health Australia's website every month. Work is currently underway to update to a 5th edition to include the recent changes to treatment options for early stages of CKD, update evidence-based resources, and implement recommendations from CARI (Caring for Australasians with Renal Impairment) guidelines. This is a widely used handbook, included in various resources across Australia and applauded in primary care. We look forward to releasing the latest edition soon!



# Peter and Teena's legacy

Peter was diagnosed with polycystic kidney disease from a young age. He had lost his mother to the disease when he was only 7 years old. His condition was closely monitored for many years, until in his early 40's, Peter was faced with dialysis.

Peter undertook home haemodialysis for 6 months, which enabled him to continue to work at the job that he loved. In 2021, he received a kidney transplant from his cousin.

Peter and his wife Teena are so grateful for the support, care and guidance that they have received throughout their kidney journey that they have both made the decision to leave a gift in their Will to Kidney Health Australia.

As Teena says, **“We have benefited so much from advances in research over the years, that we wanted to ensure that people facing a kidney disease diagnosis were supported like we were and that advances in treatment options continue.”**

Leaving a gift in your Will is a simple, yet powerful way to support a cause that matters to you. Gifts in Wills have a lasting impact on future generations. It ensures that people affected by kidney disease, along with their families and carers, are supported through their diagnosis and that life saving research continues. We are most grateful for the generosity of the many supporters, like Peter and Teena, who have left a gift in their Will to Kidney Health Australia.

To find out more about how you can take this next step, please contact Roberta Armitage, Bequest Manager on **Roberta.armitage@kidney.org.au** or **03 9874 4383** **[kidney.org.au/leave-a-bequest](https://kidney.org.au/leave-a-bequest)**



Anna (L) and Nadia (R).

## Community Fundraising Success

### NADIA AND ANNA RAISE OVER \$18K FOR KIDNEY DISEASE

Nadia and Anna Votino held a ball in South Australia to raise money for kidney disease and celebrate their special bond.

Almost 16 years ago, Nadia was diagnosed with FSGS, an autoimmune disease that causes scarring on your kidneys and in turn causes a protein leak. She was extremely ill and on dialysis for two years. Nadia was told by her Nephrologist that she could be on the donor list for up to 7 years awaiting a kidney transplant.

# RED SOCKS RUN

THIS OCTOBER WE INVITE YOU TO  
**RUN LIKE A  
LIFE DEPENDS ON IT!**

The highly anticipated annual **Red Socks Run** is just around the corner, and there's still time for you to be a part of this extraordinary event. Sign up yourself, create a team, or invite your workplace today to make a difference in the fight against kidney disease.

Throughout October, we challenge you to walk, run or ride 60km while raising funds to combat kidney disease. Individuals battling kidney disease spend an average of 60 hours per month on dialysis, relying on machines to cleanse their blood. Each kilometre you conquer symbolises an hour of dialysis. What greater motivation could you have to raise funds for this critical cause?

Workplaces also have a unique opportunity to showcase their commitment to social responsibility by participating in the Red Socks Run. Encourage your employees to register as individuals or form teams, fostering team spirit, enhancing employee well-being, and nurturing a sense of community within your organisation.

**There's no time like the present! Join us. Sign up now at [redsocksrn.org.au](https://redsocksrn.org.au)**

And don't forget to grab your very own pair of vibrant red socks to wear throughout October, with this year's special edition socks helping to get the conversation started about every 10th adult Australian affected by kidney disease.

Lace up your shoes, put on those red socks, and let's make a lasting impact on kidney health, one kilometre at a time.



Stephen Curry and Michala Banas are back in 2023 to support the cause.



# The **Kidney Kar Rally** goes to **CAMP**

The Kidney Kar Rally this year launched with a bang with Harry Bates, Rally Car Champion and Kidney Health Ambassador, visiting the 40+ teens enjoying their first National Kidney Kids Camp in 4 years.

The camp, set in Brisbane's north, was really special with kids aged 12-17 present from across the country, as far and wide as Northern Territory and Geraldton WA.

Due to their diagnosis Kidney Kids often can't enjoy the camps offered by their schools. They struggle with being left behind and missing out on regular activities. This highlights the importance of the camp to help teens grow their self-esteem and connect with other kids who get their situation.

The 'Survivor' themed camp included many Kidney Youth Champion volunteers and really fun activities like high ropes and canoeing. They were also visited by a film crew with a live cross during Ch 7's Sunrise morning program.

Kidney Health Australia CEO **Chris Forbes** said the camp provided respite for the children's parents and guardians, who could have a break from rigorous medical schedules, while knowing that their child was being well looked after.

“These young people deal with a lot every day, and for a couple of days a year we can bring them together in a supported environment to have lots of fun and just be kids.” Chris said.

Kidney Kids Camp provides a perfect opportunity for the teens to make new friends or build on the friendships they've made through state-based Kidney Kids Es-capers events held throughout the year.

If you'd like to support kids living with kidney disease, please donate to the Kidney Kar Rally still on until 19th August, go to [kidneykarrally.org.au](http://kidneykarrally.org.au)







# Terri's WISH

Terri's partner, Tim was living with Type 2 diabetes but was unaware of his condition, until he was hospitalised. There had been a large amount of kidney damage and Tim was diagnosed with chronic kidney disease.

Tim's kidney function continued to deteriorate and in that time, Terri made the decision to be a kidney donor to her partner. Terri was a perfect match and in March this year, Tim had a pre-emptive transplant.

Terri and Tim used the Transplant House, both pre- and post surgery, as they lived 6 hours away from their treating hospital in Adelaide. Terri was so thankful that this support was available that she is intending to leave a bequest to Kidney Health Australia to ensure that "the lights are kept on".

**"I was touched in particular by the guest book in the House, with so many people sharing their kidney stories, that I wanted to ensure that anyone facing a diagnosis of kidney disease could benefit from this amazing service."**

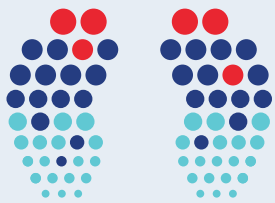
By leaving a gift in your Will to Kidney Health Australia, you will be leaving a lasting legacy, ensuring our work and support continues to improve the lives of people affected by kidney disease. It is a gift that is always remembered.

## NEW HEART CALCULATOR WILL HELP SAVE LIVES

Chronic Kidney Disease (CKD) and Cardiovascular Disease (CVD) are closely linked, sharing common risk factors, and each worsening the outcomes of the other. Far more people die prematurely of a cardiovascular event than progress to kidney failure. This new calculator will help GPs more accurately assess the risk of a cardiovascular event in people living with kidney disease. The calculator also increases early detection of kidney disease by ensuring GPs do a Kidney Health Check before completing the cardiovascular assessment.

**Find out more at  
[kidney.org.au/cvdcaculator](https://kidney.org.au/cvdcaculator)**





# Kidney Research Alliance

Prevent. Treat. Cure. Together.

The Kidney Research Alliance engaged with the kidney community to establish priority themes that will form the bedrock of advocacy efforts. By consulting with the kidney community, the Alliance has ensured that the advocacy initiatives align with the pressing needs and aspirations of those affected by kidney disease.

These are the five national priority themes identified for kidney research:

1. Diversifying kidney treatments.
2. Prevention and early detection of kidney disease.
3. Equity of access to care and treatment.
4. Improving patient experience, outcomes and care in kidney disease.
5. Research translation and implementation.

This inclusive approach heralds a new era in kidney research, where the collective wisdom of stakeholders is harnessed to drive transformative advancements and improve the lives of millions living with kidney conditions.

The collaborative efforts of the Alliance and the kidney community pave the way for innovative research endeavours that hold the promise of revolutionising kidney healthcare.



## Get involved in the COMMUNITY RESEARCH HUB

New verified research opportunities are frequently available for you to get involved in via the Community Research Hub. Collaborate and share your experiences with researchers, scholars and enthusiasts. Check out the latest opportunities at [kidney.org.au/research/consumer-research-hub](https://kidney.org.au/research/consumer-research-hub)

## SAFEGUARD THE PEOPLE YOU LOVE

Planning your Estate is a fundamental part of your peace of mind. A Will is important for every Australian adult. Writing your Will is the only way to ensure your wishes are carried out when you pass and makes the process significantly easier for your loved ones.

Because of the importance of having an up-to-date Will, Kidney Health Australia has partnered with Safewill, a leading online Will writing service. Safewill allows Australians to complete their bespoke Will in less than 20 minutes online.

From the 4th to 17th September, Kidney Health Australia is offering our community the opportunity to write a free Will with our partner, Safewill.

After you've taken care of your loved ones, you may also wish to leave a gift to Kidney Health Australia. A gift of as little as 1% of your estate can have a lasting impact on people affected by kidney disease.

Safewill provides you with the means to protect your loved ones today and to consider leaving a legacy for future generations. With Safewill, you can look after the people and causes closest to your heart, with just a few clicks.



To write your free Will,  
visit [safewill.com/kidneyhealth](https://safewill.com/kidneyhealth)



## Optimising self-management in people living with CKD: The Kidney Health 4 Life Program

Newly diagnosed with kidney disease and want more support?

If you have recently been diagnosed with chronic kidney disease or new to dialysis treatment and need more support, then Kidney Health 4 Life might be for you! This September, Kidney Health Australia is launching a research study to assess the effectiveness of Kidney Health 4 Life, a pilot program designed to help people with kidney disease to self-manage their condition.



To learn more about the research study and register your interest, visit [kidney.org.au/KH4L](https://kidney.org.au/KH4L)



## Chronic Kidney Disease Clinical Audit – Early Detection in Practice

This year a CKD Clinical Audit program is being offered to 15 General Practices, which includes over 100 GPs (General Practitioner), 90 Practice Nurses and 120 practice staff.

A similar pilot program was held in 2022 with 9 practices. As a result we recorded an increase of 490 people with a CKD diagnosis across the 4 month Audit. This increase was around 1 patient per GP per week! Early detection is the best way to reduce progression to kidney failure and its flow-on effects.

Claire and Rachael attend the Renal Society of Australasia Conference.



## New PBS drug listing for Diabetic Kidney Disease

Kidney Health Australia welcomes the listing of Finerenone (Kerendia) on the Pharmaceutical Benefits Scheme for people with diabetic kidney disease. The introduction of the drug will help to slow progression to kidney failure, extending quality of life for so many.

**“Increased access to any new treatment for kidney disease is good news. This will help people avoid the enormous costs of living with diabetic kidney disease and the progression to expensive and burdensome dialysis treatments in the future, ”**

Kidney Health Australia CEO, Chris Forbes, said.

## Did you know?

**1 in 3** people with diabetes have Chronic Kidney Disease.





# Spring Recipe

## PEA & MINT PASTA FRITTATA

This recipe is from the book **'Dining In: delicious dialysis recipes and meals'** available for sale for only \$19.95 (incl GST and postage). This recipe book includes so much more than easy to make recipes. Also included are guidelines for modifying recipes, special occasions and the dialysis diet, and tips for eating out. Plus, it's suitable for people at various stages of kidney disease.

Buy the whole recipe book online now at [kidney.org.au/shop/books](https://www.kidney.org.au/shop/books)

**Serves 4**

### Ingredients:

Olive oil, to grease  
2 teaspoons olive oil  
2 zucchini, ends trimmed, coarsely grated  
6 green shallots, white part only, finely chopped  
2 garlic cloves, crushed  
150g (1 cup) frozen baby peas, thawed  
4 large eggs  
4 egg whites  
230g (2 cups) cooked penne pasta  
½ cup low fat ricotta  
2 tablespoons chopped fresh mint  
2 tablespoons chopped fresh chives

### Salad:

2 cups lettuce, roughly torn  
16 slices cucumber  
2 carrots, peeled and thinly sliced  
20 snow peas

### Method:

1. Preheat oven to 180 degrees Celsius. Brush a round 20cm (base measurement) spring form pan with oil to grease. Line base and sides with non-stick baking paper.
2. Heat oil in a large non-stick frying pan over medium-high heat. Add the zucchini and cook, stirring, for 1-2 minutes. Add the shallots, garlic and peas and cook, stirring, for 1 minute or until heated through. Transfer to a large heat-proof bowl.
3. Whisk together the eggs and egg whites in a medium bowl. Add the egg, pasta, ricotta, mint and chives to the zucchini mixture and stir until well combined. Season with pepper.
4. Pour the pasta mixture into the lined pan. Bake in the oven at 180 degrees Celsius for 25-30 minutes or until set and golden. Set aside for 10 minutes to cool slightly. Remove from the pan and cut into wedges.
5. Combine all salad ingredients and serve frittata with salad and a dinner roll.



## THANKS PAULINI

One of Australia's most loved performers, Paulini, competed on Channel 7's Dancing with the Stars to raise money and awareness for Kidney Health Australia. We are so grateful!

Since rising to fame on the first series of Australian Idol, Paulini has performed in musical theatre and TV to millions of fans across Australia.

We look forward to working together to bring kidney health to all Australians.



# what's ON?

## RED SOCKS RUN IS HERE!

**Register Now**

**WALK, RUN or RIDE in October**

Raising awareness and funds for kidney disease has never been more fun! Register today as an individual, create a team or get your workplace involved.

Walking, running or riding 60km is all it takes to help raise awareness about Aussies spending an average of 60 hours per month on dialysis, relying on machines to cleanse their blood. Each kilometre you conquer, represents an hour of dialysis. Share this message with your friends, family, and network to inspire support and raise funds for this critical cause.

**Don't forget to buy your red socks too!**

**This year's limited-edition style is sure to be a conversation starter. T-shirts now also available.**

**Join the excitement at [redsocksrun.org.au](http://redsocksrun.org.au)**



## BIG RED BBQ

**Anytime!**

By hosting a Big Red BBQ you can raise awareness of the importance of good kidney health and support the treatments and research that can give Australians living with kidney disease the chance to live their best lives.

**Sign up today by visiting**  
**[kidney.org.au/bigredbbq](http://kidney.org.au/bigredbbq)**

## NATIONAL HEALTH PROFESSIONAL WEBINAR SERIES

**September**

September's health professional webinar topic is Medications in Chronic Kidney Disease. The webinar will feature what's new in chronic kidney disease medication management, medication considerations and sick day management.

**Registrations are via**  
**[kidney.org.au/HPhub](http://kidney.org.au/HPhub)**

## ON-DEMAND WEBINARS

**Anytime!**

Previously recorded webinars are available to view on-demand via the Health Professional Hub. Topics include: Impact of Chronic Kidney Disease on Older People, Managing CKD and Diabetes, First Nation's Peoples and CKD, Benefits of Early Detection of CKD and Treatment of Resistant Hypertension.

## Contact us:

Connect online @kidneyhealth  
Freecall 1800 454 363  
[careteam@kidney.org.au](mailto:careteam@kidney.org.au)  
[kidney.org.au](http://kidney.org.au)

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