

# KIDNEY COMMUNITY *Issue 5*

## From The National Events Manager...

You will notice that the *Kidney Community* Newsletter keeps getting longer in length! This is due to all the wonderful community stories that keep pouring into our offices — and with May being the month of *Red Undies Week*, we were inundated with accounts of creative activities happening across the country. This year's campaign proved to be our most popular, with more people participating in awareness-raising activities than ever before. Doctors, nurses, consumers and members of the general public donned their red undies to expose kidney disease for the silent killer it is. For the first time, kidney disease was front and centre in the media, with stories running in major metropolitan and regional newspapers, and also on television. An appearance on the Morning Show by Kidney Health Australia spokesman and *Amazing Race* Competitor Tyler Atkins (himself a kidney disease sufferer) was especially popular. A huge thank you to all those who made this week possible and please visit our website [www.kidney.org.au](http://www.kidney.org.au) for more great highlights.



Joshua Donchi  
National Events Manager

## Ladies Lunch for Support

The NSW Central Coast Kidney Health Australia Support Group has been raising money and garnering support for Kidney Health Australia's NSW Kids Programs for 15 years. Over the past 5 years alone, they have raised a massive \$40,000 through their many luncheons, golf days, fashion parades and other exciting events. This group of 20 vivacious women held a Kidney Health Week lunch on May 23rd at the Gosford Gold Club which was attended by over 100 people. The day raised over \$2000 for Kidney Kids. Thanks ever so much to this lovely group of women who work very hard to raise the funds needed to deliver our Kids Capers programs in particular.



## Did You Know?

The Dialysis and Transplant Association of Victoria (DATA) runs 2 holiday homes for those with kidney disease (whether with CKD, on dialysis or with a kidney transplant). DATA is wholly run by volunteers and for a small fee of \$10, you can become a member of DATA and

access the homes. The home at Rosebud sleeps 5 people and those on dialysis can dialyse at the Rosebud Hospital (must be booked at the time of booking the house) or at the house which will be furnished with a suitable dialysis machine. The second house is situated in Yarrowonga, on the Murray River and Lake Mulwala. Here you can dialyse at the local Yarrowonga Hospital, or at the house. To learn more about these holiday homes and DATA, check out the website on [www.datavic.org](http://www.datavic.org) or ring Ros Ball (President) on 03 9439 8866.

## Medical Matters... Latest Publications



In recent months, a number of important pieces of Australian research have been published - each offering valuable insight into various aspects of the renal world. In April, a paper entitled *How Australian nephrologists view home dialysis: Results of a National Survey* was published in the journal *Nephrology*. This study of Australian nephrologist attitudes to home dialysis therapies provides an in-depth view of the issues in Australia affecting the uptake of these treatments. In particular, it finds differences between Australia and other jurisdictions that have published in the area of home therapies. This study will help to provide a basis for further research and help support efforts to increase home therapy utilization in Australia. Copies can be requested by contacting Kidney Health Australia.

In addition to this, a survey of Australian nurse's views regarding home dialysis was also published in the *Renal Society of Australasia Journal*. This survey identified support amongst Australian nephrology nurses for the expansion of home dialysis across Australia, and highlighted barriers to accessing these therapies. Copies can be accessed on-line at <http://www.renalsociety.org/RSAJ/journal/mar11/Lauder.pdf>

The Australian Bureau of Statistics also released Cause of Death data for 2009 (which is the most recent data), showing that diseases of the kidney and urinary system are now the 9<sup>th</sup> leading cause of death in Australia. The data also revealed that in 2009, 3312 people lost their life to kidney and urinary disease. This was more than breast cancer (2,799), prostate cancer (3,111) or even road deaths (1,417). The report can be accessed on-line at <http://www.abs.gov.au/ausstats/abs@.nsf/mf/3303.0>



## Annual Tax Appeal Commences

Kidney Health Australia's annual tax appeal was launched this month with an aim to raise the vital funding needed to support the organisation's programs and services. At the end of this financial year, Kidney Health

Australia is urging Australians to make a tax-deductible donation in support of the fight against kidney disease. For more info about how you can assist, please contact 1800-4-KIDNEY or visit <http://www.kidney.org.au/Youcanhelp/Appeals/tabid/663/Default.aspx>

## Kidney Vital Vitamin Soon to be Launched



Kidney Health Australia and Pharmaceutical and Healthcare Group, Stirling Products Limited are pleased to join in

partnership to deliver a multivitamin product developed specifically for people with kidney disease. The vitamins called *Kidney Vital* have been specifically formulated by nephrologists to adhere to the latest clinical evidence around vitamin use for people with kidney disease. Kidney Vital contains nutrients proven to provide specific advantages to people with kidney disease and also importantly avoids or minimises certain vitamins and minerals found in other vitamins that, in wrong amounts, can be non-beneficial or even harmful to people with kidney disease. The vitamins are the first Kidney Smart product to be endorsed by Kidney Health Australia and will be available in pharmacies across Australia in June.

## Australian Athletes to Conquer the World



From June 17 – 24, approximately 1200 transplant recipients from over 50 countries will participate in the World Transplant Games in Sweden. In doing so, they will pay tribute to

organ donation, the success of transplantation and will recognize organ donors and donor families. With 13 different sports and gold, silver and bronze medals to be won, the Games are sure to bring out the best in everyone and no doubt the Australian Team will be aiming for the top of medal count! Around 88 athletes from Australia will be joined by family and friends in their travels to Sweden making this one of the biggest Australian contingencies to ever participate in a World Games. The Games will also offer participants and guests great opportunities to meet people that have experienced similar circumstances and to make new friends that will last a lifetime. Kidney Health Australia wishes all participants good luck and well wishes, including our very own Support Coordinator Matty Hempstalk!

**Calling for Used Goods!** Kidney Health Australia is keen to receive used stamps to be recycled for fundraising, along with used cars in the metropolitan areas of Adelaide and Melbourne. We also do clothing and small household item collections in metropolitan Melbourne through our contractors (contact direct 03 9558 6448). If you have old clothing that you wish to offload, you can drop them in one of our clothing bins (they have our logo on them) throughout Victoria or contact [Annette.Smith@kidney.org.au](mailto:Annette.Smith@kidney.org.au) or 03 9674 4305.

## Shad takes on the Tour!

In June and then again in January, Ironman Shad Ireland will be heading to Adelaide from the US as part of his "Taking on the Tour" campaign for kidney disease. As a keynote speaker at the upcoming Renal Society of Australasia conference on June 9th, Shad will share his experiences as an athlete on dialysis with patients, nurses, doctors, social workers, dieticians, and other health care professionals. He will speak about his 29-year battle with kidney disease and how he overcame all obstacles to be the first dialysis patient to successfully complete an Ironman triathlon. As part of "Taking on the Tour," a 24-month athletic endeavor to conquer the sport of cycling and raise awareness for kidney disease, Ireland will return to Australia on January 21, 2012 to ride about 135 kilometers in the community challenge of the Santos Tour Down Under. Following the ride, Ireland will visit several cities in the region in an effort to inspire people and spread the message that no matter what challenges they face, anything is possible. Welcome Shad and thank you for sharing your incredible story with Australia!



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



## Medicare Dental Scheme

Under the *Medicare chronic disease dental scheme*, Medicare benefits are available for most services provided by a dentist, dental specialist or dental prosthetist in private dental surgeries. To be eligible, you must have a chronic medical condition and complex care needs and your oral health must be impacting on, or likely to impact on, your general health. Benefits are not available where services are provided to a person who has been admitted to a hospital. To receive a Medicare benefit for dental services, you will first need to meet certain eligibility criteria **and** be referred by your GP to a dentist. In some cases, your GP will be able to refer you directly to a dental prosthetist for denture work. To find out more information about the scheme contact Medicare Australia on 132 011 or visit [www.health.gov.au/dental](http://www.health.gov.au/dental)

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State	Upcoming Events	Date
SA	39 <sup>th</sup> Annual Renal Society of Australasia Conference – Adelaide Convention Centre	June 8 - 11
Sweden	18 <sup>th</sup> Annual World Transplant Games – Goteborg , Sweden	June 18 - 24
WA	WA Renal Education Session – Kidney Care 2 : Treatment Choices - Thorburn House at RPH Shenton Park Campus	June 25
ACT	Transplant Society of ANZ – Annual Scientific Meeting - Manning Clark Centre, ANU Campus, Canberra	June 29 - July 1
National	NAIDOC Week – Various Locations	July 2 - 10
NSW	NSW Kidney Kids Capers – Sydney, Contact Stephen on 02 9299 4599	July 3 - 5
WA	WA Kidney Kids Capers – Perth, Contact Colin on 08 9381 9311	July 11 - 13

## Kidneys Get Some Decent Exposure



Kidney disease was front and centre in May, as *Red Undies Week* kicked off in style across the nation. This year's signature campaign saw consumers, nurses, doctors and even celebrities showing off their underwear in order to give kidney disease some decent exposure. Kidney Health Australia Ambassador Tyler Atkins made a lasting impression on viewers of the popular Morning Show, donning his red underwear on national television and talking about his own

battles with kidney disease. Appearing on campaign postcards and posters, Tyler had been a great supporter of Kidney Health Australia and we look forward to following him on Australia's Amazing Race this season. For more information about *Red Undies Week* and to check out all the action from this year's campaign, check out [www.redundiesweek.org.au](http://www.redundiesweek.org.au)

## Armadale's Super Screen

For five days during *Red Undies Week*, the Armadale Health Centre WA hosted an innovative kidney screening program aimed at detecting early kidney disease in the general public. The 5-10 minute on-the-spot screen consisted of height, weight, blood pressure, blood sugar, urine and BMI measurements. An unbelievable 737 people were screened, with many having out-of-normal-range results requiring medical follow-up. A special thanks to Armadale Renal Nurse Practitioner Casey Light who donated her time to the project, ensuring that participants were given the best possible care. An amazing effort Casey!



## Donald Puts CKD on the Map!

To mark Kidney Health Week, the East Wimmera Health Service (EWHS), in partnership with Kidney Health Australia, held an important inaugural public health forum on May 26 entitled *Are your Kidneys at Risk of Failing?* This sell-out event was aimed at raising awareness of CKD, and attracted crowds from Donald, Charlton, St Arnaud, Birchip, Horsham, Ballarat, Bendigo, Nyah and Stuart Mill. Topics included kidney health, heart health, diabetes, early detection and prevention, haemodialysis, and depression and chronic illness. Everyone who attended received a health promotion show bag including info on stopping smoking, exercise, eating healthy food, the *Swap It Don't Stop It* Campaign and caring for carers. The brilliant speakers included Associate Professor John Richmond (Ballarat consultant general physician who oversaw the establishment of the dialysis service) and Joan Wood, a local grandmother of 12 and great grandmother of 2 who shared her husband's story of being diagnosed with CKD and her story as his carer. Debbie Borden, Dialysis Nurse extraordinaire organised a participant tour of the EWHS Donald Campus Dialysis Unit. We warmly thank Genette Heslop and Debbie Borden for their dedication and enthusiasm which has resulted in a model that will be replicated across the country.



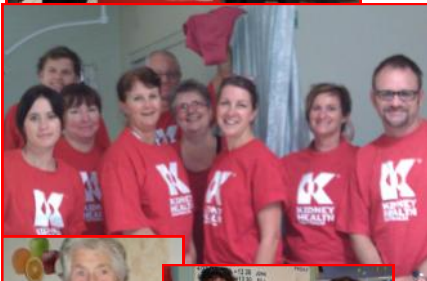
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## Nurses and Consumers Get a Little Bit Cheeky!

From Burnie to Rockhampton, it was a battle of red undies as renal staff and consumers across metropolitan and regional Australia got a bit cheeky in support of the fight against kidney disease. Redland dialysis unit lived up to its name, with the entire unit draped in red, including staff and patients. Red underwear even hung from the ceiling as they celebrated the unit's 4th anniversary in conjunction with *Red Undies Week*. In Hervey Bay and Maryborough, blood pressure checks were taken to a

whole new level with Nurse Practitioner Leanne Brown donning her red undies while she educated the general public about kidney disease. Leanne and her dedicated volunteers detected a number of very high blood pressures (although we think the red undies might have had something to do with it!). Meanwhile, over in Kingaroy, dialysis nurses raided the local Lowes store to promote kidney health amongst unsuspecting shoppers. Wearing sparkling cowboy hats and dashing red undies, they made sure everyone in their vicinity

knew just how important the kidneys were! Rumours were also rife that Rockhampton Renal Health staff, Nambour Dialysis Unit nurses and Eurobodalla Dialysis Unit Staff also got in on the red undies action, ensuring that kidney disease had lots of exposure in May! Well done to all those who took the red undies challenge and helped to make this campaign the most successful yet! Remember to keep sending us those great photos and check back on our website [www.kidney.org](http://www.kidney.org) for more great pictures from across the country!



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## Swapping It in Eurobodalla

The Eurobodalla Renal Support Group Get Together Launch of Kidney Health Week was celebrated on May 22 at Club Catalina Batemans Bay. Attendees included President Mr Brad Rossiter, Mr Andrew Constance- Minister for Disabilities and Aging, Mr Steve Williams- President Transplant Australia ACT, Mr Evan Eggs- Kidney Health Australia NSW Consumer Council Chairperson and Mr Julian Fitzgerald- ACT Donate Life.



The day not only centred on raising awareness of kidney health but also promoted healthy eating and physical fitness through the *Swap It Don't Stop It* campaign. For more information about *Swap It Don't Stop It*, visit [www.swapit.gov.au](http://www.swapit.gov.au)

## Painting the Town Red in Adelaide

Kidney Health Australia Medical and Call Centre staff took the streets of Adelaide dressed in red to spread the message of early detection and management of kidney disease. Armed with oodles of health information, they braved the cold and distributed important preventative literature, urging people to think about their risk and to have a kidney health check. Go South Australia!



Check out all the action at [www.redundiesweek.org.au](http://www.redundiesweek.org.au)

## Australia's First Big Red Walk

Even a downpour of rain could not deter fifty keen walkers from strutting their stuff along the Brisbane river to raise awareness of Kidney Disease in the first annual Big Red Walk. Through the wonderful partnership of the Princess Alexandra Hospital and Kidney Health Australia, kidney consumers and health professionals joined forces to kick off Kidney Health Week in Queensland on Sunday May 22nd. Dr. Jeannette Young, Queensland's Chief Health Officer, was also present, reminding participants of the need to keep spreading the word about the importance of kidney health. The Big Red Walk was modelled after a similar event held in the US which has grown to include 75,000 participants walking in over 100 locations! Look out for next year's Big Red Walk coming to a city near you!



Special Thanks to our generous sponsors:



## Giving Thanks

May not only marked *Red Undies Week*, but this year it was also a time to recognise organ and tissue donors and their families who make donation possible. A number of *Donate Life Services of Thanksgiving* were held during May and will continue being held into June- providing the opportunity for donor families and transplant recipients in metropolitan, regional and remote areas to reflect on the gift of life. Kidney Health Australia participated and attended ceremonies in Launceston (pictured), Sydney, Adelaide, Melbourne and Brisbane. For more information, please visit the *Donate Life* website at [www.donatelife.gov.au](http://www.donatelife.gov.au)



## Competition Winners

A number of prizes were given away during Red Undies Week in recognition of the stellar effort put forward by some enthusiastic groups and individuals. FujiFilm Cameras, signed Raiders bags, CD's, and Ice watches were up for grabs and provided a great incentive to post them on-line at [www.redundiesweek.org.au](http://www.redundiesweek.org.au) Congratulations to winners Sally of Crocosaurus Cove, Nurse Casey, Rebecca, Gary, the Kingaroy Renal Nurses, Nurse Elizabeth, the Men of Wirrimbi, Redland Renal Unit; Ben and Emily! To view some of the great photos from red undies Week visit [www.redundiesweek.org.au](http://www.redundiesweek.org.au)



## Sizzling Hot in Bribie Island

On May 21, Bribie Island local business woman Kathy Hopson hosted a wonderful Big Red BBQ, ensuring that a range of community groups and members were involved in raising funds for Kidney Health Australia. The Diabetes Support Group, Heartclub Happy Walkers, local cyclists, the Lions Club, local and state politicians were on hand to make the day a success. Allan from Woorim Meats even created a special low-salt Bribie Banger just for the day! More than \$600 was raised on the day. Many thanks Kathy!

