



ARDAC Kidney Health Study Newsletter 2015

The ARDAC Study

The ARDAC Study is the first large population-based study comparing the early markers of chronic disease in Aboriginal and non-Aboriginal children.

The study aims to see if early signs of chronic disease are more common in Aboriginal children and young people compared with non-Aboriginal children and young people.

ARDAC Update



Hi and welcome to the latest edition of the ARDAC Kidney Health Study newsletter.

We have been busy meeting with Aboriginal Community Controlled Health Services and community groups to discuss working together to continue screening in adolescents and young adults.

So far in 2015 we have worked with Bourke, Brewarrina and Walgett Aboriginal Community Controlled Health Services and were able to screen many par-

ticipants, some who had been screened before and some who were new to the study.

Another approach to screening is being trialed by Orange Aboriginal Medical Service (OAMS) who are incorporating the ARDAC screening into their health checks.

ARDAC Videos

We would like to announce the launch of two ARDAC videos. Please take a look on our website when you have a chance:

www.ardac.org.au



Here are some of the OAMS staff learning about the Clinitek urinalysis machine.

As always, if you have any questions or concerns about the study, please feel free to contact us via email:

ardac.SCHN@health.nsw.gov.au

Screening update

We have started screening for 2015 and we are continuing to follow-up all previous participants and looking to recruit new participants aged 16 to 20 years.

So far this year we've been to Walgett, Brewarrina, Bourke, Dubbo and Coonamble.

Here are some of the wonderful ARDAC participants who agreed to have their photo taken:

Thank you!



Screening Areas 2015

Mt Druitt
Dubbo, Gulargambone and Coonamble
Bourke, Brewarrina & Walgett
Condobolin & Lake Cargelligo
Kempsey
Nowra

Get to know the ARDAC team: Sandra Puckeridge Centre for Kidney Research Office Manager

Why do you want to work in Aboriginal health? To try to achieve better health outcomes for Aboriginal people.

How long have you worked on the ARDAC Study? I have been with the study from the beginning in 2002.

What is your favourite thing about working on the ARDAC study? When I have the opportunity to go on a screening trip I enjoy interacting with the study participants

Favourite colour: Blue

Favourite food: Chocolate

Favourite movie: Splendour in the grass

Favourite book: The Happiest Refugee by Anh Do

Favourite TV show: Silent Witness

If you could have any superpower what would you choose? Mind reader

What is your favourite ice cream flavour? Boysenberry

If you could live anywhere in the world where would it be? Australia

Hidden talent? I am a good listener

What do you do in your free time? I play hockey



BLT

(makes 4 sandwiches)

Ingredients:

- 12 slices bacon
- 8 slices white sandwich bread
- 1/2 cup mayonnaise
- 2 cups shredded iceberg lettuce
- 2 ripe tomatoes, sliced
- freshly ground black pepper



Instructions:

- Cook the bacon in a large frying pan over medium heat, turning once, about 6 minutes, until crisp and brown. Transfer to paper towels to drain.
- Lightly toast the bread on both sides.
- To assemble the sandwich, spread one side of each bread slice with the mayonnaise. Place 4 slices, mayonnaise side up, on the work surface. Top each with equal amounts of the lettuce and tomatoes and 3 bacon slices. Season with the pepper. Top each with the one of the remaining bread slices, mayonnaise-side down. Cut each sandwich in half and serve immediately.

<http://recipes.familyeducation.com/sandwiches/blt/69408.html>

The ARDAC team look forward to visiting you throughout the year.

If you would like any information about the study please contact us!

Phone: (02) 9845 1469

Free-call: 1800 005 846 (leave a message)

Email: ardac.SCHN@health.nsw.gov.au

Web site: www.ardac.org.au

If you've moved since the last time we've screened you, please contact us.



Remember to
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