

# ckr

the children's hospital at Westmead

Centre for Kidney Research

ARDAC Study Newsletter 2011

Edition Two

## ARDAC Update

Welcome to our Christmas 2011 Newsletter!  
This year we visited 81 schools and screened 787 participants!

## Recruitment and Results

We are continuing to recruit young people to the ARDAC Study and we have now screened over 3300 participants. The results so far have shown no differences in the kidney and cardiovascular health of Aboriginal participants compared to non-Aboriginal participants. This shows that the high incidence of kidney disease in Aboriginal people can be prevented. It is important for us to keep following the participants for as long as possible to see when the differences start to appear.

## Thank you!



A **BIG** thank you to all participants who continue to be screened for the ARDAC Study. Some participants have been screened every 2 years since 2002 and we appreciate your contribution towards kidney research. You are making a difference for yourselves and your community, well done! Thank you also to all the parents, carers, Aboriginal Education Officers, Teachers, Aboriginal Health Workers and the ARDAC Aboriginal Advisory Committee who have helped us throughout the study.

## 2012 SCREENING AREAS

Armidale  
Bourke  
Brewarrina  
Broken Hill  
Condobolin  
Coffs Harbour  
Dubbo  
Gulargambone  
Kempsey

Lake Cargelligo  
Menindee  
Mt Druitt  
Newcastle  
Nowra  
Orange  
Walgett  
Wilcannia



## Did we miss you in 2011?



Please contact the ARDAC office on:

**(02) 9845 1469**

or you can use our freecall number...

**1800 005 846**

and record your details after the message.

***Are you moving?***

If you move, change your contact details, or your child moves from his/her current school please let us know by calling the ARDAC office or our freecall number.

## NAIDOC WEEK



**NAIDOC** stands for the **National** **A**borigines and **I**slanders **D**ay **O**bservance **C**ommittee.

Its origins can be traced to the emergence of Aboriginal groups in the 1920s which sought to increase awareness in the wider community of the status and treatment of Indigenous Australians.

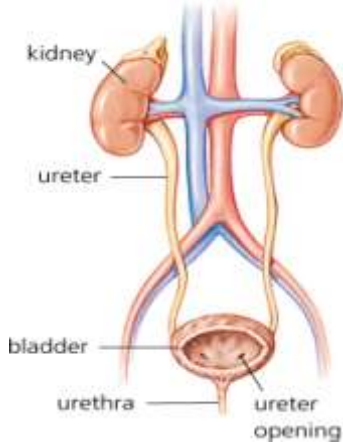
Today, NAIDOC is a celebration of Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions of Indigenous Australians in various fields. Activities take place across the nation during NAIDOC Week in the first full week of July. All Australians are encouraged to participate.

The Children's Hospital at Westmead holds an annual event for NAIDOC week that includes dancing, aboriginal art and bush tucker.

What do you do in your area? If you would like to share any stories or pictures we can put them in the next newsletter.

<http://www.naidoc.org.au/>

# Urinary Tract Infections



**Urinary Tract Infections**, also known as UTIs, are one of the most common reasons for visiting a doctor about an infection. They occur more often in women.

Common symptoms include:

- burning sensation when passing urine
- wanting to urinate more often, if only to pass a few drops
- cloudy, bloody or very smelly urine
- pain in the lower part of your body

**See your doctor for treatment if you think you have a UTI.**

You can also try:

- Drinking plenty of fluids, particularly water - drink water instead as it can help to flush out bacteria!
- Taking a commercial urinary alkaliser. This may help to alleviate the discomfort of burning and scalding when passing urine. It is important to refer to your doctor if symptoms persist.
- Avoid acidic food or drinks (caffeine, acidic foods, spices, citrus fruits, tomatoes, alcohol and chocolate) as these foods may increase your discomfort and can aggravate the burning sensation when passing urine. They also cancel out the effect of the urinary alkaniser.
- Use a heating pad on your abdomen to minimize bladder pressure or discomfort.

Kidney Health Australia

## Healthy Kidneys Puzzle



## Let's talk about breakfast!

**Breakfast is an important start to the day. Did you know that people who eat breakfast:**

- ☒ Kick-start their metabolism
- ☒ Tend to make better food choices through the day
- ☒ Do better in school
- ☒ Are more active

**Important things to remember about breakfast:**

- ☒ Any breakfast is better than no breakfast at all
- ☒ Sometimes you have to eat on the go
- ☒ Include protein and fibre for staying power
- ☒ Stay away from sugary choices
- ☒ Try: Cereal, fruit, toast, omelette, yoghurt, or eggs

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## Wicked Wheaty Wonder Drink

**Ingredients:**

- 1 breakfast wheat biscuit
- 1 banana, chopped
- 1 cup low-fat milk
- 1/4 cup low-fat yoghurt

Blend ingredients until smooth



<http://www.goforyourlife.vic.gov.au>

Merry.  
Christmas

*From The ARDAC Team*

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