

### ARDAC Update

Welcome to our first newsletter of 2012. It is going to be another busy year for the ARDAC Study as we travel across the state to screen children and young adults for signs of kidney disease.

### Happy Birthday!



The Kidney Health Study is 10 years old!

The study began in 2002 and screened in 38 schools across NSW, 10 years later and we visit over 200 schools!

### Follow up screening

The ARDAC participants have been fantastic! There have been **509** participants screened for all 5 screenings since 2002, and we are hoping to screen everyone again for your 6th screening in 2012 and 2013. Some of the new participants in Phase 2 are up to their 3<sup>rd</sup> screening as well!

**Thank you for your continued support of this important research study!**

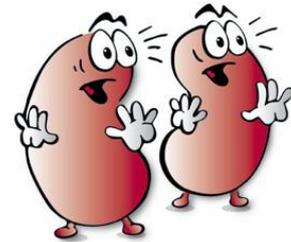
### 2012 SCREENING AREAS

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?

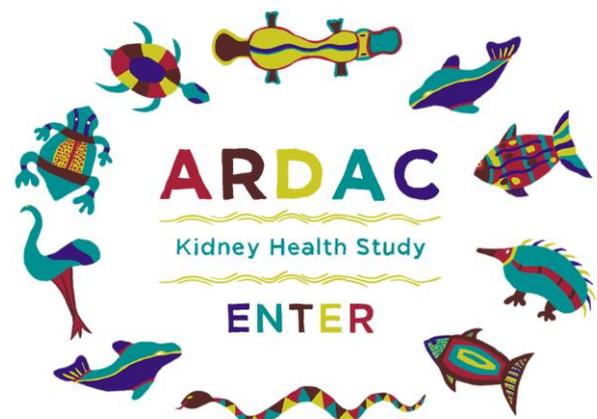
If you move, change your contact details, or your child moves from his/her current school please let us know by calling the ARDAC office or our freecall number.

### The ARDAC Website

The ARDAC Kidney Health Study is online!

[www.ardac.org.au](http://www.ardac.org.au)

Visit the new ARDAC website for updated information about the study including screening areas we are visiting this year, the ARDAC study team, study results so far, links to further information about chronic kidney disease and much more!





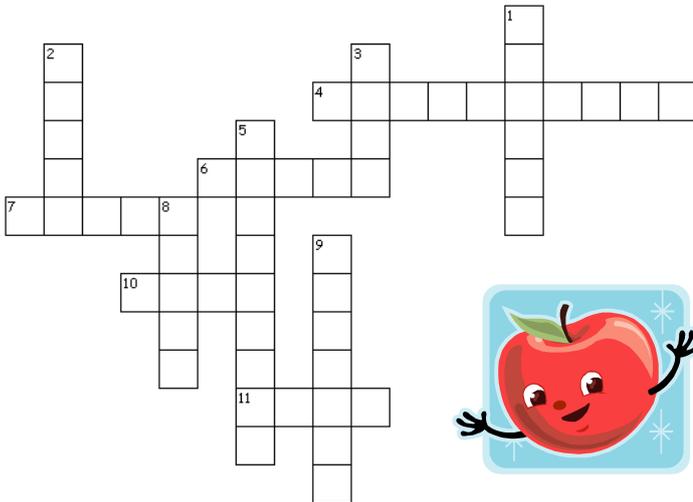
## How can I avoid kidney disease?

You can **reduce** your risk of kidney disease especially if you are at increased risk by:

- ◆ becoming a non-smoker
- ◆ ensuring your blood glucose is well controlled if you have diabetes
- ◆ controlling your blood pressure
- ◆ staying fit, exercise regularly and maintain a healthy weight by eating a healthy diet
- ◆ avoiding high salt foods and reduce salt intake wherever you can
- ◆ drinking water - instead of sugary drinks
- ◆ drink alcohol moderately (no more than 2 standard glasses a day for men -1 standard glass for women)

<http://www.kidney.org.au/KidneyDisease/tabid/578/Default.aspx>

## Healthy Eating



### Across

4. you need 5 serves a day
6. you need 2 serves a day
7. multigrain or wholemeal
10. comes from a cow
11. yummy in winter

### Down

1. fills you up between meals
2. keeps kidneys healthy
3. a good source of protein
5. the most important meal of the day
8. one of the 5 food groups
9. good for your tummy

## CHOCOLATE BISCUITS

These chocolate biscuits are healthier than the regular kind, making them great for after-school snacking.



### Ingredients

- 25g Olive Grove Lite Spread
- 80g Nutella
- 90g brown sugar
- 1 egg white
- 1 egg, lightly beaten
- 1 2/3 cup (250g) self-raising flour

### Method

Preheat oven to 180°C. Line a large baking tray with non-stick baking paper. Use a wooden spoon to mix the spread and Nutella in a large bowl until well combined. Add the brown sugar, egg white, egg and flour. Stir until the mixture comes together. Knead the mixture gently until smooth.

Roll the mixture into 32 balls. Place on the tray. Use the back of a fork to firmly press, flattening slightly. Bake for 10-12 minutes or until the biscuits are firm and crisp. Transfer to a wire rack to cool. Makes 32

<http://www.taste.com.au/recipes/15478/healthy+chocolate+biscuits>

## World Kidney Day



Billy the Kidney and friends!

The Centre for Kidney Research celebrated World Kidney Day with a cupcake stall, free blood pressure checks and a visit from Billy the Kidney. We raised over \$1000 for kidney research and a fun day was had by all.

### Contact us:

1800 005 846 free call  
(02) 9845 1469

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