




ARDAC Update

 Welcome to our first ARDAC Newsletter for 2011! This year we are continuing with our first round of follow-up screening for Phase 2 of the study. The screening team has visited a number of communities around NSW including Mt Druitt, Goulburn, Queanbeyan, Wagga Wagga & Batemans Bay. We have already screened more than 400 participants and we plan to see approximately 1000 participants by the end of the year!

Breaking News: ARDAC screens 2000 participants!!!!

 The ARDAC Study has reached its target of 2000 participants for Phase 2 of the study! Thank you to all our schools, participants and families who have helped us achieve this goal. We are continuing to recruit new participants so if you or your school are interested in participating please contact the ARDAC office.

Where to next?

 The ARDAC team will be traveling to **Newcastle, Taree, Ballina, Dubbo & Gilgandra** during the second half of 2011. Rita, our Aboriginal Health Education Officer, will consult with these communities before we start contacting schools and participants to organise our screening visits. If you have any questions about our screening visits or would like further information please contact the ARDAC office.

SCREENING VISIT DATES for 2011

NEWCASTLE & TAREE: 6th – 20th June
BALLINA: 25th July – 5th August
DUBBO & GILGANDRA: 29th August – 9th September

The ARDAC Website

The ARDAC Kidney Health Study is going online! We are planning to have the ARDAC website up & running in the next few months. Participants, parents and schools will be able to access the latest information about the study and keep up to date with our screening visits and the results for each screening area. We look forward to announcing the website in the next newsletter!

World Kidney Day 2011



The Centre for Kidney Research celebrated World Kidney Day 2011 with a cupcake stall and raffle at The Children's Hospital at Westmead. Hundreds of cupcakes were sold, raising \$1500 for the Centre for Kidney Research and increasing awareness about kidney disease in our hospital community.



Nickie working hard selling cupcakes!

Did we miss you in 2009?

If you live in **Liverpool, Goulburn, Queanbeyan, Wagga Wagga, Batemans Bay, Newcastle, Taree, Ballina, Dubbo** or **Gilgandra** and missed screening in 2009, we would like to see you in 2011! Participants who have left school can also continue being part of the study.

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.



Blood pressure & your kidneys

We check blood pressure for the ARDAC study because it's an important sign of kidney and cardiovascular health.

What is it? Blood pressure is the pressure of the blood against the walls of your arteries as it is pumped around your body.

How is it measured? Your blood pressure is measured using an arm cuff (sphygmomanometer) & stethoscope. Two numbers are recorded. The first number (systolic pressure) is the pressure in the arteries as the heart pumps blood during a beat. The second number (diastolic pressure) is the pressure in the arteries when the heart is relaxed before the next beat. For example 120/70.

BLOOD PRESSURE READINGS

Normal: below 120/80

High normal: 120-139/80-89

High: above 140/90



Why is it important? When high blood pressure is left uncontrolled it can cause damage to the small blood vessels supplying blood to organs like your kidneys. Damaged blood vessels become thickened and narrowed affecting blood supply and organ function. It is important to have your blood pressure checked regularly by your doctor as there are often no warning signs that your blood pressure is high.

RISK FACTORS for high blood pressure

1. Older people
2. Family history
3. Being overweight
4. Smoking
5. Not enough physical activity



Kidney Health Australia

CRIAH Conference 2011

The team from the ARDAC Study participated in the recent **Coalition for Research to Improve Aboriginal Health** Conference held in Sydney on the 5th & 6th of May. This conference provides an opportunity to share information and showcase health research projects like the ARDAC Study that are working towards improving Aboriginal health.

ARDAC was also included in the Aboriginal Child Health Symposium and the Royal College of Physicians Congress meeting both held during May 2011.



Rita's Adventures



In September 2010 Rita, ARDAC's Senior Aboriginal Health Education Officer, went on the trip of a lifetime to the USA. Some of the highlights of her trip were an unforgettable visit to Graceland (home of Elvis Presley) in Memphis, strolling through the interesting streets of New York, experiencing the magical spray of Niagara Falls, the Boston Markets, and having fun in Disneyland.



Warm Winter Recipe



Chicken Noodle Soup

Ingredients: 1 tablespoon olive oil, 1 brown onion finely chopped, 2 carrots diced, 2 sticks celery thinly sliced, 2 cloves crushed garlic, 4 cups chicken stock, 3 cups water, 400g chopped cooked chicken, 440g noodles, 2 tablespoons chopped parsley.

Method: Heat oil in a large saucepan over medium heat. Add onion, celery, carrot & garlic, cook for 8 mins until tender. Add stock & water. Stir until well combined & mixture comes to the boil. Add chicken & noodles. Cook for 2 mins until heated through. Serve into bowls & top with parsley. Enjoy!

Note: Make sure you have an adult to supervise!

<http://blog.colesonline.com.au/2010/09/02/our-family-favorite-chicken-noodle-soup/>

If you have a favourite healthy recipe that you would like to share with ARDAC send it to us and we will publish it in the next newsletter. Send your ideas to...

The ARDAC Study
The Centre for Kidney Research
The Children's Hospital at Westmead
Locked Bag 4001
Westmead NSW 2145

Or send them via email to ardac@chw.edu.au

Do we have your email address?

We would like to send the newsletter by email. It saves on trees, postage costs, and your time. Please contact us at:

ardac@chw.edu.au

and let us know if you would like to receive your ARDAC newsletter, as well as other information about the study, by email.

