

# ckr

the children's hospital at Westmead

Centre for Kidney Research

ARDAC Study Newsletter 2012

Edition Two



## NHMRC Grant success!

The ARDAC Study has been awarded a 5 year grant from the National Health and Medical Research Council (NHMRC) to continue research in to the early markers of kidney disease in adolescents and young adults. The next phase will follow all the participants we have previously screened and recruit new participants aged 16 to 21 years on to the study. The study will now be able to continue until 2017!

## Fast Facts

- ❖ 3373 participants have been screened for the study since 2002
- ❖ 2238 participants have been screened during the second phase (2008-2012)
- ❖ 16 is the average age of an ARDAC participant
- ❖ In 2012 we have screened 577 participants

Thank you to all the study participants, schools, health workers, families and communities who support the ARDAC study and are making a difference in kidney health!

## ARDAC Study Website!

Have you visited our new website? Make sure you check it out for up to date information about the study including the dates that we are visiting your area, study results and information about kidney health.

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

Follow us on Twitter!

@ardackidney



## ARDAC trip to Dubbo Zoo!



## ARDAC in 2013

The ARDAC team has already started to plan our screening trips for 2013. Check our website early next year for details about when we are visiting your area.

- ❖ Liverpool
- ❖ Goulburn & Queanbeyan
- ❖ Wagga Wagga
- ❖ Batemans Bay
- ❖ Newcastle
- ❖ Taree
- ❖ Ballina
- ❖ Dubbo & Gilgandra

If you have moved, changed your contact details, or changed schools since your last screening please contact the ARDAC office to let us know.

**(02) 9845 1469**

or

**1800 005 846**

(freecall)

Record your details  
after the message.  
**THANK YOU!**

think. kids.



# Healthy Christmas Cookies



<http://www.bonappetit.com/recipes/2011/12/everything-cookies>

## Ingredients

3 cups old fashioned oats  
1 cup plain flour  
1 teaspoon baking soda  
2 teaspoons ground cinnamon  
¼ teaspoon grated nutmeg  
¼ teaspoon salt  
1 cup unsalted butter  
1 cup natural peanut butter  
1 cup sugar  
1 cup (packed) light brown sugar  
2 large eggs  
2 teaspoons vanilla extract  
1 ½ cups chocolate chips  
¾ cup raisins  
½ cup chopped walnuts  
½ cup pretzels broken into pieces  
Non-stick vegetable oil spray

## Preparation

Whisk oats, flour, baking soda, spices and salt in a large bowl. Using an electric mixer beat butter, peanut butter and sugars in another large bowl on medium speed until combined. Add eggs and vanilla and beat until completely smooth. With mixer on low speed add dry ingredients and mix until just combined. Stir in chocolate chips, raisins, walnuts and pretzels. Wrap dough in plastic and chill for at least 2 hours or overnight.

## Baking

Preheat oven to 350°F. Coat baking paper sheets with non-stick spray. Using a spoon drop rounded tablespoons of dough about 5cm apart onto pre-prepared baking sheets (12-14 cookies should fit on each sheet). Bake cookies until golden brown, 15 -17 minutes. Transfer cookies to wire racks and allow to cool. The recipe makes about 48 cookies. Eat in moderation!

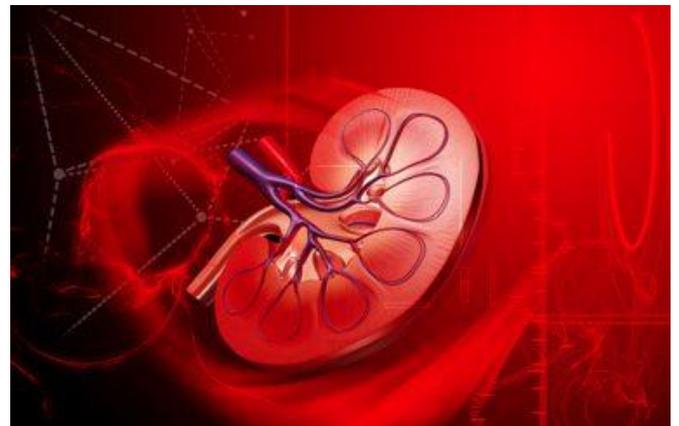


Merry Christmas!

# Orthostatic (postural) proteinuria

## What is orthostatic proteinuria?

Orthostatic proteinuria occurs in some older children and teenagers. The condition is called "orthostatic proteinuria" because protein goes into the urine only when the child is standing up. Children who have this condition have no kidney damage but, for some unknown reason, they lose protein into the urine during the day when they are active. At night, while they sleep, their kidneys don't let any protein into the urine. Your doctor diagnoses this condition by checking 2 urine samples. The first is collected in the morning. The second sample is collected throughout the day. The samples are kept in separate containers. If your child has orthostatic proteinuria, the morning sample won't have protein in it, but the urine collected during the day will have protein in it. Your doctor will monitor you every few months.



<http://familydoctor.org/familydoctor/en/kids/toileting/proteinuria-in-children.html>

## ARDAC Kidney Health Study

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**The ARDAC Study is based at the Centre for Kidney Research at The Children's Hospital at Westmead NSW. The Centre provides insight into new treatments, methods of diagnosis, prevention and the enhancement of the quality of life of children and adults with, or at risk of, kidney disease. For more information about the Centre for Kidney Research visit our website at**

[www.kidney-research.org](http://www.kidney-research.org)