



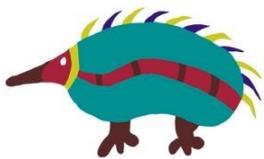
# ARDAC Kidney Health Study Newsletter 2014

## 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.

### Study Manager's Update



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

It has been an interesting and challenging year for the ARDAC Study, with the start of Phase 3.

Next year will surely be a busy one as we catch up with screening in the communities that we weren't able to visit this year due to waiting for ethics approvals.

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

[ardac.SCHN@health.nsw.gov.au](mailto:ardac.SCHN@health.nsw.gov.au)

Thank you again for your support of the study. We couldn't do it without you.

See you soon!

Jenn



**Wishing you a Merry Christmas and a Happy New Year!**



## Screening Areas 2015

Kempsey
Dubbo, Gulargambone, Gilgandra
Nowra
Condobolin & Lake Cargelligo
Liverpool
Goulburn & Queanbeyan
Wagga
Batemans Bay
Taree & Newcastle
Ballina
Bourke, Brewarrina & Walgett

### Screening update - Nickie & Laura

Screening was delayed in 2014 while we submitted ethics applications but we have started screening again and hope to catch up with everyone in 2015.

2015 will be an exciting year for the ARDAC Study as we continue to follow-up all previous participants and look to recruit new participants aged 16 to 20 years.

As many of the ARDAC participants have now left

school, we will be screening at home or in clinics.

We will be working with Aboriginal Community Controlled Health Services, community health services and Medicare Locals to follow-up participants.

If you have any questions please contact us.

If you have moved or left school please let us know so we can arrange your screening visit.

Thank you to everyone who has participated in the study. We hope to see you in 2015!

*Carvings in the Chambers of the black hand cave, Lightning Ridge*



## Get to know the ARDAC team: Dr Elisabeth Hodson, ARDAC Study Investigator and Paediatric Nephrologist (retired)

**Why do you want to work in Aboriginal health?** To identify early kidney abnormalities, which if treated could reduce the risk of kidney failure in adult Aboriginal people.

**What is your favourite thing about working on the ARDAC study?** Meeting new people

**Favourite colour:** Red

**Favourite food:** Toast and marmalade

**Favourite movie:** Love Actually

**Favourite book:** "Frederica" by Georgette Heyer

**Favourite TV show:** I don't have a TV

**If you could have any superpower what would you choose?** Flying

**What is your favourite ice cream flavour?** Chocolate

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

**Hidden talent?** I Like organising things

**What do you do in your free time?** Bird watching

- Elisabeth



### Butternut Snap Chocolate Tartlets

(makes 20)

#### Ingredients:

- 250g packet Arnott's Butternut Snap cookies
- 65g unsalted butter chopped
- 80ml (1/3 cup) thickened cream
- 200g milk chocolate or dark chocolate



#### Instructions:

##### Step 1

Preheat oven to 180C. Place biscuits over the holes of a 12-hole shallow patty pan. Bake for 2 minutes or until soft, then carefully press the biscuits into the holes to mould into a shell. Cool, then transfer to a plate. Repeat with the remaining biscuits.

##### Step 2

To make the filling, place butter, cream and chocolate in a pan over very low heat, stirring continuously for 7 minutes or until smooth. Pour into a bowl. Refrigerate until just cool.

##### Step 3

Fill tartlet shells with 1 heaped teaspoon of chocolate filling, then chill for 20 minutes or until set. Decorate the chocolate tartlets using lollies and chocolates.

<http://www.taste.com.au/recipes/25216/butternut+snap+chocolate+tartlets?ref=zone,christmas-baking>

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

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

**Phone:** 9845 1469

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

**Email:** [ardac.SCHN@health.nsw.gov.au](mailto:ardac.SCHN@health.nsw.gov.au)

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

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



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