

  
**Artificial Sweeteners Not So Sweet For Type 2 Diabetes Sufferers**



**Are artificial sweeteners friend or foe for type 2 diabetes sufferers? Researchers from the Royal Adelaide Hospital are set to find out.**

Kidney, Transplant and Diabetes Research Australia (KTDR) is proud to be a charitable affiliate of The Hospital Research Foundation (THRF), which recently provided funding to Professor Chris Rayner and Associate Professors Richard Young and Geraint Rogers to determine if artificial sweeteners contribute to, rather than alleviate type 2 diabetes.

Having shown how artificial sweeteners can increase a healthy person's risk of type 2 diabetes, the world-class team are now setting out to test whether these same sweeteners also impact blood glucose control in diabetes sufferers.

**"Type 2 diabetes is a modern epidemic, but effective control of blood glucose can reduce its incidence and progression," Prof Rayner said.**

**"Our research will show how the gut detects and signals the presence of artificial sweeteners. It will also prove for the first time whether sweeteners alter gut bacteria in a way that impairs blood glucose control in type 2 diabetes sufferers, and we'll compare this with healthy people."**

Prof Rayner and A/Profs Young and Rogers are confident their research will change the lives of type 2 diabetes sufferers both now and in the future.

**"Our study findings will drive public health policy on artificial sweetener consumption to reduce the global incidence and burden of type 2 diabetes. In the long-term, around five to 10 years, our findings will have high potential to lead to new antidiabetic medications that target**

**the mechanisms we are investigating," Prof Rayner said.**

KTDR is committed to working with THRF to fund more lifesaving projects like this that are making a difference in our community. It's only with kind donor support that we can fund research dedicated to eliminating these debilitating chronic diseases.

If you would like to support life-changing research, please fill in the enclosed coupon and return in the reply paid envelope.

*Image above: Prof Rayner and A/Prof Young's (L-R) research will improve the lives of type 2 diabetes sufferers.*

  
**Did you know?**  


-  **Every day 280 Australians develop diabetes. This equates to 1 person every 5 minutes.**
-  **It is predicted that by 2040, 1 in 10 people will be living with diabetes.**
-  **Type 2 diabetes currently makes up 85% of diabetes sufferers.**

**"Artificial sweeteners are generally viewed as 'inert', and it is assumed that replacing sugar with artificial sweeteners will reduce the risk of diabetes and obesity. We've discovered that diets high in artificial sweeteners enhance absorption of glucose from the gut, and worsen blood sugar control in healthy people."**

**Our aim is simple – to reduce and ultimately eliminate the high incidence of these chronic diseases in Australia and around the world. **

# The Impact of Kidney Disease in our Rural Community

Receiving a grant in our KTDR funding round last year, Nephrologist Dr Su Crail is leading a study spanning two states to determine the impact chronic kidney disease has on sufferers.

Focusing on patients both in South Australia and the Northern Territory, Dr Crail will be looking at the quality of life of these patients and their families, particularly if they live in a rural or remote setting and are forced to spend considerable time away from home for treatment. To do this, Dr Crail will be working closely with her co-investigator Dr Paul Lawton from Menzies School of Health Research in Darwin.

with chronic kidney disease, those needing dialysis or who have had a kidney transplant,” Dr Crail said.

“We need to look at how much time having kidney disease takes out of a patient’s life each time they are in hospital and how much time they are away from home.

“Many of our patients come to the Royal Adelaide Hospital from the Northern Territory and then return to their home, which is why we are including them in this project as well.”

To conduct this research, Dr Crail will be linking a number of different data sets in the hope that better understanding the true burden of kidney disease will lead to two important breakthroughs - improving both patients' health and the future of our health system.

also living with other conditions, including heart failure.

“Our project will help identify if we’ll need more health facilities in the future for these patients and potentially help us think about this differently in terms of how best we can maintain a person’s quality of life during their treatment. For example if a patient lives in rural or remote Northern Territory and needs to travel somewhere to have dialysis, is there a school close by for their children.”

Thanks to your support, this translational project will help so many Australians diagnosed with chronic kidney disease have the best quality of life they can during the most difficult time in their lives.

“The reason for this project is two-fold. Firstly, we can let patients know what to expect at the time they are diagnosed with kidney disease and second we can plan and prepare our health system for the increasing prevalence of this disease.”

“We know kidney failure is on the rise, we need to be able to prepare for this. Not to mention many patients with kidney disease are



## Fun Fact

A nephrologist is a medical doctor who specialises in kidney care and treating kidney disease.

“Our research will be focused on the impact ongoing treatment, hospitalisation and outpatient appointments has on patients



Image left: Thanks to your support, Dr Crail's research will change the lives of those from rural communities living with chronic kidney disease.

## World Kidney Day Celebrations!

We were thrilled to be part of World Kidney Day celebrations at the Royal Adelaide Hospital recently! This wonderful event gave our generous donors and members of the public the chance to hear about lifesaving chronic kidney disease research projects underway in Adelaide.

Guests also heard first-hand from people living with kidney disease and how research has helped improve their quality of life. It’s your support that makes research like this possible, thank you! To ensure you find out about great events like this, subscribe to our E-news by visiting [kidneydiabetesresearch.com.au](http://kidneydiabetesresearch.com.au).



## Lifesaving Kidney Transplant 30 years on



Meet our proud KTDR supporters Keith and Marge!

**Life could have been cut very short for 75-year-old Keith Parkes if it wasn't for a kidney transplant that saved him over 30 years ago, making him the second longest-living kidney transplant patient in South Australia today.**

Fighting fit in his younger years, Keith was a proud soldier in the Australian Army for almost 25 years until he began developing kidney issues during his later years in the military, forcing him to become an instructor of weapons and administration instead.

**"I was still in the Army when a Chinese doctor in Canberra diagnosed me with polycystic kidneys in 1975; I had never heard of that in my life. The Army was my heart and soul but after that diagnosis I was discharged, which was really tough for me," Keith explained.**

"I was referred to The Queen Elizabeth Hospital and I began dialysis."

After he was discharged from the Army, Keith secured a job in politics, managing a full-time workload and dialysis three times a week the best way he could.

"My colleagues supported me throughout dialysis which I attended on Monday, Wednesday and Friday. I was then asked if I would consider a kidney transplant but I didn't think too much about it as my mum had been on dialysis for years so I was preparing myself for the same fate," Keith said.

"I was put on a transplant register with a warning I could be waiting a while."

Three weeks later Keith woke up to a life-changing phone call at midnight one Friday night, the doctors explaining they had a kidney match for him after a long nine months of being on dialysis.

"I didn't take it seriously at first and thought it was my brother making a joke, but it was true. I couldn't believe it. I had only been on the register for three weeks and I was being told the doctors had a kidney match. Before I knew it, I was undergoing the operation," Keith said.

**"Thanks to research in this area, the operation was successful and I have since only had minor issues with the donated kidney. I still have my regular check-ups every three months at the Royal Adelaide Hospital."**

With his donated kidney still going strong, Keith is now retired and living life to the full extent, proud to be a supporter of lifesaving research through KTDR.

**"I'll never know who gave me my kidney but I thank them every day and the medical professionals and researchers who made this possible."**

You can join Keith in supporting lifesaving research into chronic kidney disease and diabetes through KTDR by filling out the enclosed coupon and returning in the reply-paid envelope.

*Image above: Thanks to a lifesaving kidney transplant over 30 years ago, proud KTDR supporter Keith and his wife Marge are living life to the fullest.*



**Would you like to share your story like Keith?**

Sharing your experience helps us to raise awareness and funds for lifesaving research to one day find a cure for these chronic diseases. Get in touch with us at [contactus@kidneydiabetesresearch.com.au](mailto:contactus@kidneydiabetesresearch.com.au).

# Ensuring the Best Nutritional Care for Kidney Disease Sufferers



**Working with chronic kidney disease sufferers on a daily basis, dietitian Mr Anthony Meade is driven to help his patients have the best treatment experience they can informed by the latest nutritional research.**

Now thanks to your support, Mr Meade is pursuing research investigating the gastrointestinal burden patients with chronic kidney disease suffer. This funding marks the first nutrition research project the Central North Adelaide Renal and Transplant Service has conducted.

**“As a dietitian, we keep up to date with the latest recommendations of what chronic kidney disease patients should be eating. We kept noticing our patients were suffering a burden of gastrointestinal symptoms from their treatment,” Mr Meade said.**

“We know gut symptoms can have a significant impact on quality of life and social life which can have a large psychological effect.”

Mr Meade will be meeting with up to 250 patients to monitor their gut symptoms from an end stage kidney disease diagnosis to when they commence dialysis or have a transplant.

**“We want to know what people are eating if they do have gut symptoms or what are those who**

**don’t have any symptoms eating. We’ll see if there are any patterns and if this changes for different demographics like male, female, age or dialysis type.”**

Mr Meade will be monitoring a range of gut symptoms including bloating, bowel issues, reflux and nausea.

“Various medications affect a patient’s bowels, and combining this with dialysis and fluid restrictions around this, these can have an effect on gut health.

**“If this research identifies gaps where we could intervene to improve patient’s overall gut health through nutrition, this is one less symptom they have to live with.”**

Mr Meade is hopeful this research will better equip the renal dietitian team on how best to treat patients with chronic kidney disease to maintain their gut health.

“This will allow us to better educate our patients on what are the right foods to eat during treatment.

**“My research wouldn’t be possible without funding from KTDRA.”**

With your ongoing support, KTDRA can



continue to fund translational research projects like Mr Meade’s which are dedicated to helping patients living with these chronic diseases today.

*Image above: Gut symptoms could soon improve for kidney disease sufferers thanks to Mr Meade.*

## Save The Date for aHUS Awareness Ball!

After raising almost \$50,000 for KTDRA last year, our fundraising champion Theonie Roussianos is continuing her efforts to eliminate kidney disease and diabetes by hosting her second aHUS Awareness Ball! Mark Saturday November 3 in your diary and get ready for a night of great food and fun at the Grand Ballroom in Adelaide. This is an event you won’t want to miss!

Stay tuned for ticket sales and for more information contact: [ahusawareness@optusnet.com.au](mailto:ahusawareness@optusnet.com.au)

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