

MEDIA RELEASE  
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FOR IMMEDIATE RELEASE



## Walk to Fight Kidney Disease

Across the country, Australians from all walks of life will unite on foot to raise awareness and money to support people living with kidney disease, their families, and people at risk of developing kidney disease.

Now in its seventh year, thousands of people have already signed up to participate in walks across five major cities in September, and more than 20 individuals and groups will be hosting their own Big Red Kidney Walks in regional and remote Australia.

Kidney Health Australia's Clinical Director, Dr Shilpa Jesudason said "Our message is as critical as ever. The growth of the Big Red Kidney Walk is a result of the devastating effect undiagnosed kidney disease can have on individuals and their families.

"Every day, 53 people in Australia die with kidney-related disease. It is a highly undiagnosed condition; most are tragically unaware they are affected until it's too late, in fact 90% of kidney function can be lost without experiencing any symptoms - it is a silent killer."

With Kidney Health Australia in its 50<sup>th</sup> year, Dr Shilpa Jesudason said "this year we acknowledge the 50 years Kidney Health Australia has supported, led and achieved significant progress across the areas of kidney research, advocacy, education and support. We gratefully thank all our walk participants, as well as individuals and organisations, who have enabled us to continue our vital work."

Every dollar raised by walkers ensures Kidney Health Australia can continue to help save and improve the lives of people living with kidney disease.

The first Big Red Kidney Walk will be in Perth on Sunday 2 September at Perry Lakes Reserve. Followed by Adelaide at Elder Park, in Melbourne at Royal Botanic Gardens, and in Sydney at Prince Alfred Park on Sunday 9 September. The walks conclude with the Brisbane trek on Sunday 16 September at Rocks Riverside Park.

There will be live music and entertainment, face painting and with walkers encouraged to dress-up in red, prizes for best dressed people and dogs.

Kidney Health Australia invites everyone to walk to fight kidney disease.

What: 2018 Big Red Kidney Walk

Dates:

- Perth - Perry Lakes Reserve: Sunday 2 September, 10.00am start
- Adelaide - Elder Park: Sunday 9 September, 10.00am start
- Melbourne - Royal Botanic Gardens: Sunday 2 September, 10.00am start
- Sydney - Prince Alfred Park: Sunday 9 September, 10.00am start
- Brisbane - Rocks Riverside Park: Sunday 16 September, 10.00am start

Cost: Adults \$35, Teams of 10, \$200, Children 12 years and under free.

Register: [www.bigredkidneywalk.org.au](http://www.bigredkidneywalk.org.au); or on the day at the venue.

Sponsor: Can't participate? Donate to one of the many participants walking to raise awareness at [www.bigredkidneywalk.org.au/my-fundraising](http://www.bigredkidneywalk.org.au/my-fundraising) or contact 1800 454 363.

Kidney Health Australia is a not-for-profit and the peak body for kidney health in Australia with a vision 'to save and improve the lives of people living in Australia affected by kidney disease'. In-2018 Kidney Health Australia celebrates its 50th anniversary.

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