

Former Geelong Cats star footballer, Tom Lonergan joins community walk to fight Kidney Disease

On Sunday, 20 October, former Geelong Cats footballer, Tom Lonergan will be joining with other kidney disease sufferers and their families for the Geelong Big Red Kidney Community Walk to help those in their community battling kidney disease.

The Geelong Big Red Kidney Walk is being held at Eastern Park Circuit, from 8:30am to 2pm. Organiser and kidney disease transplant recipient, Louie Hehir has organised the event and enlisted the support of Tom who will be MC of the event and running a football clinic on the day as part of the festivities.

Now in their 8th year, Kidney Health Australia's Big Red Kidney Walks bring the community together to raise awareness and funds to fight kidney disease and show support for loved ones who are bravely living with the debilitating impacts of the disease.

The Walks help to fund vital early detection work, research and support activities such as the Transplant House and Big Red Kidney Bus programs.

Kidney Health Australia Chief Executive Officer, Chris Forbes said the Geelong Big Red Kidney Walk would help the charity reach its fundraising target of \$350,000.

"So far we've raised \$338,000, so we'd love the Geelong kidney community to get us over the line," Mr Forbes said.

"We urge all Geelong supporters to get behind Louie, Tom and the 200 or so walkers who are taking part and donate to their page to get them motivated for Sunday," Mr Forbes said.

To register or donate to the Geelong Walk visit www.bigredkidneywalk.org.au/geelong

The Geelong Big Red Community Walk will be held on 8:30 AM - 2:00 PM Sunday 20th October, 2019 at Eastern Park Circuit, starting at Geelong Play Space, Eastern Park Circuit in East Geelong.

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For media enquiries, please contact: Maria O'Sullivan on 0434 801 485.

Kidney Health Australia is a not-for-profit and the peak body for kidney health in Australia with the aim to protect 5 million at risk Australians from developing end stage kidney disease, and to save and improve the lives of people already affected by the disease through support services and funding crucial research. To find out more visit www.kidney.org.au

Kidney Health Facts

- Kidneys are essential to a person's health and wellbeing. They rid your body of waste (through urine), clean your blood of waste and toxins, regulate your blood pressure and manage the production of Vitamin D – essential to strong bones, muscles and overall health! If a person's kidneys stop functioning, they will die within a few days
- The biggest risk factors for kidney disease are diabetes, high blood pressure, established heart problems and/or stroke, family history of kidney failure, smoking, obesity, being 60 years or older, of Aboriginal or Torres Strait Islander origin, or a history of acute kidney injury. To check your risk visit www.kidney.org.au/kidneyrisktest
- 65 people die with kidney-related disease every day
- Kidney disease is a silent killer - sufferers can lose 90% of kidney function without experiencing any symptoms
- 1 in 3 people in Australia are at risk of developing chronic kidney disease
- A staggering 1.7 million Australian adults are affected by kidney disease while 1.5 million of those are unaware of it
- Kidney-related disease kills more people than breast cancer, prostate cancer and road accidents combined
- Tragically, one in five Aboriginal and Torres Strait Islanders have indicators of chronic kidney disease and are four times more likely to die from it than the non-Indigenous population.