

OUTReach

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In an Act of Love and Courage

Jim was diagnosed with juvenile diabetes at the age of four and began to lose his kidney function in the 80's. "Some times I would feel really bad," said Jim about a lifetime of struggling with diabetes and eventually kidney failure.

"The Peritoneal Dialysis cyler was draining, even though it was wonderful life saving and life sustaining," his wife Zueseline noted.

Jim was already registered on the transplant list, but after years and years of waiting, he felt he was out of options, and began to consider the option of a living kidney donor. He turned to his devoted wife and asked if she would get tested to see if she might be a match. To his relief, she already had.



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In an Act of Love and Courage

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After extensive testing, they learned that Zueseline was a suitable match.

In an act of love and courage, Zueseline donated her kidney to her husband, Jim on October 16th, 2018.

"Personally, since I know my recipient, I couldn't imagine life without him," said Zueseline about her decision to donate.



When asked about her experience and any fears she may have had as a donor, Zueseline responded, "I think the most uncomfortable part was the IV, but everything else wasn't bad. The transplant teams were wonderful. They give you a donor advocate which means they are there for you for any questions you might have. They pretty much protect you."

After recovering from the transplant surgery, Jim feels better than he has in years. "The thing I'm most thankful for is the freedom and not being bound to a dialysis machine every night. I'm also thankful that I'm feeling much better than I did. I think I'm able to go forward and live a much healthier and longer life than I normally would've been."



"I would so do this again. I wish I had another kidney to donate to someone else. I would do it again," said Zueseline.

Click [here](#) to watch the video.

A NOTE FROM A DCI DIETITIAN

If your sweet tooth tends to go into overdrive when Valentine's Day approaches, its okay to enjoy a sweet treat in moderation. Here are "Top 3 Sweet Treats" from dietitian, Collette Powers to help keep you on track.

TOP 3 BEST CHOICES:

1. Conversation Hearts (0.75oz box)
Potassium- 0mg
Phosphorus-0mg
2. Nerds™ (15gm box)
Potassium- 20mg
Phosphorus-0mg
3. Starburst Heart-shaped Jelly Beans™ (1/4 cup)
Potassium- 0mg
Phosphorus-0mg

OKAY CHOICES:

1. Chocolate Covered Cherries (2 pieces)
Potassium- 90mg
Phosphorus-58mg
2. Russell Stover Marshmallow Heart™ (1 piece)
Potassium- 27mg
Phosphorus-51mg
3. Chocolate Glazed Valentine's Day Doughnut (1 doughnut)
Potassium- 90mg
Phosphorus-86mg

LAST PLACE CHOICES:

1. Reese's Peanut Butter Heart™ (1 piece)
Potassium-154mg
Phosphorus-72mg
2. M&Ms™ (1.69oz packet)
Potassium-125mg
Phosphorus-70mg
3. Solid Chocolate Hearts (3 pieces)
Potassium-132mg
Phosphorus-108mg

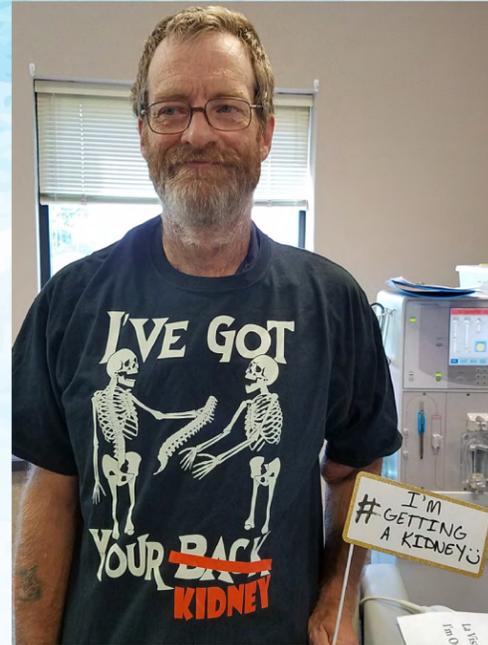
DIETITIAN TIPS:

- Choose sugar free candies if you have Diabetes.
- Remember "fruit over chocolate"



Living Kidney Donation: A Brother's Loving Gift

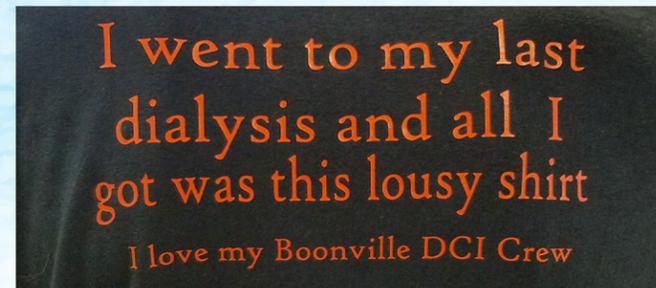
50-year-old Eugene Jensen has known the heartbreak that kidney disease can bring. After an inevitable journey into kidney failure, five years of dialysis, and multiple missed opportunities for kidney transplants, his brother, in the ultimate act of love, donated his kidney.



At 25 years old, Eugene noticed a change in his urine. He visited his physician who diagnosed him with Berger's Disease, a condition where inflammation and scarring of the kidneys eventually cause the kidneys to fail. Faced with this diagnosis, he asked what he could do. Other than being mindful of his diet and not lifting heavy objects, the doctor advised that Eugene's kidneys would likely fail in 10-15 years. He was on the road to dialysis.

Eugene decided to continue living life his way. He completed truck driving school and spent time on the road for the next 15 years. In 2008, he experienced a cardiac event that left his weakened kidneys with only 35% of function. Then, tragically, in 2013, while driving home from a family event, he hit a patch of ice and – while not immediately evident to him- his kidneys were further damaged.

In March of 2013, Eugene couldn't shake the sickness that seemed to plague him. After a visit to his doctor, he was told he needed to start dialysis immediately. He started dialysis in the hospital with a catheter and then transferred to DCI Boonville, Missouri, for in-center hemodialysis.



"The staff at DCI are my DCI Angels," said Eugene.

Eugene was encouraged to get a kidney transplant. He spent time getting tested and working toward

becoming active on the transplant list. Once active, Eugene experienced the surge of hope that comes with each transplant call, only to learn that he wasn't going to receive a kidney.



"In the last two years, I had five calls for a kidney. Each time I was on standby," explained Eugene. "Every time I'd get excited only to then be disappointed."

Eugene's family understood the toll that the missed opportunities were taking on him. His six brothers and sisters wanted to help. After going through the matching criteria, it was discovered that Eugene's younger brother was a match.

"I told him I appreciate it but he didn't have to do this," said Eugene. "But my brother said he did. He wanted to keep his older brother around."

On October 9th, 2018, Eugene received a living kidney donation from his brother. Both men are doing fine.

After all the heartbreaks of kidneys that passed him by, Eugene says, in the end, "It was worth it."



Nutrition in Peritoneal Dialysis

- Page Salenger, M.D.

Maintaining good nutritional health is important for people with kidney disease, especially those with kidney failure, since mortality is directly related to measurement of albumin (a type of protein) in the blood. Dietary recommendations in Peritoneal Dialysis, PD, are directed towards avoidance of protein wasting (lack of protein and loss of muscle) and energy wasting (lack of calories with loss of body fat stores). The dietitian can track a patient's nutritional status through a number of measurements obtained in the clinic; these include serial recording of weight, muscle mass, and a detailed history of dietary food intake from the patient and his family.

As opposed to dietary recommendations in chronic kidney disease, protein restriction is generally not encouraged in ESRD, especially PD. Most patients require at least 1 mg/kg/day of dietary protein intake to maintain a good nutritional status. This can be challenging for some patients, either because they cannot eat that much food, or sometimes because they cannot afford to buy the appropriate foods. Because phosphorus often accompanies protein in food sources, it can be difficult for patients to maintain a normal blood phosphorus. Preventing high blood phosphorus is important to keep the skeletal system (bones) healthy.

Depression is an often overlooked cause of poor appetite, leading to malnutrition. Antidepressant medication may be helpful in some instances. Additionally, an obese patient, despite his appearance, can be just as malnourished as a thin patient. Any concurrent illness, such as a viral syndrome or pneumonia, can have a significant and prolonged impact on nutritional status. Regular measurement of dialysis adequacy is essential to a healthy appetite and normal blood protein levels.

For those patients who may develop difficult to treat malnutrition, the dietitian and physician may prescribe protein supplements. These can often be quite helpful.

Most important is to prevent malnutrition, but failing that, an underlying search for causes can yield effective treatments.



A Message from REACH MTM

Roses are red, violets are blue, to show love to others, you must first take care of YOU!

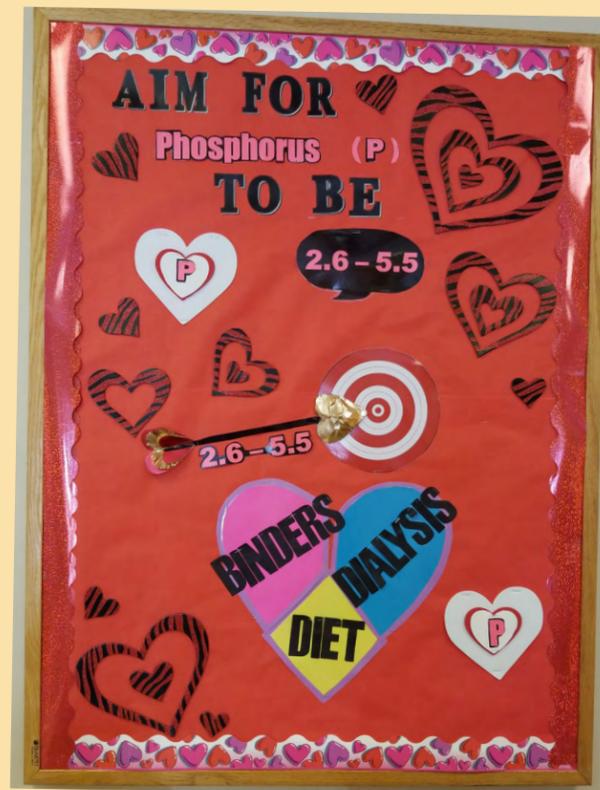
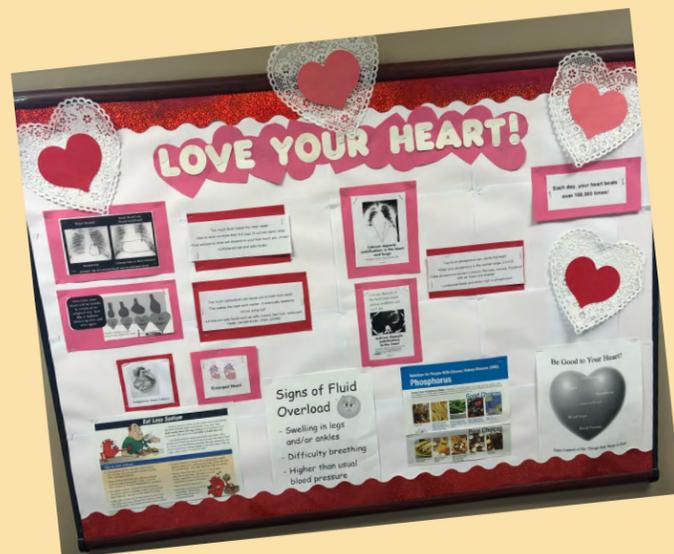
Below are a few important self-care tips regarding medications:

- Keep an up-to-date list of all prescription, over-the-counter medications (OTC) and herbal products that you take with you at all times. This helps your care providers check for safety and drug-interactions.
- Take all medications as prescribed. Have questions or problems with a medication? Seek help from your doctor or pharmacist.
- Some medications need to be dose adjusted or even avoided because of kidney disease. Be sure to let your doctor and pharmacist know that you have kidney disease.
- Be active in your own care and know your health stats on: level of kidney function (eGFR), blood glucose (BG), blood pressure (BP), cholesterol and weight. Know which numbers you are working to improve, and have a clear vision of your goals!
- If you aren't a smoker, great! Try to avoid second-hand smoke. If you are a smoker, talk to your doctor or pharmacist about options to help you quit. Many medications are available to help you succeed! You will be showing love to yourself, and those around you, by kicking this habit.
- Get your flu shot. An ounce of prevention is worth a pound of cure!
- If you get sick:
 - Ask your doctor or pharmacist what you should do on sick days when you are not eating/drinking usual amount, or if you have vomiting/diarrhea. Some medications might need to be temporarily held. Your doctor or pharmacist can advise you about your specific medications and health conditions.
 - Always check with a doctor or pharmacist before using OTC or herbal products. When you do, also remind them that you have kidney disease. Some medications can damage the kidneys or worsen blood pressure or glucose levels. Many cough and cold products may contain non-steroidal anti-inflammatory drugs (NSAIDs). People with kidney disease should avoid NSAIDs. Check labels and ask your pharmacist for help.

"Self-care is not selfish. You cannot serve from an empty vessel." - Eleanor Brown

Showing Your Heart Some Love

We love when the staff in our DCI clinics get creative! They put together billboards in the clinics to remind our patients to show their hearts some love. With heart health in mind, patients were also reminded to monitor their phosphorus levels.



Kidney-Friendly Recipe:

Hearty Vegetable Soup

Prep Time: 0:15 **Servings:** 4

Ingredients:

- 32 oz. sodium free chicken broth - (2) 16 oz. cans
- 1 onion, diced
- 2 carrots, sliced
- 3 celery stalks, diced
- 2 c. frozen green beans
- 1 c. white rice - replace with
- 2 c. noodles if desired



Directions:

1. Chop the onion, carrots, and celery and add to a two quart sauce pan with the two cans of sodium free chicken broth and the two cups of frozen green beans.
2. If using rice add to pan.
3. Simmer until the carrots are soft.
4. If using noodles, add after carrots are cooked and simmer until the noodles are tender.

Nutritional content per serving:

Rice

Sodium: 92 mg
Potassium: 415 mg
Phosphorus: 9 mg

Noodles

Sodium: 94 mg
Potassium: 426 mg
Phosphorus: 125 mg

Sources: Dorothy Derosier

Learning to Care for My Kidneys

John Weaver has been a part of The REACH Program since March 26, 2018. Mr. Weaver has found the nutritional counseling to be the most helpful.

"The REACH Program helped me understand the foods that I can and cannot eat that affect my kidneys," stated John. "I did not understand that phosphorous was in so many foods and how it impacts my kidneys. Phosphorous makes my bones healthy and strong, but too much of it can damage the kidneys, lungs, and blood vessels."

Through REACH, John learned about the different things he could eat and drink that influence his kidney function and how that is reflected in his lab work. He was also surprised to learn that phosphorous is not required to be listed on nutrition labels for food and drinks.

The REACH team understands there is a lack of knowledge around diet and kidney disease. A healthy diet aids the body and protects the kidneys. Yet, many people don't know how to identify what is "healthy" when it comes to nutrition for people with kidney disease. The team spends time educating individuals on many aspects of the kidney

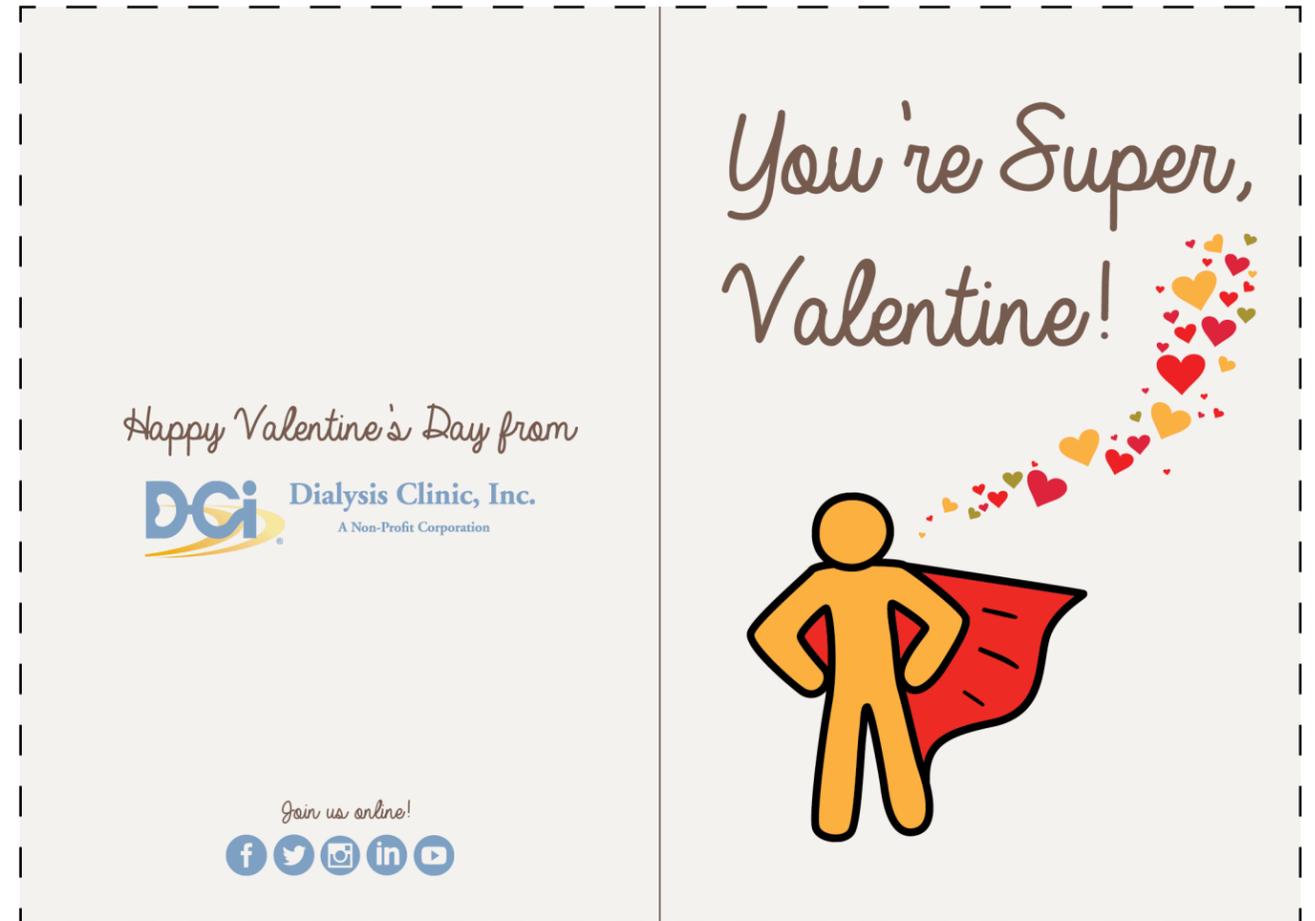
diet, including what phosphorous might be and where it is found. Individuals with kidney disease, but not kidney failure, are encouraged to drink at least 4 (16 ounce) bottles of water daily, monitor their blood pressures and blood sugar (especially if diabetic).

REACH Kidney Care is available to help individuals understand how to care for their kidneys.

John explained, "I feel like if you don't know, then you just don't know. At REACH, I have learned how to care for my kidneys."



Brighten someone's day with these printable valentines!



Happy Valentine's Day from all of us at Dialysis Clinic, Inc.