

NephroCare

for me

Exercise:
Stretch
for
health

Keeping Covid out:
Vaccination campaign in Poland

Milena and Goran
Meet two of our patients

Health-related Quality of Life:

Why it's so important

Welcome!

Dear Reader,

As we are preparing this edition of “For Me”, Covid-19 is still a topic that is on everyone’s mind. You will feel the same way we do – it is a true test of our patience and discipline, and it’s not easy.

That’s why we have dedicated our most important story to a topic that is especially important in these times – **Health-related Quality of Life**. This magazine has been created to improve our patients’ quality of life and we are convinced that Health-related Quality of Life is the big next step in dialysis care. Our cover story will give you more insights and valuable suggestions on how to keep it high and how to get more out of life.

But theory is good – practice is even better. That’s why we have added the **stories of three patients**, letting you know that you are not alone, and that life can be good even with chronic kidney disease. We hope that the stories of Milena, Nica and Goran will inspire you as much as they inspired us.

We all know that one very important aspect of Health-related Quality of Life is directly connected to how we eat. It’s so crucial that we don’t just look at it as nutrition but as something that gives us joy. This issue features **four delicious recipes** that hopefully make you feel really good.

As always, we are taking a look around the NephroCare network. This time, we are sharing a fascinating report from Poland about the vaccination of our patients there.

And last but not least: it’s time to exercise! This time we will focus on flexibility and mobility with **“Stretch for improved wellbeing”**. And you will see: it really increases your quality of life.

Have a healthy and happy winter time!
Your NephroCare for me Editorial Team

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Stretch
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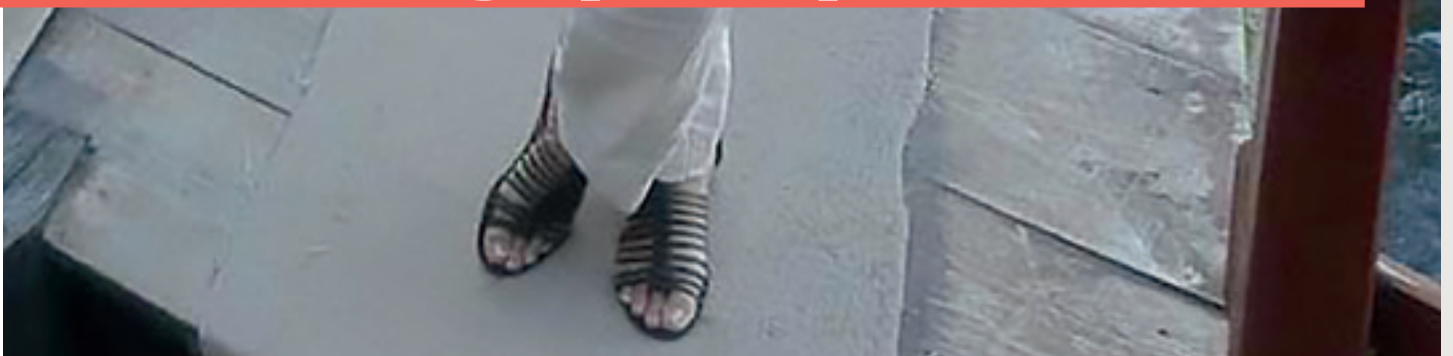
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**“I try to live like
healthy people live.”**



The story of Milena Vrbljanac

The NephroCare world is full of inspiring and motivating life stories. And even if every patient is different we know: each one of these life stories helps our patients to make the most of their lives in spite of their challenges.

The story of Milena Vrbljanac is one of these stories. With more than 30 years of living with dialysis she really knows what it takes to keep a positive attitude towards life. She was born in 1960 in a small city in Bosnia and Herzegovina half an hour south of Banja Luka and first experienced kidney problems when she was 29.

Accepting dialysis

In other words: at age 61, she has been on dialysis for more than half of her life. And as you can imagine some of these years weren't easy. But Milena knew what to do. In her view, she only had two options – to “not accept life with dialysis and move towards a certain end, or to accept dialysis and start this fight called life.”

You know what she chose – life. After four months she received a kidney transplant. There was one problem though: “As much as I was determined to fight and live – I could not give up water.” The transplanted kidney simply “got tired” after ten years.

Still positive after all those years of dialysis:
Milena

Dignity restored

Her memories of dialysis in Banja Luka aren't all good – conditions were challenging and she remembers “a dark basement, old appliances and a heater that took a long time warming up before it would get started.” But things improved dramatically in 2001 when the new clinic opened with “new welcoming rooms, new appliances, kind nurses and dedicated staff.”

Her approach to life is as simple as it is ambitious: “I try to live like healthy people live.” She feels that dialysis has finally given her the opportunity to live with dignity. She says of herself: “I move, I go out, I live actively and I still fight. And I take care of my diet.” One thing remained to be a bit of a struggle for her though – she still needs to try and reduce the amount of water she drinks.





“I dedicated myself to a healthy lifestyle.”

The story of Goran Bojanić

The hero of our second patient's story is Goran Bojanić. Like Milena he was born in Bosnia and Herzegovina, in the Posavina region close to the Croatian border. He remembers that even in his youth he was under constant supervision of a nephrologist, but never had serious problems.

But then...

Unfortunately though, things became complicated when he was 24 and his physician told him that one day he probably would have to start dialysis treatment. He felt bad. Kidney biopsy, corticosteroids, elevated urea and creatinine, high blood pressure – it just couldn't go on like that.

As predicted by his doctor, he went on dialysis. He was 28 and just like Milena he doesn't have the best memories of conditions back then, in 1992. But he does remember the change that happened when the new head of the dialysis center, Dr. Gordana Žole, focused all her attention on improving the conditions dialysis patients.

Knowledge and technology

Goran remembers: "Mrs. Žole" used to work two shifts without rest and only thanks to that many patients were saved." She also managed to get new devices for bicarbonate dialysis. And finally, in 2010, the new dialysis center started working. For Goran, "life became so much better".

Over 29 years of dialysis, Goran has learned a lot about kidney disease and about the technology that makes all of this possible. It



Goran's increasing knowledge of dialysis helps him a lot.

is quite obvious that all of this knowledge is helping him to keep the quality of life as high as possible. Goran is thankful for all of this. And we are thankful to Milena and Goran for sharing their stories.

Health and quality of life: How are they connected?



It doesn't take a scientist to understand that our quality of life depends on how healthy we are. But it makes sense to dig deeper. What exactly is quality of life? And how does it relate to health? Let's have a look – and find out how we can improve the way we feel about ourselves.

Let's start with a simple question. How do you define health? Is it the absence of illnesses? Or is it something broader than that – something that also includes how we feel and how happy we are?

For a long time, being healthy was more or less defined from a negative perspective – focusing entirely on curing sickness. Only since the 1980s this perspective has started to change. More and more, we are looking at how we can treat patients with less impact on their overall wellbeing.

It's all connected

We can ask the same question for quality of life, an even broader term that will always be seen very subjectively. Lots of factors define it, not just health – our work life, how and where we live, our social life, culture and many other aspects play a role.

In medicine, the question of how people's mental and physical health is related to their overall life quality is researched under the term "Health-related Quality of Life" (HrQoL). This is an especially important topic when we look at the treatment of patients with chronic disease.

While we are looking for new ways of treating chronic disease, we are increasingly working on questions of HrQoL. We are not just looking at what can we do to improve the effectiveness of a treatment – but also at how we can reduce the physical and mental side effects. The result: an improved Health-related Quality of Life.

A big difference

According to the World Health Organization (WHO) health is "a state of complete physical, mental and social well-being". This is a very important definition as it describes these three dimensions as equally important and inseparable.

This is a very important aspect of the treatment of chronic kidney disease. We know that the mental and social aspects need to be addressed as well. That's why we offer the support of social workers and psychologists our clinics.

Social aspects have a big impact on how well we cope with chronic disease.





Our goal: improving treatments for a better Health-related Quality of Life.

The concept of HrQoL lets us look at the treatment in a holistic way – to create treatments that don't affect mental and social well-being in a negative way. And that is just what Fresenius is doing – working hard on innovations that keep the patient's quality of life as high as possible.

The patient view

Knowing that quality of life and health are so closely related is a big help for every patient. We can do something about our physical well-being – with exercise and adequate nutrition. We can do something about our mental well-being – keeping our brain active

and staying agile. And of course we can always take care of our social well-being.

What works for people who don't suffer from chronic diseases has even more impact for NephroCare patients. This is one of the main reasons we created NephroCare for me – to help you live a better life.

Measuring it

One way to look at health related quality of life is the individual view – the other is the broader one. As a company, we keep asking us: how high is it among our patients, and how does it compare to people without

chronic kidney disease? How can we positively affect it? What works and what doesn't?

That's why we keep doing surveys, asking patients specific questions that don't just check on their health status but also try to find out how they feel mentally, and how they are doing in general.

Currently, we are developing a new survey called PROM (Patient Related Outcome Measures). It is based on the concept of HrQoL and will help us take another big step towards therapies that not only treat the disease but support our patients' health-related quality of life as well.

Participate!

Whether it's the new PROM survey or another one – it's not just good for us as a company and as professionals if you choose to participate – you are actually doing something to increase your own health-related quality of life. Why? Because we can take much better care of it as a result.

So if one of our nurses approaches you about being part of a survey – remember, it's good for you.

Thank you!



Our Corporate Value Award winners:

they love to care

In our summer issue we introduced you to some of the winners of our Corporate Value Award. They all are great examples of our dedication to what is important for us at Fresenius Medical Care: being proactive, collaborative, reliable and excellent at what they do. Let's meet a few more winners today.

Just like you value great care whenever you visit one of our clinics we value the dedication and the hard work of our employees. And we want to encourage them in their work, reward them for their excellence.

Our Corporate Value Award is one way of recognizing great work. Nominated by their co-workers, outstanding colleagues receive awards in categories that represent our four corporate values. There are winners for each clinic and for each NephroCare country and of course there are overall winners.

This is Carlo

In our last issue we introduced you only to female colleagues – but that doesn't mean that our male colleagues aren't as good at what they do. On the contrary. Carlo Elemento for example. He has already been a dialysis nurse for 24 years and as you can guess from his name he is from Italy.



One of our winners in the "Proactive" category: Carlo Elemento from Italy

Carlo was a natural winner in the proactive category, known to always be the first to help and support. In the early days of the Covid-19 pandemic he was the first nurse to volunteer as part of the dedicated COVID-19 NephroCare team for Italy.

His approach to patient care is charming and challenging. Charming because he is able to always keep a positive attitude, always smiling and making it as easy as possible for his patients. And challenging because he thinks that patients should always know about the need for physical activity and a healthy lifestyle.



Meet Gulnara

Ever since the NephroCare clinic in Almaty, Kazakhstan, was opened January 2013 Gulnara has been part of the team. She already wanted to be a nurse as a child when she helped an old lady with fragile health in her neighborhood. The old lady encouraged her and soon after Gulnara finished school she became a nurse.

Gulnara's colleagues describe her as someone that is quick to learn and to master the implementation of new standards. She even helps to train new employees. She has years of experience in intensive care units and knows what it takes to save people's lives.

In her view, the relationship between a patient and a nurse should be characterized by trust – and that a nurse needs to earn that trust. She says that “the patients’ trust is the key sign for a good relationship.” No wonder Gulnara is a winner in the “Reliability” category.

Gulnara already knew she wanted to be a nurse when she was a child.



A firm believer in teamwork: our Croatian nurse Željka Fučkar

Say hi to Željka

This is what the colleague that nominated Željka Fučkar had to say about her: “She brings serenity to the team, motivates other colleagues and at the same time she is professional and dedicated to her work.” And her colleague should know – they have been working together for fourteen years.

Željka is convinced that collaboration is the key to excellent patient care. “We’ve been working as a team for years” she says, “and there is a lot of respect and trust between

us.” She has been working as a nurse for 24 years and after ten years at NephroCare she brings a lot of experience and expertise to the team.

Like many of her colleagues she thinks that patients’ diet is an almost inexhaustible and immensely important topic. “The diet of our patients is very complex, specific, I think we need to permanently support and educate our patients.” And we think it’s great to have someone like Željka on our Croatian team.

This is Simona

If you are looking for proof that a love for learning and improvement is the main key to excellence, Simona Dascalu from Romania is a perfect example. Her colleagues say that she is driven to continuously improve her skills, and that outstanding care comes natural to her as a consequence.

Simona has 18 years of experience as a nurse and spent 15 of them with Nephro-Care. Her motivation: “The joy of being useful and helpful to a suffering person, someone who not only needs medical care but also a person to be with you, with encouragement and a smile.”

One of her main messages about care concerns the patients that are challenged most – the ones who have been diagnosed with stage 5 of chronic kidney disease. She thinks that “some of the patients think that life is over, but it isn’t, life goes on and they must understand that in us, the nurses, they will always have a dear friend by their side.” We couldn’t have said it any better.



Simona loves to help and to encourage patients with a smile.

Collaborative, reliable, proactive, excellent

It is important to us that these four corporate values are alive and can be experienced by every patient that relies on the services of our clinics. Our Corporate Value Award may be something that rewards great performance – but it is also something that we do for our patients. It’s one of many ways to get from good to great.

25 life lessons

from 25 years of dialysis

As a regular reader of NephroCare for me you will have read a few of our patient stories. And maybe you have already enjoyed the tales of Milena and Goran in this issue. But this one is a special one. It summarizes the lessons learned in 25 years of dialysis. As personal as these insights may be – we are sure you will find them valuable as well.

The most inspiring part of creating this magazine is reading about our patients and how they cope with their challenges. There is a lot of optimism, and even more resilience and perseverance. And sometimes even a special kind of wisdom – as in the case of **Nica Constantin, a 60 year old patient from Romania.**

With the help of the psychologist of our NephroCare clinic in Vaslui – a small city near the border to Moldova – Mr. Constantin wrote down 25 life lessons that he collected during 25 years of living with dialysis. We hope they are as inspiring to you as they are to us at NephroCare 4 me.



1. I was a young man when I was told that I would need dialysis for the rest of my life. It made me feel hopeless and it was really difficult for me – until I found a way to slowly accept the new situation. **That's when I learned the lesson of acceptance and self-reconstruction.**

2. When I had my first dialysis session in Bucharest, my wife brought me a cake. That made me realize that she is with me. Unconditionally. **That's when I learned how important the love and care of the family is.**

3. When I started dialysis, I began to think about my life and about existence. **That's when I found out that it is never too late to become a spiritual person.**
4. In 1996, after the first dialysis sessions, I gave up my job as an electronics engineer. It was the first Christmas with much less money. **That's when I learned that life is the most precious gift and I received it.**
5. When I saw that people felt sorry for me, like "the poor man, he needs dialysis", it was discouraging. I felt that people could not see beyond my illness. **That's when I learned that I am much more than a diagnosis.**
6. When it looked like I needed a transplant, my father wanted to give me a kidney. **That's how I learned the lesson of family sacrifice and love.**
7. I struggled for 10 years to get a transplant. To get the medication I needed, I even sold my house in the countryside. **That's how I learned that health is priceless.**
8. Just before I was supposed to get the transplantation I was diagnosed with hepatitis. It was very discouraging because I had sold the house and already bought the necessary medication. But because of the diagnosis the transplantation was cancelled. **That's when I learned that it's important to fight for what you want, no matter what.**
9. For years I thought that a transplant was the only solution that could save me. But

I saw another patient who received a kidney transplant, and after few months he came back to dialysis program, unfortunately. We are still dialysis colleagues and we celebrate 25 years of dialysis together. I realized that this could have happened to me as well.

That's when I learned that things are not always as they seem to be, and that it is important to look at them from different perspectives.

10. After 10 years of fighting for a transplant, I went back to my work as an electronics engineer. It was a challenge, but I soon felt that this work is my 'oxygen', and that kidney disease is not a barrier for following my profession. **That's how I learned to recharge my batteries with activities that I enjoy.**
11. I used the money that I had saved for the transplantation to build a garage so I could work on electronics. This garage gave me a reason to live and it makes me feel useful. **That's how I learned that it's important to spend my time doing what I really enjoy, no matter how many obstacles there may be.**
12. My fistula is 21 years old. I try to protect it as much as possible and I take care of it as much as I can. **That's how I learned that if I take care of things, they will stay with me much longer.**
13. I really appreciate that the nurses take care of my fistula and puncture it in different places, they help me a lot. **That's how I learned that there can be love even at the top of my fistula needle.**

14. 25 years ago, dialysis was not as simple as it is today. At that time the number of patients who needed dialysis was bigger than the dialysis places offered by the hospitals. So many people died because of that. I can say that I was lucky to get dialysis when I needed it, even if the dialysis machines were not performing as well as they do today. **That's how I learned that a minute of dialysis is an extra minute of life.**
15. The biggest improvement I felt was when I received my first dialysis treatment in the new clinic. **That's when I learned that it is important to keep up my hope, no matter how hard it may seem.**
16. During 25 years of dialysis treatment, I have received dialysis in three different cities, some of them far away of my home. Bucharest was 350 km away, Iasi still 67 km, and to Barlad I had to drive 55 km. When I finally had the opportunity to receive dialysis treatment in my home town Vaslui, I was the happiest man in the world. It gave me a new sense of life. **That's when I learned that things that seem like an ending sometimes actually are a new beginning.**
17. Over time, I noticed that when I go through a difficult time, it helps me a lot to talk about it with other people, to tell others how I feel. It is a good way to improve my psychological status. **That's how I learned to let others look inside me and accept their help.**
18. I learned a lot over the years. From the experience of other patients, from medical advice and from the dialysis support teams. Now that I am more experienced in dialysis, I try to support new patients, to encourage them and give them a piece of my trust and confidence. **That's how I learned to give to others in return for what I received.**
19. It is very important for me to connect with the patients from our dialysis unit. I made many friends that make my time in the dialysis clinic more pleasant. In a way, we grew up together. The relationship with one of the patients was so strong that I felt that I loved him like my own child. **That's how I learned the lesson of sincere friendship.**
20. Looking back I realized that I spent 25 birthdays on dialysis together with the team. We spent so many Easter times and winter holidays in our dialysis unit. **That's how I learned to share important moments with my second family, too.**
21. During the winter of 2001, something funny happened – my boots simply disappeared from the dialysis clinic. **That's when I learned that when I look at an unpleasant event with humor I can turn it into a story that will bring a smile to your face.**
22. Dialysis gave me the chance to meet people and to see many different perspectives and life stories. It is not easy to follow all of the recommendations they give me. But it is very important to have people share your learnings with,



And we are grateful to Mr. Constantin for sharing his 25 lessons with us. He is an inspiration for all of us.

With his great insights and learnings Mr. Constantin has become a very special patient.

to compare to, to see what you are doing well and where you can improve. **That's how I learned from the mistakes of others.**

23. During all this time I received many kinds of diagnoses that required treatment and made it important to stick to a diet. But now, after years and years, my medical tests are good and that makes me happy and gives me courage.

That's how I learned how important discipline is when you really want something.

24. More and more, I tried to be involved in my dialysis therapy as much as I could. I didn't hesitate to ask for help whenever I

needed it, and I followed the recommendations of the specialists. **That's how I learned to trust the people who take care of me.**

25. I am grateful and happy to celebrate a quarter of a century in dialysis treatment! I have so many beautiful memories and I can remember them with pleasure and nostalgia. I can say that I am a lucky man with my family around me, but also with such a dedicated care team at NephroCare Vaslui. It is a place where I feel confident, well treated, understood and loved. **That's how I learn to be grateful for everything that life offers me.**



Stretch for improved well-being

Most people think that stretching is something that we do before we exercise. But even without the exercise, stretching is always a good idea and an exercise on its own. Among other benefits, it can improve posture, it can help avoid back pain and it helps us keep a wide range of motion.

It's easy too! Try these really simple stretching exercises – or even start a stretching routine for the start of your day.

Exercise 1: Hamstring stretch

This is how you do **level 1**:



Lie down flat on your back – ideally on a yoga mat. Or simply place a large towel on a carpeted surface.



Bring one leg straight up towards your head. Your upper body remains on the mat. Grasp your upward leg and pull the leg slightly towards you. Remain in this position for a bout 10 seconds. Then get back to the starting position.



Now repeat this stretch for the other leg. Hold the position for 10 seconds here too.

Repeat this exercise three times.

3 X



10 sec



10 sec

Exercise 2: Seated side stretch

This is how you do **level 2**:



Cross your legs and start in an easy pose.



Place your right hand flat on the floor with your elbow slightly bent. Stretch your left arm over your head while leaning to the right side.



Place your left hand flat on the floor with your elbow slightly bent. Stretch your right arm over your head while leaning to the left side.

Hold each position 5 seconds.
And repeat this exercise 3 times.

3 X



5 sec



10 sec

Exercise 3: Lower back stretch

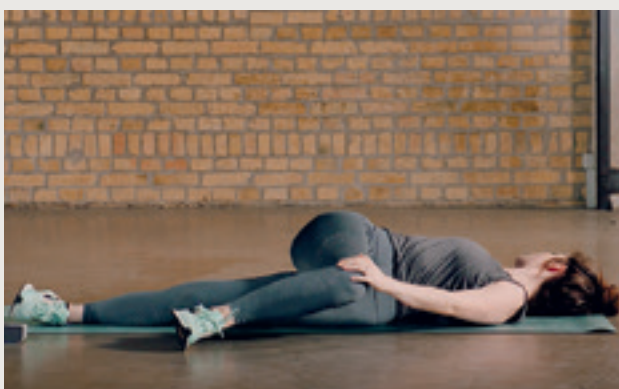
This is how you do **level 3**:



Lie down flat on your back – ideally on a yoga mat. Or simply place a large towel on a carpeted surface. Your legs are extended and your arms are placed on the ground next to your body.



Bend the left knee up and put your right hand on the side of your left thigh. Cross your left knee over the right side of your body. Your left arm remains on the floor and is extended vertically, away from your body. Turn your head in the direction of your left arm. Hold this position for about 10 seconds and get back to the starting position.



Repeat the exercise for the other side of your body.

Repeat three times for each side.

3 X



10 sec



10 sec



Oven baked mushroom risotto

Ingredients

280 g mushrooms, chopped
(If you have a hard time controlling your potassium levels, we recommend boiling the mushrooms first to lower their potassium content and remove the cooking water afterwards.)

200 g risotto rice

120 g mozzarella, sliced

1 medium onion, finely chopped

3 garlic cloves, finely sliced

1–2 tbsp. finely chopped basil or parsley

2 tbsp. olive oil

75 ml white wine

500 ml vegetable stock or water
(Vegetable stock has a high potassium level. If you have a hard time controlling your potassium levels, we recommend using water instead of vegetable stock.)

1/2 tsp. of salt and a pinch of pepper

4 servings

Preparation

1. Preheat the oven to 180° C.
2. In a lidded oven dish, heat the oil and fry the onion, until starting to soften. Add the garlic, cook for another 2–3 minutes, then add the mushrooms.
3. Add the risotto rice and cook until the grains appear glassy. Stir in the wine and vegetable stock/water. Add salt and pepper. Place the lid on the dish and bake for 15 minutes, stirring halfway through.
4. Top with a final layer of mozzarella and bake until it melts and becomes golden.
5. Sprinkle with chopped basil/parsley.

Main course

**Preparation and cooking time:
45 minutes**

Nutritional Information

(value per serving – 1 person)

Calories	303 kcal
Fats	12.8 g
Sodium	159.6 mg
Carbohydrates	33.2 g
Protein	17.5 g
Phosphorus	198 mg
Potassium	281 mg
Liquid	235 ml

Green bean and chickpea stew



Ingredients

220 g chickpeas, boiled and drained
(Chickpeas have a high level of phosphorus and potassium content. We recommend to soak your chickpeas for at least 8 hours before boiling them. Don't use the soaking water to cook the chickpeas.)

200 g green beans
(If you have a hard time in controlling your potassium levels, we recommend to first boil the green beans to lower their potassium content)

4 garlic cloves, finely chopped

1 medium yellow onion, thinly sliced

200 g tomatoes, blanched and peeled

1/2 tsp. of salt and a pinch of cayenne pepper

1 tsp. ground cumin, 1 tsp. coriander

1–2 tbsp. finely chopped parsley or cilantro

2 tbsp. olive oil

~ 250–300 ml vegetable stock/water
(Vegetable stock has a high potassium level. If you have a hard time controlling your potassium levels, we recommend using water instead of vegetable stock.)

3 servings

Preparation

1. In a large saucepan, heat the oil and fry the onion until it is starting to soften. Add garlic, and spices; cook until spices become fragrant – about 2 minutes. Add tomato paste and cook for another minute.
2. Add green beans, chickpeas, tomato paste and enough water or vegetable stock to just cover the beans. Add salt and pepper and stir.
3. Turn the heat up and bring to a simmer, then reduce heat to medium low. Cook uncovered, stirring occasionally, until green beans are very tender and liquid has reduced – 20 to 30 minutes. Garnish with parsley or cilantro.

Main course

Preparation and cooking time:
1 hour

Nutritional Information

(value per serving – 1 person)

Calories	265 kcal
Fats	8.7 g
Sodium	32 mg
Carbohydrates	30.5 g
Protein	10 g
Phosphorus	159 mg
Potassium	450 mg
Liquid	175 ml

Vegetarian quesadillas

Ingredient

- 2 spring onions, thinly sliced
- 100 g mushrooms, chopped
(If you have a hard time controlling your potassium levels, we recommend boiling the mushrooms first to lower their potassium content.)
- 1 medium bell pepper, sliced
- 100 g canned corn, drained
- 2 flour tortillas
- 60 g mozzarella, grated
- 1½ tbsp. olive oil
- a pinch of salt, pepper and chili powder
- 4 tbsp. Greek yoghurt (optional)
- 1 lime, juice only (optional)
- 30 g fresh coriander chopped (optional)

2 servings

Main course or side dish

**Preparation and cooking time:
30 minutes**

Preperations

- 1.** In a large saucepan, heat 1 tbsp. of oil and fry the green onions, until starting to soften. Add the other vegetables (mushrooms, bell pepper and corn), then add salt, pepper, chili powder and stir.
- 2.** Add half a tbsp. of the oil in another pan over a low heat and gently wipe with a piece of kitchen paper. Put one tortilla in the pan and top with an even layer of grated mozzarella. Spoon over half the vegetables mixture and top with another even layer of mozzarella (the cheese acts as glue). Place a tortilla on top of the cheese, then press down with a spatula and cook for 3–4 minutes, or until the underside is golden. Flip over the quesadilla and cook for a further 3–4 minutes.
- 3.** If making the Greek yoghurt dip, mix the Greek yoghurt and lime juice together in a bowl.

Nutritional Information

(value per serving – 1 person)

Calories	550 kcal
Fats	26 g
Sodium	735 mg
Carbohydrates	53 g
Protein	27 g
Phosphorus	321 mg
Potassium	493 mg
Liquid	125 ml



Mushroom Pasta with Spinach



Ingredients

400 g pasta of choice, uncooked
40 ml olive oil
1 medium onion chopped
3 cloves of garlic minced
400 g mushrooms sliced
(If you have a hard time controlling your potassium levels, we recommend boiling the mushrooms first to lower their potassium content.)
200 g spinach, raw
½ cup vegetable broth
pinch of salt (0,36 g)
pinch of pepper
2 tsp lime juice (optional)
parsley chopped (optional)
Topping
pinch of smoked paprika

4 servings

Nutritional Information

(value per serving – 1 person)

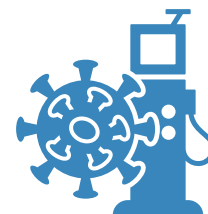
Calories	485 kcal
Fats	11,1 g
Sodium	58,95 mg
Carbohydrates	70,2 g
Protein	17,82 g
Phosphorus	213,3 mg
Potassium	608,15 mg
Liquid	250 ml

Preparation

1. Instead of vegetable broth you can use coconut milk. As vegetables you can add pepper, zucchini, carrots. Soak the vegetables for a minimum of two hours in warm water. Add pasta in water and cook according to the package.
2. Heat the olive oil, add mushrooms along with chopped onion and sauté for about 3 minutes. Add minced garlic and cook for about 1 minute longer. Then deglaze with a bit of vegetable broth. Reduce the heat and cook for about 1–2 more minutes. Add spinach and cook further 2–3 minutes until it has wilted. Season with salt and pepper. If you like, add fresh lime juice.
3. Once pasta is “al dente” pour off the cooking water. Put drained pasta to the mushrooms and toss to combine. Season with spices to taste.
4. Serve mushrooms pasta topped with smoked paprika.

Main course or side dish

**Preparation and cooking time:
20 minutes**



Keeping Covid out: Vaccination campaign in Poland

Within the space of just a few days, Fresenius Medical Care Poland was able to vaccinate all patients that were willing to get their “shot” – right inside our Polish NephroCare clinics. This is how they did it:

While the Corona virus is already a grave threat to healthy people, patients on dialysis are at a much higher risk of Corona virus infection and a severe course of the disease. Most governments have therefore decided to place them in the first group for vaccination.

The Polish government did this as well. But that doesn't necessarily mean that people can be vaccinated quickly – apart from the

vaccine itself, it needs an infrastructure, and places for people to get vaccinated.

That's why Fresenius NephroCare Polska decided to take action. General Manager Dr. Tomasz Prystacki: “We requested the Ministry of Health to legally allow dialysis clinics in Poland to organize vaccinations in their locations and fortunately the Ministry agreed with this idea.”

Smart move

It makes a lot of sense, as Mr. Prystacki explains: “We wanted to be able to vaccinate our patients in our own centres while they are undergoing dialysis treatment. It is the easiest and the smartest way to quickly vaccinate this group of patients.”

In order to get vaccinated, patients didn't even have to register, travel anywhere or even wait in lines. When they checked in for their regular dialysis they only had to indicate whether they wanted to get vaccinated or not. It couldn't have been any simpler.





The Polish NephroCare clinics turned into vaccination centres in March.

The vaccine arrives

The only additional organizational need was to collaborate with the Ministry of Health. As the Ministry needs to be aware of all vaccinations applied the clinic shared the list of patients that had indicated their willingness. The doses were ordered accordingly – and arrived on March 17th.

On the day the vaccine was delivered to the clinics, the campaign started. The patients were qualified for vaccination by the clinic's doctor and then vaccinated by the clinic's nursing staff. Patients spent the next few hours on dialysis, so it was possible to observe them for any post-vaccination reactions.

Within days, all patients that had requested to be vaccinated had received it – in the most convenient and caring way possible. Great move, NephroCare Polska!

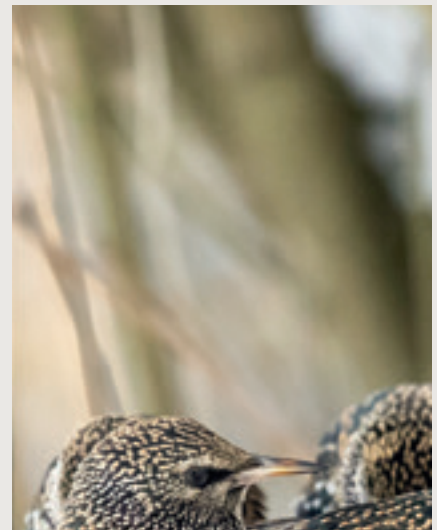
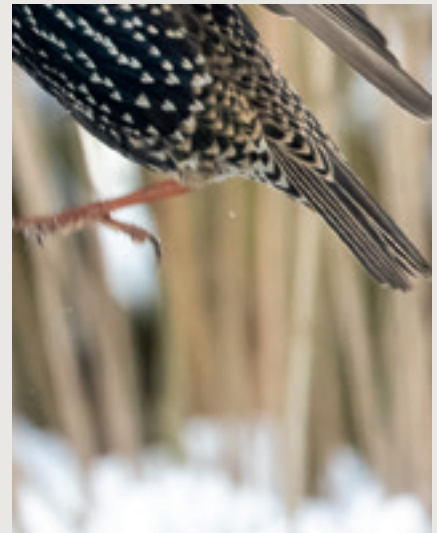
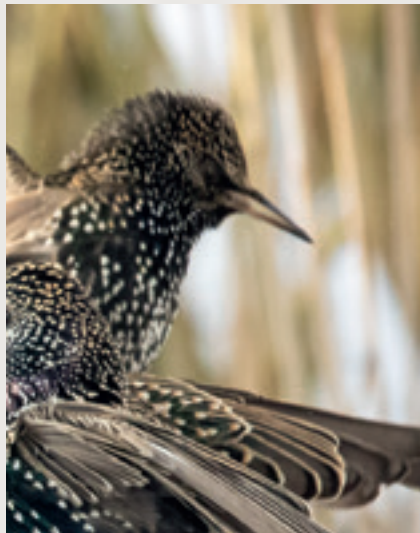
Note:

Covid 19 vaccination campaigns are organized by each country's government and therefore may pursue different strategies in different countries. The decision to use our clinics for vaccinations in Poland was the decision of the Polish Ministry of Health, not of NephroCare Poland or any other part of Fresenius Medical Care. Nevertheless, we are doing whatever we can to make sure that our patients are vaccinated as early as possible.

Photo puzzle

The six segments of a photo have been all mixed up. Can you find the right order for them to complete the photo?

Sort them from top left to bottom right and write down the correct order of segments.



Number sequence:



Star-shaped Sudoku: solution

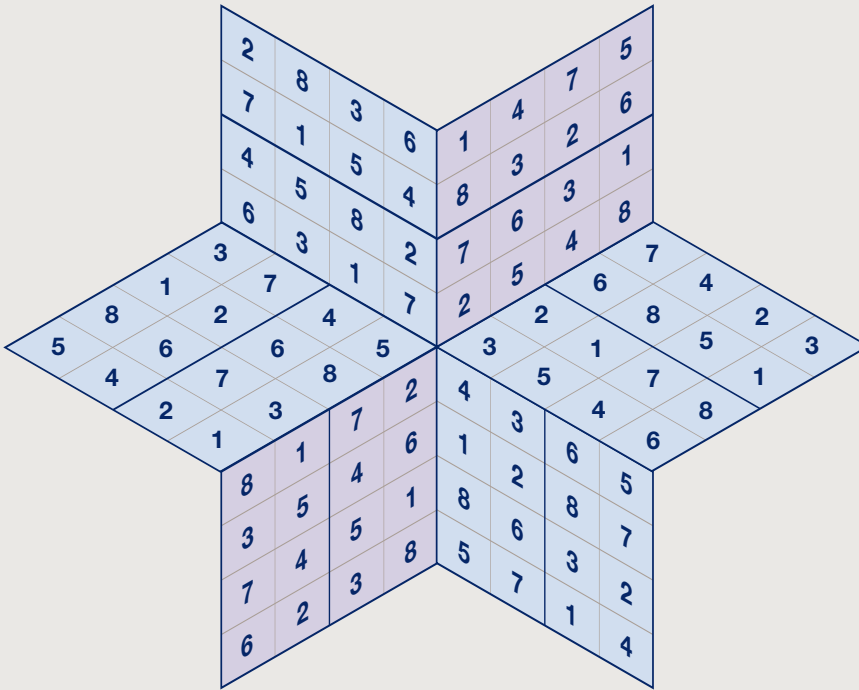


Photo puzzle: solution

