

NephroCare

for me

New exercises
Get summer fit

Patient Story:

The benefits of art therapy

Sleep Hygiene:

15 ways to improve your sleep

Saudi Arabia:

Much more than deserts

Our 25th issue:

12 years of NephroCare for me

Welcome!

Dear Reader,

Right when we were in the middle of preparing this issue of “NephroCare for me” one of our team members suddenly came to our desk and said: “Did you know this is our 25th issue?” As you might have guessed: we didn’t. Time flew by so fast! But of course, she was right – and that’s why we will briefly look back at all those years.

Otherwise, our main focus is your health. How to improve the quality of your sleep for example. Madalina Modoranu, a clinical psychologist at our clinic in Vaslui, Romania, has compiled 15 really easy to follow recommendations to **improve your sleep hygiene**. You’ll be surprised how easy it is to get better rest.

Fatigue is another issue we take a closer look at. It’s a relatively common symptom of patients that are on dialysis and it can be very challenging. In this issue, we will give you valuable tips on **how to fight fatigue** – and how to avoid it as you can.

As always, we take a look at one of our NephroCare countries. This time it’s a country that most of us haven’t been to yet: **Saudi Arabia**. It became a part of the NephroCare network just recently. Usually it is associated with deserts and oil, with Mecca and Islam. But more and more, this formerly very closed country is starting to develop as a tourist destination. Let’s have a look!

Our patient stories lead us to Romania and Spain, one about the positive effects of art therapy, one about a truly inspiring and almost stubbornly optimistic woman. We are also continuing our series of simple but effective **physical exercises**, and at the end of this issue there’s a tricky little brain teaser waiting for you. And not to forget: four yummy recipes!

And an important note in these times: whether for the exercises or the patient stories – everyone who contributed to the articles was tested and/or wore a mask.

We wish you a splendid summer.
Your NephroCare *for me* Editorial Team

People

- 4 Express yourself!
Why art therapy is good for you.
- 6 The remarkable life of Dolores Vázquez
- 8 The story of Maciej:
Dialysis does not define me.

World

- 12 Our Value Award nominees:
Because they’re special
- 26 Saudi-Arabia: Renal care in the KSA

Stories

- 16 25 issues of NephroCare for me
- 19 Introducing: Our brand-new
Instagram channel for patients
- 20 Fatigue – where it comes from and
how to avoid it
- 22 How to keep a good sleep hygiene

Body

- 28 Aerobics: Fit for the summer

Food

- 32 Grilled turbot fillets with artichokes
- 34 Veal tenderloin with apple sauce
- 36 Chicory salad with blueberries
- 38 Rice stuffed peppers with Tuna
- 40 Pineapple mousse

Mind

- 42 Train your brain

New
exercises
Get
summer
fit



- 16 Our 25th issue: 12 years of
NephroCare for me



- 22 How to keep a good
sleep hygiene



- 34 Veal tenderloin with apple sauce



Express yourself!

Why art therapy is good for you.

Art therapy is a form of psychotherapy that encourages people to express themselves through painting, drawing or sculpting. It's more than just a way to relax and be creative – and the good thing is that you don't have to be a Van Gogh to benefit from it.

We all love to draw and paint when we are children. But as we grow up, most of us lose the joy of it – or simply don't have the time for it anymore. It's sad – especially because drawing is able to stimulate areas of the brain that are responsible for movement, memory, and creativity.

This is the basis of art therapy. Drawing can be compared to meditative practices and the beneficial effect on the emotional and physical state of wellbeing is actually similar. The indications for art therapy are multiple:

- negative condition caused by prolonged stress,
- trauma, depression,
- problems at work or in the family,
- phobia¹

Just do it

This doesn't mean that it's easy to get grownups to start drawing. Many adults are skeptical and even say things such as "I'm not a child, I'm not going to paint pictures." Art therapy experts often use adult coloring books to make it easier for them to start drawing.²

Mrs. Dorina Pop, a patient of the Nefromed center in Baia Mare (Romania), is passionate about this practice. She recently discovered this passion thanks to her daughter. Since the beginning of 2020, Dorina has already built a considerable collection of drawings –



and she is more than happy to show them to us. For every dialysis session she brings us a new design that delights the eyes and souls of the nurses. Some of the images literally seem to come to life.

Another world

Dorina truly loves her new hobby: "In the evening I sit at my desk, I listen to the TV, and the cat keeps me company. When I start drawing, I feel like I'm entering another world, the world of colors, a place where I don't think about anything else. I just feel calm and relaxed. To me, the drawings I create often say more than words."

What do you think? Why not give it a try? It really is more than just something that children like to do.

Article prepared by Psychologist Delia-Camelia Cimpan, Nefromed Dialysis Center, Baia Mare.

References:

1. Judit Aron Rubin, *Approaches to Art Therapy – Theory and Technique*, Taylor & Francis, 2016
2. *The ABC in Dialect Patient Psychology*, Fresenius MedicalCare

The remarkable life of Dolores Vázquez

If you know a little bit of Spanish you will know that Dolores is not just a name, it's the Spanish word for pains. Once you have read the tale of Dolores Vázquez you might think that somehow this name is a fitting one. She did go through a lot of pain. But that's exactly why we think she should be called Esperanza. The Spanish word for hope.

Stories like these are anything but easy to tell, and if you listen closely to Elisa Loro when she talks about the life of her mother Dolores Vázquez you can feel that it's not easy for her. But even more than that you can feel the admiration she has for this woman that has been subjected to so much hardship and yet never ceases to be full of joy and optimism.

Already as a child, Dolores was struck with polio and all its difficult consequences. It did not keep her from having a happy childhood, even when her communion was celebrated in a hospital. She just kept going, grew up, found a good husband, led a happy marriage and gave birth to three children.

A sinister year

Some people say that leap years are sinister years. Just like 2020, the year 2000 was a leap year, and it did bring a lot of pain for Dolores. Her dear husband passed away that year, and to make matters worse, her first transplanted kidney was rejected.

Causing her to spend three months in hospital and affecting the mobility of the leg that wasn't affected by polio.

Dolores is a woman with a lot of willpower though. She worked hard to get back on her feet – and eventually walked out of the hospital by herself. Life still had unpleasant surprises for her. She had a thyroid operation in the same year, and the second kidney started to fail as well just one month after the death of her husband. After ten years with this kidney it was time to start over.

The call

It was back to dialysis, and back to waiting for the famous call that would tell her that she could get a second kidney transplant. That call took place on February 25, 2002. Even this surgery resulted in difficulties, keeping her in the hospital for another two months of hospitalization due to an infection. But at least that was the last kidney transplant that she would need.



Wonderful Dolores: always happy to put on a costume and bring joy to the clinic.

One thing never fails though – and that's Dolores' positivity. She goes to the dialysis center with optimism and joy. She is always happy to be a source of joy at the center, dressing up as Joker for example, or putting on all kinds of wigs and costumes. She always gives encouragement to anyone who needs it.

What a life

Imagine all of this – and more. Dolores overcame uterine cancer that took her to the operating room again in 2014, and again in 2017. Quite understandably, she is quite afraid of going through all of this again.

That's why Dolores is always taking her medication on time and is happy to have

necessary tests and check-ups done. Her message: always follow the recommendations of your doctors and try to keep a positive attitude. Surround yourself with good and supportive people and the process will be much more bearable. And most of all: be grateful to those who make it possible for people like her to be as great as she is. Dolores – who should really be called Esperanza.

News

Just when this article was finished we received the sad news that brave and inspiring Dolores Vázquez has passed away. Her family asked us to keep the article in this issue as a fond memory of Dolores. She may not be among us anymore, but her spirit lives on. **May she rest in peace.**



The story of Maciej:

“Dialysis does not define me.”

Suffering from chronic kidney disease is something that changes your life. But does it define you? If you listen to the story of Maciej Awizeń from Poland you will understand: dialysis is not something that keeps you from living a busy and successful life. A positive attitude can make a huge difference.

Maciej Awizeń is a busy man. Even an important one – he is a Starost, the head of the county board in the Polish district of Kłodzko, a region in the Southwest of Poland, close to the Czech border. He is the leader of his party there, and a member of its board in Lower Silesia. As if that wasn't enough he also plays guitar in a band, he loves to go out hiking, is a passionate cook – and he even recently went back to university.

Life with dialysis

All of this might not even be very remarkable – if Maciej wasn't a dialysis patient. But he is, for 15 years now. In the beginning, he was on dialysis for two years until he received a kidney transplant. The new organ served him for eleven years. For the past two years, Maciej has been receiving dialysis treatment at the Fresenius Dialysis Centre in Kłodzko.

“I have a great team on my shift in our dialysis station,” he says, “and many of them are active, working people. We exchange knowledge and support each other.” Having been on dialysis before, he knows how it changes his life. That is why he is back on the national waiting list for another transplant. Together with his wife he is also on the list for a chain transplant. He admits that he was not entirely convinced about a living donor transplant, but his wife explained to him that he had to learn to take.

“I can manage.”

Maciej admits that dialysis can be a big limitation for someone that is as busy as he is. Needing to spend up to four hours at the



Maciej loves to go hiking in the Sudetes with his wife.

dialysis station every other day makes it difficult to plan longer trips or to be available on specific days of the week. But Maciej knows how to manage it: “I tell my colleagues that I can be in a meeting on days when I don't have dialysis. My colleagues know my situation and it's never a problem.”

Maciej graduated from music school, he plays classical and electric guitar and sings. He also takes part in amateur theatre performances with his friends. As in his profes-



A man of many talents: Maciej plays guitar in a band.

sional life, finding time is a matter of being well organized. “When we plan meetings, I tell them it’s no problem, but Tuesdays, Thursdays and Saturdays are impossible” he says with a laugh.

Dialysis-friendly cooking

Maciej loves to be outdoors. “I highly recommend hiking the Sudetes. You can find many routes that are not very demanding and where you won’t meet another human being all day.” When winter comes, he wants to return to the cross-country skiing he used to do, a sport that he finds suitable for dialysis patients – if the individual health status permits that.

One thing about Maciej that we really were happy to hear is that he is a big fan of our NephroCare recipes and he loves to try them out. He likes Italian and Chinese cuisine very much, although sometimes the meals need to be adjusted to make them dialysis-friendly.

A positive mindset

It’s important for Maciej to find activities and interests that are not related to dialysis. He thinks that the disease has a way of limiting the mindset. “Dialysis is not the end of the world” he keeps saying. “A serious illness is also an opportunity to properly establish a hierarchy of our values and to reflect on what is really important.” He thinks it is important to adjust your reality to achieve your goals and dreams. The disease can make things difficult, but it shouldn’t make them impossible.

Maciej loves the support of his family, their understanding of certain limitations. “Still – for me, the most important thing is to be an equal partner in the family and not a burden. There is no need to revolve around me. We are all equally important at home.”



His interest in dialysis brought him back to university, studying healthcare management.



A busy and important man in his community: Maciej is the Starost of his district – the head of the county board. His kidney disease is clearly not holding him back.

Good people, good advice

Maciej remembers how little information was available when he started dialysis, and how he wanted to learn more about it. Luckily, the situation is much different today. There is so much knowledge available, about dietary requirements and fluid intake for example. His interest in these topics even brought him back to school, having started on an MBA program in healthcare management.

His fellow patients are a great source of information as well, he says, and social media groups and forums. “It is a good idea to get in touch with people at your dialysis centre, not only the medical staff but also other patients who have experience on dialysis. After all they are our family, we spend a lot of time together. These people have a lot of advice and support.”

Maciej Awizeń is not just a very busy man – he is a wise man as well. And we thank him for sharing his story with us.

Our Value Award nominees:

Because they're special

If you have followed our series of articles about our Corporate Value Award, you will know that we honor our employees at the dialysis centers with awards in the four categories of our corporate values: collaboration, proactivity, reliability and excellence. Today, we would like to introduce you to four of the winners for this year's award.

The stories that we hear from our NephroCare countries are immensely inspiring, and sometimes they are simply incredible. Not just because we all had to live with the additional burden of the Covid-19 pandemic – in some countries this was clearly not the worst of what they were facing. Our first story is a great example:

Meet our NephroCare KZN Team

This nomination is an unusual one as it doesn't list a single person but the whole team of KwaZulu Natal in South Africa. What they went through is simply breathtaking. In 2021, the country was going through a hard time with riots in its major cities. A truly horrible situation that was threatening the lives of anyone who dared to just walk the

streets. What's even worse: many clinics were destroyed as well, leaving 25 patients without a chance to get their treatment.

This is when the NephroCare team stepped in. Fortunately, our clinics were still intact and the crew simply decided to get the patients of the other clinics in for treatment. It was a dangerous operation as the staff was driving around under the cover of darkness to collect patients who were too scared to drive. One unit even operated in total darkness using only cell phone lighting to dialyze the patients while gunshots were heard outside. No wonder the staff even decided to sleep in the clinics, treating patients around the clock. It goes without question that our South African team is nominated in the "Reliability" category.



For once, not wearing a costume or a cape: Nadine Rodriguez Cabezas among her colleagues at NephroCare in Porto Cristo, Spain.

Say hello to Nadine

Having been born in Kassel, Germany, Nadine Rodriguez Cabezas now lives and works in Porto Cristo, Spain – she is a nominee in the "Proactivity" category. In her case, proactivity means thinking ahead: she is full of ideas on how to give patients during the four hours of dialysis a more enjoyable time. Her colleagues say about her: "She is a happy person and creates a good work environment."

When carnival time came around last year, she designed capes, crowns, and belts for the patients – all from recycled materials that were available at the clinic. She even spray-painted her hair in red – and in spite of the global health crisis, they even had a little photo session on this special day. For her, it's the most normal thing ever: "It's important to be understanding and show patience, and to be there for our patients, giving them advice and medical competence." **Absolutely!**



Imren Kahraman, our winner in the Collaboration category.

This is Imren

Our candidate in the “Collaboration” section, Imren Kahraman from Turkey, is putting an interesting spin on the meaning of this category as she actually decided not to work together with her colleagues any more. At least not in the same way. She volunteered to become a Covid-19 Nurse, thinking that for her it is much easier to be isolated than for her colleagues who all have children to take care of. In light of the risk of infection with this potentially deadly disease it was a courageous decision.



Imren volunteered to become a Covid-19 nurse at her clinic.

For her, it was the most normal and logical thing to do. Imren has a caring personality, spending her free time with “special friends” as she calls them – a group of friends with physical disabilities. Her opinion about patient care is characteristic for her: “Patients entrust their lives to us. We need to be sensitive, altruistic, conscious, understanding, reliable, devoted, confident and smiling towards them at all times.”
We couldn’t agree more.



Emma is awarded for her excellent work – a great recognition for the 31 year veteran.

Introducing: Emma

Our candidate in the “Excellence” category is a true veteran, applying the knowledge and experience accumulated over an admirable 31 years. In spite of her long career, Emma Paula Leitons Cabedal do Carmo (or just Emma Carmo as she introduces herself) from our clinic in Abrantes still thinks that learning is vitally important in her profession. And when the pandemic struck, she made sure that the virus was kept out of the clinic as much as humanly possible.

With communication to staff and patients, by keeping the whole clinic sanitized, by assisting patients in hand and VA washing, even by making sure that people wear masks in the clinic – Emma was there to help keep everyone away from Covid-19. She truly exemplifies excellence: “Every day, I want to do my job better and better, always having the well-being of our patients in mind.”
We couldn’t be more proud of her.

NephroCare

for me



Time to celebrate:

25 issues of NephroCare for me

It feels like it was just a few months ago when we published the first issue of NephroCare for me back in the winter of 2009. But yes, it's true, this day is more than twelve years ago. It was a good moment to look back – and revisit some of the stories.

Twenty-five issues of NephroCare for me – that's a lot of content. We took some time to go through the past issues found out just how much it is. Some of the numbers aren't surprising as we look at one NephroCare country in each issue – adding up to 25 countries. That's more than ten percent of all the countries in the world!

The lives of our patients

This is your magazine and we know very well how much the stories of our patients help

you to keep a positive spirit, how much they can help cope with adversities. That's why our patients' portraits are always the biggest sections. Can you guess how many of them we published? Almost forty!

So many inspiring tales from all over the world, about all the challenges patients have overcome, how they keep working in spite of kidney disease, how they still pursue their hobbies and do their exercises – every single one is close to our hearts.



Healthy living is key

Another number is truly astonishing: over the years, we have collected more than 75 recipes for you – all researched and compiled by our experts and dieticians to fit your special dietary needs. That’s actually more than enough for a cook book!

Plus plenty of health tips, including the very first one that is historic in more than one way: how to wash your hands to sanitize them properly. It’s always important, obviously. More than twenty tips on how to exercise your body, more than a dozen Sudokus to train your brain – we really hope that we have been able to add to our patients’ health.

And – did we? Why don’t you tell us! We would love to hear from you. How you like our magazine, which parts are helpful, which stories you would like to read about, how we could be of better service to you ...



All you have to do is scan the QR code and tell us. We will be sure to read your comments carefully.

Thank you!

We’re looking forward to the next 25 issues – together with you.



Introducing:

Our brand-new Instagram channel for patients

Discover our newly launched channel „my.kidney.companion” on Instagram.

Here you will find lots of news and inspiration on a wide range of topics tailored to the wants and needs of patients, regardless of their stage of kidney disease, as well as for their families and caregivers.

Or are you looking for more recipes that fit your diet? On “my.kidney.companion” you will also find a variety of recipes and each one is listed with the ingredients, the instructions and the nutritional information, so you can see directly if it suits you and your taste.

This new channel offers you many interesting facts around all the topics you want to know about the kidneys and the different treatments.

Follow us and share your experiences and insights with other users in the



comments. Let’s build a community together and follow “my.kidney.companion” on Instagram.

Fatigue

where it comes from and how to avoid it

Feeling sluggish and tired? Fatigue is a very common symptom among dialysis patients. But there are surprisingly easy ways to work against it. We have collected the most effective anti-fatigue strategies.

We all know what it's like. This sense of weakness, the lack of energy, and the tiredness. Often enough it leads to reduced motivation and it keeps us from being active, from engaging in physical activity – and this in turn increases the sense of fatigue.

Fatigue is a common side effect experienced by patients on dialysis, and it can be a debilitating symptom, leaving us frustrated, demoralized. Sometimes the lack of energy is even so bad that we feel unable to take care of our daily tasks. But aside from being a possible side effect of dialysis – where does fatigue come from? How does it happen?

Why so tired?

How dialysis and fatigue are connected is still a subject of analysis and research. It seems clear that both the loss of a normal kidney function plays a role, and that the

effects that dialysis has on the body are contributing factors. But other causes are just as relevant: the dietary restrictions and the overall stress and anxiety for example.

What we do know is that more sleep – the most logical way of working against fatigue – is not always the solution. Other strategies are helpful as well, enabling you to actively work against fatigue. Here are a few tips that have been proven to be effective:

Fighting fatigue

Improving your diet is a good strategy to get your energy level up. What and when we eat can impact energy balance and performance throughout the day. Make sure you get enough vitamins, try to stay easy on your alcohol intake, give your body enough iron, don't stay too low on carbohydrates, proteins and fats as they are a good source of energy. But please make sure that you consult your care team before changing your diet.



Another effective strategy is to get enough exercise. And don't think that you can't do it – exercise is any kind of physical activity. Taking a walk is always a good idea – there is no need to take up a sport or join a gym. Start with what you are able to do and turn it into a routine. Before you know it you will be able to do more. Be sure to consult your care team to identify the right exercise regime for you. Again, seek consultation before starting an exercise program. Your care team will gladly assist you.

Hormones out of whack?

Studies have shown that men who are on dialysis have been known to suffer from low testosterone levels which can cause feelings of tiredness. For women who are on dialysis, elevated levels of estrogen and not enough progesterone can make you tired and moody. Talk to your nephrologist for a test

which can help determine your plan of treatment. If a test is needed your physician will order the test.

Of course, good sleep usually is a good way to work against fatigue. A regular sleep program protects your mental and physical health, improving your memory, cognitive abilities and immune function. If you are experiencing sleeping problems, talk to your care team to identify useful behavioral techniques for a restful sleep.

Don't think you need to fight fatigue all by yourself. Ask your friends and family to help you and don't be too shy to share your need for help. After all – being social is another great source of positive energy. So go out and be active – and fatigue won't have a chance.



Health and well-being:

How to keep a good sleep hygiene

Sleep plays a vital role in maintaining health and well-being throughout life. It's just as important eating, hydration and even breathing. A regular sleep program protects your mental and physical health, improves your cognitive abilities and supports your immune function. What do you think? Do you get good enough sleep? Here are 15 useful behavioral techniques for a good sleep hygiene – compiled by clinical psychologist Madalina Modoranu (NephroCare Vaslui, Romania).



1. Establish a fixed sleep schedule. Our bodies like routine. Especially when it comes to sleep. Try waking up at the same time every day. It will cause you to become drowsy just when it's time to go to bed. If you need to wake up very early to go to dialysis, try to wake up around the same time on the days before your appointment. Sleep cannot be "recovered". If you sleep until later on the days before your early wake up call, you will not be able to compensate for the loss of sleep – and to make matters worse it even causes you to have a hard time getting up on the day after. Keep in mind that waking up at different times affects the quality of sleep and increases the time it takes to fall asleep.

2. Avoid caffeine, alcohol and nicotine intake. As you will probably know, caffeine is not only present in coffee, but also in certain teas, energy drinks and even in chocolate. It's a stimulant, just like nicotine. They both cause a state of activation that makes it difficult to initiate sleep, and it also affects its quality. If you have trouble sleeping well, avoid smoking before bedtime and eliminate the combination of tobacco and caffeine from your habits. Another way to ensure a good rest is to avoid eating foods that have a stimulating effect on the central nervous system. If you find it difficult to avoid them all together, try to limit the amounts and consume them during the first half of the day. But in general, you should definitely stick to your fluid intake routine.

3. Avoid going to bed too full or too hungry. Avoid rich meals at least

one hour and a half before bedtime. Numerous studies show that digestion during the night alters the quality of sleep and lets you wake up more frequently during the night. The opposite is true as well – if you go to bed hungry, your quality of sleep will be decreased. So, don't skip dinner. The best way to ensure a good nights sleep is to opt for a light snack in the evening.

4. Try to catch a healthy amount of sun every day. Daylight is essential for setting the sleep-wake rhythm. Spend time outdoors and try to expose yourself to sunlight for at least 30 minutes each day. It is recommended that spend this time during the first part of the day, so that you benefit from the gentle rays of the morning sun. Don't overdo it though. Do not expose your access site to sunlight, avoid sunburns and be sure to use or wear sun protection.

5. Avoid sports activities at least two hours before bedtime. At least 30 minutes of physical activity a day are good for the body and contribute to a better sleep. But intense physical exercise close to bedtime will increase body temperature and metabolism rate, making it difficult to start sleeping. Try to plan your sports activities during the first part of the day – or at least two hours before bedtime.

6. Reduce sources of concern. We all know how difficult it is to fall asleep when we are worried. But it can be avoided. If you tend to go to sleep thinking about all the things you need to do the next day, make your plans for the next day before going to bed. It will reduce the level of

concern associated with your plans for the next day. This technique can clear your mind of thoughts that may be a source of concern, making it easier for you to fall asleep.

7. Do not stay awake in bed for long periods of time. If you have tried to fall asleep for more than 20 minutes without success, it's a good idea to leave the bedroom and start a simple, relaxing activity that can be stopped or abandoned when sleep returns (e.g. placing or tidying objects, folding clothes etc.). Although it may seem difficult to implement, this exercise aims to strengthen the association between bed and sleep. It literally helps your body to learn to fall asleep faster. The more time you spend in bed trying to fall asleep, the more discomfort is associated with being in bed. It is also important to use the bed only for sleep. Do not eat, study, talk on the phone, watch movies in bed, or engage in specific wakefulness activities.

8. Avoid sleeping during the day. It may seem like a good idea to get some additional sleep during the daytime if sleeping at night is not restful enough. As much as it can be invigorating, daytime sleep simply reduces sleep during the night. So, if you have trouble sleeping at night, try to avoid small naps during the daytime. But if you do fall asleep, keep in mind that sleep should not be later than 3 pm and should not exceed 45 minutes.

9. Reduce the usage of electronic devices at least one hour before bedtime. The light receptors in the eyes

that are in charge of telling our brain when it is day and night are sensitive to blue light. The screens of phones, laptops, tablets, even TVs use blue LED light. When you use these devices in the evening, often keeping them just a few inches away from the eyes, it blocks the release of melatonin. It's a really harmful habit that makes it difficult to fall asleep and even affects the quality of sleep and daytime alertness. Most electronic devices have the option to reduce the intensity of blue light. Activate and customize this option according to your schedule and stop using electronic devices at least one hour before bedtime.

10. Get in the habit of reading printed texts before bed. Printed really means magazines, newspapers, books etc. – not an electronic device. Before going to bed, opt for reading simple, relaxing texts that do not require a lot of cognitive effort. This is a very healthy alternative to spending time using electronic devices such as your phone, laptop, tablet before bedtime.

11. Arrange a friendly sleeping environment. Sleeping space and sleep are strongly associated in our minds. Therefore, it is important that the bedroom is tidy, quiet and dark. A comfortable mattress and pillow can help maintain a good night's sleep. Use curtains or blinds to prevent strong light from entering the room, or use sleeping masks to make it easier to fall asleep and prevent waking up from contact with light. If noise cannot be completely eliminated from the room where you sleep, consider using earplugs or a white

Sleep Hygiene:

When we use the term "Sleep Hygiene" we are talking about habits and practices that enable you to have a good night's sleep. These practices were first developed and researched in the 1970s to help patients with mild to moderate insomnia.

noise machine (a device that produces soothing noise that calms the listener).

12. Design a dim, warm, yellow, low-intensity light environment and avoid using hanging lamps with bright light in the rooms where you spend your evenings. The artificial light we are exposed to during the evening will fool the brain that the sun has not set. Therefore, even though it is bedtime, the brain will perceive the message that it is still day and will delay the release of melatonin. This can lead to insomnia, manifested by difficulties in initiating sleep shortly after you go to bed. For a better sleep, it is important to spend your evenings in rooms with low intensity light stimuli.

13. Maintain a lower temperature in the room where you sleep. To initiate sleep, body temperature must drop by about one degree Celsius. Therefore, it is good for your sleep when the room where you sleep is about 1-2 degrees cooler than other rooms, and when it is well ventilated. A simple way to lower your body temperature is by simply washing our face or by taking a warm shower before going to

bed. Our individual temperature preferences vary. Try to find the temperature at which you feel most comfortable.

14. Keep clocks out of your field of vision. Having difficulties falling asleep can lead to an increased level of anxiety which again intensifies the problem of insomnia – a vicious circle. This state can be amplified by a tendency to keep looking at your watch while trying to fall asleep. To avoid this, simply remove any display of time from your field of vision. And while you're at it, remove all associated stimuli such as the ticking of a clock.

15. Do not take over-the-counter natural remedies or dietary supplements without consulting your doctor. If you have a hard time getting rid of insomnia and it starts to affect your daily life, talk to the doctor and the psychologist at your dialysis center. Studies indicate that cognitive-behavioral psychotherapy is the most effective form of non-pharmacological treatment for insomnia. The psychologist is trained to assess the quality of sleep and will be able to propose an intervention plan tailored to your needs and preferences.

References:

- Buyse, D. J. (2014). Sleep health: can we define it? Does it matter?. *Sleep*, 37(1), 9-17.
- Olini, N., Kurth, S., & Huber, R. (2013). The effects of caffeine on sleep and maturational markers in the rat. *PLoS one*, 8(9), e72539.
- Walker, M. (2017). *Why we sleep: Unlocking the power of sleep and dreams*. Simon and Schuster
- Yang, A., Palmer, A. A., & de Wit, H. (2010). Genetics of caffeine consumption and responses to caffeine. *Psychopharmacology*, 211(3), 245-257.

Saudi-Arabia:

Renal care in the KSA

What do you know about Saudi-Arabia? Probably that it's a kingdom – that's why it is often referred to as the KSA, the Kingdom of Saudi-Arabia. Where it is located on our planet is clear because of its name: it's the largest country on the Arabian peninsula. But otherwise, most of us don't know much. Time to take a closer look.



The new clinic in Riyadh – just opened and already expanding.



With the new extension the clinic will have a capacity of 120 patients per week.

If there is a country that has gone through a lot of transformation during the last years, it's probably Saudi Arabia. Under the name "Vision 2030" the country started a whole range of programs designed to diversify its economy and modernize society. Since two years, even tourism is possible for citizens of 49 countries.

The Kingdom of Saudi Arabia has a population of 35 million, including more than 10 million foreign residents as a large part of the workforce comes from other countries. The capital is Riyadh is a metropolis of more than 7.5 million and its name translates as "The Gardens" – a fitting name for a city in the middle of a country that is 95% desert.

Free healthcare

The improvement of country's traditionally excellent healthcare system is part of "Vision 2030", striving to deliver comprehensive, effective, and integrated health care across the country – not only for citizens but for residents as well – an important factor for a country with such a high percentage of foreign residents.

In the KSA, healthcare is free in all government medical institutions. Renal care is offered in all regions in a tight network – 243 dialysis units are available for patients that need hemodialysis. More than half of these are located either in the central region around Riyadh or in the western region with Jeddah and Mecca. The need is rising as the country reports the annual increase of dialysis patients as 6,2%.

NephroCare in the KSA

The NephroCare clinic is the first one in Saudi Arabia and it is led by Dr. Mamdouh Nada who was kind enough to co-author this portrait. The newly opened clinic is located in the center of Riyadh to be easily accessible for everyone. It has a capacity of 120 patients per week, and an extension is already in construction.

Dr. Nada is visibly proud of the new institution that is gradually growing from 6 dialysis machines serving 24 patients to no less than

30 machines for up to 120 patients. He also tells us that because of the current pandemic, the clinic has an infection control nurse that supports them in implementing COVID-19 precautionary measures.

The staff is continuously expanded as well, and the clinic makes sure that every aspect of patient care is covered, offering psychological support, laboratory testing and diet education as well. And for us at NephroCare for me it's great to see the global network grow. Inspiring news from a fascinating country.



Written by: Dr. Mamdouh Nada, Nephrology Consultant & Medical Director of Nephrocare Riyadh, KSA



Aerobics:

Fit for the summer

Summer is coming, and we all are more than happy to spend more time outside. That's why we chose some exercises for the summer that will not only get your body in motion. All three exercises can easily be done outside as well, on your terrace, in the garden, or even in the park. Three easy aerobics exercises for an even more lively summer. No matter which exercise you favor, make sure that you consult your care team first. They will know which exercises are good for you.

Exercise 1: Jumping Jacks

Let's start with a simple exercise.

Jumping Jacks are really easy to do, and this is **level one**:



Start standing up straight and tall with your arms by your sides.



Then step to the side with your right foot. While you do that step move your arms out to the sides and up overhead, doing semi circles with your arms. Then step back in and bring your arms back down to your sides. Do the same on the other side, stepping to the side with your left leg and swinging your arms back out to the sides and over your head.



Step back in with your left foot and repeat with the right foot. Keep stepping out and back in alternating left and right as you raise your arms. **Continue for 30 seconds.**

3 x  2-3  30 sec

Level two: Instead of stepping to the side with your feet, you keep jumping up and down. While you jump up, spread your legs and bring your arms together over your head. Your hands touch briefly above your head. Land with your feet hip-width back on the floor. On your next jump you bring your feet back together and your arms down to your sides.

Exercise 2: Butt Kicks

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



Stand with your feet slightly apart and your arms are stretched behind your back. Your fingertips face toward the ground.



Walk in place and take turns pulling your heels towards your fingertips.



Keep altering your different legs for 30 seconds.

3 X  2-3  30 sec

Level two: Instead of doing the exercise while standing try to jog on the spot slowly, pulling your heels up with every step.

Exercise 3: Lateral Displacement

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



Stand wide with your feet apart (more than shoulder width) and hands at your waist.



„Glide“ your right leg to your left leg and back.



Then „glide“ your left leg to your right leg and back. **Keep alternating sides for 30 seconds.**

3 X  2-3  30 sec

Level two: Instead of gliding to the side, take an equally wide step and then bend down to touch your foot with your hand on the same side. Then bend up again and bring your feet together. Keep doing this, alternating left and right.

Before you try out any these delicious recipes, please seek the advice of your dietician to find out what kind of food works for you in which amounts.

Grilled turbot fillets with artichokes

Ingredients

1 turbot (1-1.5 kg Approx)
 2 cloves of garlic
 Parsley to taste
 12 baby artichokes (frozen)
 Olive oil

Serves 2

Nutritional Information

(value per serving – 1 person)

| | |
|---------------|-----------|
| Calories | 473 kcal |
| Protein | 67,6 g |
| Carbohydrates | 8,1 g |
| Fats | 17,12 g |
| Liquid | 472,1 ml |
| Sodium | 514 mg |
| Phosphorus | 1587,2 mg |
| Potassium | 4,45 mg |

Preparation

- 1. Turbot:** if you don't want to cut it yourself, you can ask fishmonger to remove 4 loins of 1 turbot.
- 2. The artichoke garnish:**
 - Pick the artichokes according to the cooking technique recommended for hemodialysis patients, soak for 3-4 hours and drain them very well.
 - Once defrosted, cut the artichokes in half and saute them with oil.
 - Finally, add on little white wine and let it reduce for 5 minutes over medium heat.
- 3.** In a hot pan or grill, add on olive oil and cook the turbot fillets on both sides for **4 minutes** (starting with the skin).
- 4.** While cooking, mince garlic and parsley.
- 5.** When you have done the fish on both sides, add on garlic and minced parsley on the meat side.
- 6.** Plate the fish together with the artichokes.

Nice to know:

The turbot is a large flatfish that lives in the Northeast Atlantic and in the Mediterranean and Baltic Seas. It has a firm meat and an excellent mild flavor.



Veal tenderloin with apple sauce

Ingredients

2 veal tenderloins
 2 apples
 200 ml of water
 1 tablespoon of sugar or sweetener
 Pinch of salt
 Provençal herbs
 Olive oil
 Chili (optional)

Serves 2

Preparation

1. For the applesauce:

- Wash the apple, peel and cut into cubes.
- Pour the apple pieces into a saucepan with 200 ml of water and one teaspoon of sugar or sweetener.
- Let it boil and when the apple turns brown, remove it from the heat.
- Grind the apple pieces until get a homogeneous texture.

2. In a frying pan, put olive oil and when it is hot add the tenderloins and the provençal herbs to taste.

3. The point of the tenderloins will be to the taste of the diners.

4. Plate the sirloin together with the compote garnish.

Nutritional Information

(value per serving – 1 person)

| | |
|---------------|------------|
| Calories | 365,9 kcal |
| Protein | 40,7 g |
| Carbohydrates | 17,3 g |
| Fats | 15,2 g |
| Liquid | 340 ml |
| Sodium | 307,2 mg |
| Phosphorus | 834 mg |
| Potassium | 323,1 mg |

Nice to know:

In Britain, a pork roast is often served with hot applesauce. The acidity of the apples makes the meat easier to digest. The applesauce is also a good companion for tenderloin or sirloin cuts.

Chicory salad with blueberries

Ingredients

2 chicory (100 gr)

1 apple

Blueberries (to decorate)

For the sauce:

125 natural yogurt

2 white asparagus

A pinch of sugar and salt

Olive oil to taste

A few drops of lemon

Serves 2

Nutritional Information

(value per serving – 1 person)

| | |
|---------------|-------------|
| Calories | 201,33 Kcal |
| Protein | 15,35 g |
| Carbohydrates | 11,33 g |
| Fats | 10,94 g |
| Liquid | 251,23 ml |
| Sodium | 250,3 mg |
| Phosphorus | 480,8 mg |
| Potassium | 22,6 mg |

Preparation

1. Cut chicory into quarters, wash and drain (Reserve)
2. **For the sauce:**
 - Peel and cut the asparagus into pieces.
 - Pour yogurt, asparagus, a pinch of sugar and salt, plus 2 tablespoons of olive oil into a blender glass or bowl.
 - Blend everything until being a homogeneous mixture obtained and pass the sauce through a strainer or chinois, add a few drops of lemon and mix.
3. Peel the apple and cut into pieces.
4. Mix the sauce with the apple.
5. Fill the chicory with the mixture
6. Serve the stuffed chicory decorating them with blueberries.

Nice to know:

Chicory? Endive? Chicory Endive?
It's a little confusing that in some countries the endive is called chicory or chicory endive. For this recipe it's easy to see which one is the right one as an endive has the perfect shape for stuffing.





Rice stuffed peppers with Tuna

Ingredients

- 2 large green bell peppers
- 170 gr of round rice
- 1 small onion or half a large onion
- ½ red bell pepper
- 60 g of boiled grain corn (canned)
(it is important wash the corn and drain it before using it in the elaboration)
- 1 canister of natural tuna
- 40 g of mozzarella cheese
- 14 g olive oil (a tablespoon)

Serves 2

Nutritional Information

(value per serving – 1 person)

| | |
|---------------|------------|
| Calories | 610,4 Kcal |
| Protein | 22,1 g |
| Carbohydrates | 82,3 g |
| Fats | 19,8 g |
| Liquid | 258,6 ml |
| Sodium | 221,7 mg |
| Phosphorus | 556,6 mg |
| Potassium | 63,5 mg |

Preparation

1. To cook the rice, put twice as much water as rice in a saucepan and let it absorb all the water
2. Cut the caps from the peppers, empty them of seeds and nerves, wash and dry.
3. Preheat the oven to 200°C.
4. Peel and chop the garlic, red pepper and onion, spice to taste and saute them in a frying pan with oil.
5. Add the natural tuna and corn to the pan.
6. Mix with the rice once it is cooked.
7. Fill the peppers with this mixture and put them in the oven about 20 minutes.
8. Take them out, put 20 g of mozzarella cheese (cut into small cubes), on the peppers, and put them again to gratinate 5 more minutes.
9. Serve up

Nice to know:

More confusion? No problem.

In several languages, bell peppers are called Paprika – the same word that is used for the fragrant red spice. And in the same countries people will think of chilis when the word peppers is used...

Pineapple mousse

Ingredients

1 can of pineapple in its juice (canned), without the broth

1 lemon

2 tablespoons honey or sweetener

2 egg whites

2 servings

Preparation

1. Drain the pineapple slices
2. Cut the pineapple slices
3. Add lemon juice and honey
4. Blend everything until you get a homogeneous mixture (if you want it to keep the texture of the pineapple, don't beat too much).
5. Beat the egg whites with the mixer with a pinch of salt until they are fluffy.
6. Add on crushed pineapple and mix gently with the egg whites and a wooden spoon.
7. Divide the mousse into individual containers and refrigerate for a couple of hours.
8. To present the mousse you can add on pieces of pineapple on top.

Nutritional Information

(value per serving – 1 person)

| | |
|---------------|------------|
| Calories | 105,9 kcal |
| Protein | 5,12g |
| Carbohydrates | 19 g |
| Fats | 0,3 g |
| Liquid | 171,3 ml |
| Sodium | 250,2 mg |
| Phosphorus | 75,3 mg |
| Potassium | 20,7 mg |

Nice to know:

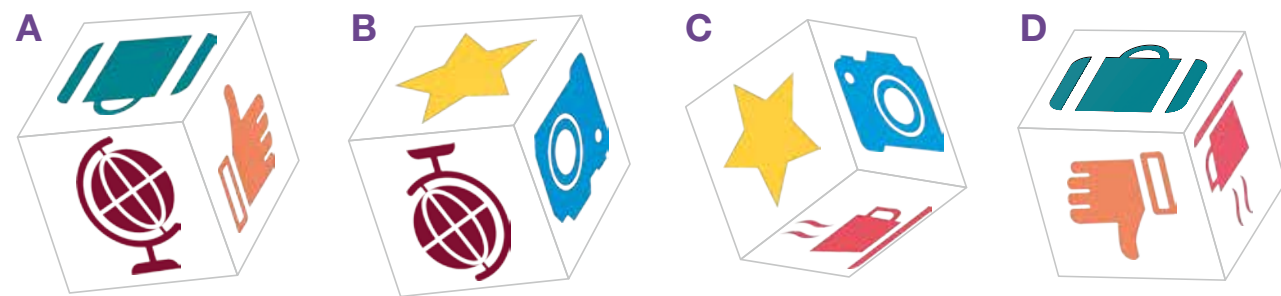
A pineapple is actually neither a pine nor an apple. It's a berry. A large one, but a berry. A pineapple plant will only produce one pineapple per year. The largest pineapple ever grown weighed an astonishing 28 kilos.



Train your brain

Folding the cube

Below you can see the unfolded six sides of a cube – and four folded cubes. But only one of the completed cubes is based on the unfolded one. Which one is it?



Seventeen

Look closely at the numbers below. There are combinations of two or three consecutive numbers that will add up to 17. Find them and underline them.

2 13 3 8 6 12 2 7 8 14 4 10 7 4 3 8 6 2 13 4 2 5 3 14



Arranging animals

Structuring information is a really good way to train your memory. Take a look at the list of 20 animals. Your task is to arrange them in five groups. Find the right categories and list the animals below them.

Shark, Iguana, Lion, Bee, Lynx, Beetle, Turtle, Sole, Owl, Jaguar, Tick, Sparrow, Crocodile, Salmon, Tiger, Crow, Snake, Barracuda, Eagle, Butterfly

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

| | | | |
|----------|----------|----------|----------|
| Category | Category | Category | Category |
|----------|----------|----------|----------|

| | | | |
|-------|-------|-------|-------|
| <hr/> | <hr/> | <hr/> | <hr/> |
| <hr/> | <hr/> | <hr/> | <hr/> |
| <hr/> | <hr/> | <hr/> | <hr/> |
| <hr/> | <hr/> | <hr/> | <hr/> |

| |
|--|
| |
|--|

| |
|----------|
| Category |
|----------|

| | | | |
|-------|-------|-------|-------|
| <hr/> | <hr/> | <hr/> | <hr/> |
|-------|-------|-------|-------|

Folding the cube:



Cube D is correct one.

Seventeen:

2 13 3 8 6 12 2 7 8 14 4 10 7 4 3 8 6 2 13 4 2 5 3 14

Arranging animals:

Fishes: Shark, Sole, Salmon, Barracuda

Birds: Owl, Sparrow, Crow, Eagle

Reptiles: Iguana, Turtle, Crocodile, Snake

Predatory or mammalian animals: Lion, Lynx, Jaguar, Tiger

Insects: Bee, Beetle, Tick, Butterfly