

Summer 2019

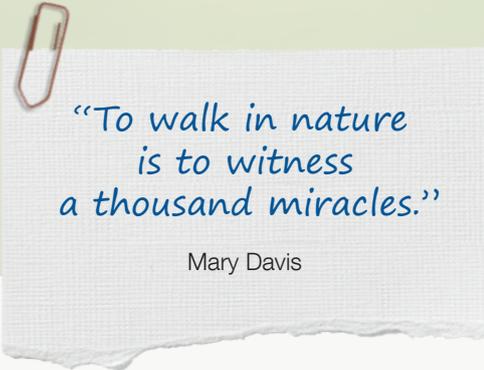
NephroCare

for me

Where your soul sets the pace: Hiking and biking through scenic routes

How kidney malfunctions can have an effect on eyesight

“Summertime, and the livin’ is easy ...” with the right phosphate level



“To walk in nature
is to witness
a thousand miracles.”

Mary Davis

Welcome!

Dear Readers,

Summertime sets the mood like no other season does. Trees and flowers are in full bloom, the sun caresses our skin, a thousand miracles can be witnessed everywhere if we just pause and take a look around. There is plenty for you to discover in this edition of NephroCare for me. **Where your soul sets the pace** takes you on scenic trips on foot or by bike. **Join us on a cultural journey** around the world to experience foreign countries and foreign customs. In **Let the travel bug bite** you we invite you to travel to different places. You can turn to the NephroCare Holiday Dialysis coordination team for planning your dialysis appointments during the trips.

The summer months are a time of colourful fruits and vegetables to come back to our lives. So we have, of course, chosen light and fresh recipes for trying out at home. We have also put together a food pyramid which considers your phosphate intake in **“Summertime, and the livin’ is easy...” with the right phosphate level.**

As in previous editions, this magazine seeks to improve your level of knowledge about dialysis by providing you with specialised information. For example, we tell you **How kidney malfunctions can have an effect on eyesight** and how this can be prevented. Also, test your knowledge in our quiz and see what you remember from your reading.

Our patient stories are an inspiration for many readers. In this NephroCare for me edition, you will surely be touched by the story of a Turkish couple and how their **Two hearts are linked through home dialysis.** Additionally, three dialysis patients from different countries share their experience with **Thriving while on dialysis – with a fulfilling job.**

Follow us on a journey of discovery and enjoy the blessings of summer.

Until next time,

Your **NephroCare for me** Editorial Team



Worth knowing in renal

How kidney malfunctions can have an effect on eyesight	4
Thriving while on dialysis – with a fulfilling job	8



Different countries – different habits

Let the travel bug bite you!	12
Two hearts linked through home dialysis.....	16



Here's to your health

“Summertime, and the livin’ is easy ...” with the right phosphate level	20
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Recipes

Lemon ricotta tartlets	24
Grilled salmon with honey glaze	26



Worth living

Join us on a cultural journey!	28
Where your soul sets the pace: Hiking and biking through scenic routes	30



Inspiring

Test your knowledge	32
Test your knowledge: solutions	34
Brain calisthenics	35

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How kidney malfunctions can have an effect on eyesight

The kidneys and the eyes have a lot in common on a physiological level. As a result of the strong link between these two organs, the causes for kidney and eye diseases are the same in many cases. That is why prevention, once again, makes a real difference. The following article gives pointers on how to do that.

Like nature, the body is a network where everything is connected. Consequently, when one organ fails, other organs can be affected too. There are, for instance, a number of studies that suggest a strong link between the eyes and the kidneys. They show that dialysis patients develop eye diseases more often than people at the same age who do not suffer from kidney disease. Hypertension, diabetes, smoking and obesity not only affect the kidney, but they are also risk factors for the most common eye diseases like age-related macular degeneration, diabetic retinopathy, glaucoma and cataracts. This also means that you can protect your eyesight by following the recommendations on how to handle these risk factors.



Prevention is key

Patients often fail to notice the relevant symptoms in the beginning of the course of the disease. Therefore, regular eye exams are a vital component in preventing the progression of eye disease. An ocular examination can detect damage to the eyesight at an early stage, even before experiencing any symptoms. This ensures receiving treatment early enough to prevent irreversible visual impairment. If you are not sure about your next appointment for an ocular inspection, ask your physician about regular eye check-ups and follow the suggested therapy and controls. Also, remember that the eye drops prescribed by the ophthalmologist are essential for treating any loss of vision you may be suffering from or that may develop.

Although there may be a number of health complications related to renal disease, patients can do a lot to prevent severe problems by being aware of these risks and acting accordingly. Complying with your dialysis treatment means following your physician's recommendations on liquid intake, prescribed medication, dietary guidelines, advised exercise, and non-smoking (if you were a smoker before).



Changes to eyesight caused by ...



... *age-related macular degeneration*



... *diabetic retinopathy*



... *glaucoma*



... *cataracts*

Symptoms and syndromes

How do different eye diseases affect the eyesight? Here is a short overview of the most common disorders.

Age-related macular degeneration is the most wide-spread visual impairment. Due to the connection between kidneys and eyes, dialysis patients are more prone to this disease than healthy people from the same age group. A diminishing visual acuity or distorted vision are indicators that you should consult an eye specialist.

Diabetic retinopathy gradually damages the small vessels in the retina, leading to a visual impairment and in some cases even blindness. People with diabetic retinopathy

start to see black spots or experience the darkening or distortion of images in the field of vision.

Usually, our horizontal angle of vision is approximately 180 degrees. **Glaucoma** affects the peripheral vision, meaning that this field of vision becomes smaller. A narrowed field of vision or patchy blind spots in the side or central vision can be symptoms of an advanced stage. However, many forms of glaucoma have no warning signs.

While the eye lens is typically clear, **cataract** causes the lens to become opaque. Patients often say that it feels like looking through a foggy or frosted over window.



Have an active part in prevention

Dialysis assumes the function of the kidneys, allowing the other organs, including the eyes, to keep working. While dialysis sessions take place three days a week, your organs work around the clock. They require your commitment to comply with your dialysis treatment to prevent the development of eye diseases. We, on our part, aim to give you the best possible treatment. Your cooperation and compliance are the best supporters to achieve this goal.

Here are a few tips for starting

First of all, ask for the information you need:

- Make sure you have all the data you need to take your medication in the right dosage and at the right time. Do not hesitate to ask questions if you have any doubt.
- Follow an appropriate diet, consult your nephrologist or dietician for your plan. Your nurse can help you with any questions. You will also find tasty and suitable recipes in this magazine and on the NephroCare website.
- The World Health Organization recommends at least 150 minutes of moderate-intensity aerobic physical activity (for example brisk walking, jogging, gardening) and muscle

strengthening activity per week, ideally 20 minutes per day. Feel like that is a bit much? Start slowly. Do some house chores, get up and walk a few steps every hour, go for small walks. Most importantly, avoid sitting or lying down for several hours. Increase your activity level step by step. Speak with your physician or nurse about tips. It is essential to consult your doctor on specific exercises that suit your condition.

- Any moment is a great moment to quit smoking. If you feel ready to stop, look for support and tips and tricks to help you. Ask your nurse or physician for advice. They can help you find information on various programmes for giving up smoking.

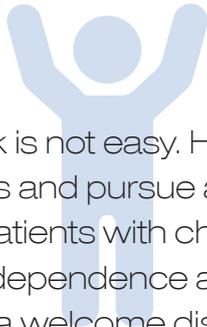
All this needs a fair degree of commitment, that is true. Think about other challenges you had overcome in your life. What helped you then? How can you apply those experiences to this situation? Discussing your thoughts with your nurses, your physician, your family and friends will help you along to strengthen your commitment. Take one step at a time. You will feel better day by day, your treatment results will be better, and you will benefit from knowing that you are contributing to protecting your eyesight.

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Thriving while on dialysis – with a fulfilling job



Balancing dialysis and work is not easy. However, being able to prove one's capabilities and qualifications and pursue a successful career ensures a very positive quality of life for many patients with chronic kidney disease. In addition, a varied daily routine, financial independence and contacts with colleagues and business partners represent a welcome distraction. Doctors also confirm the positive effects of work on the body and psyche of dialysis patients.

It is possible to lead an active and fulfilling professional life, provided that the health of the patient and the working conditions fit together. Three patients with chronic kidney disease from three different countries volunteered to tell us about their experiences with haemodialysis while working full time.

Hakan Kara

from Turkey, 49 years of age, owns a logistics company. He loves travelling and goes on vacation with his wife two or three times per year, though his true passion is cooking. In 2014, his physician discovered that Hakan's kidneys were functioning at a capacity of only 15%.

Ciulică Nicolae

from Romania, 61 years old, is an electrical engineer in telecommunications and is currently working as a supervisor. Today, his grandchildren come first, but in earlier days, his hobbies were motor vehicles and trekking. Ciulică was diagnosed with chronic kidney disease in 1985.

Stjepan Pešt

from Croatia, 50, was diagnosed with glomerulonephritis at the early age of two. Despite constant medical check-ups, he experienced complete kidney failure in 1986. Nonetheless, he finished high school and now works as an accountant. Stjepan enjoys gardening and tending to his family's poultry and pigs, being in the fresh air.



Stjepan Pešt



CROATIA



Ciulică Nicolae



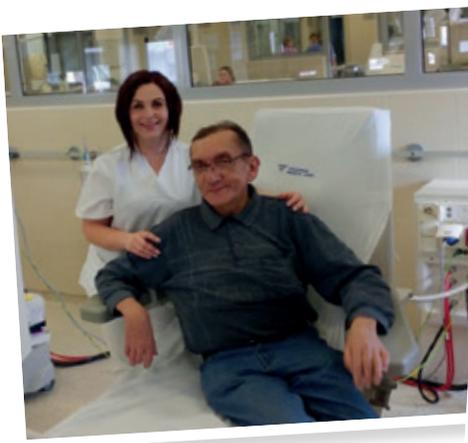
ROMANIA



Hakan Kara



TURKEY



*Stjepan and a nurse
in the dialysis centre*



Hakan and his wife at work



Ciulică in his office

Reconciling a job with regular haemodialysis treatment

Ciulică: The first dialysis period back in the eighties was quite challenging. I was on haemodialysis for ten years before I received a kidney transplant which served me for 18 years. Despite little ups and downs due to age-related comorbidities I feel very well in my current dialysis programme. During these periods, I never stopped working, and my position is not physically demanding, which encouraged me to stay in my job.

Hakan: During the first year of dialysis, I panicked so much that I became anxious about my health and stopped working. I was treated in another clinic first. With my transition to Fresenius Medical Care, the quality of dialysis increased. Feeling so vigorous after dialysis had a considerable impact on me returning to the job market and professional life. Undoubtedly, the treatment had a positive influence on the effectiveness of my work life since I usually feel healthy after dialysis. I work a lot to prevent myself from thinking about my illness. As I run my own business,

I have the chance to determine my working hours and days off, which makes things easier. My job requires that I leave town regularly, so I organise dialysis days according to my travel schedule. Since Fresenius Medical Care has clinics in various cities in Turkey, our head nurse helps me schedule my appointments in other cities. Thus, I get my treatment when I have some free time from work.

Stjepan: When I had to start dialysis in 1986, I felt as if my whole world was falling apart. I was only 18, after all. Luckily, I always handled dialysis well and got a lot of help from the people around me. I worked full time with a perfectly functioning kidney transplant for 15 years, but had to go back on haemodialysis in 2012. I love working and being useful to those around me. However, I am currently on sick leave until I receive a new kidney, since I can't get dialysed at night, and my work requires daytime hours. In Croatia, you either have to work or be on sick leave, as healthcare does not provide specific options for combining work with time on dialysis.



Overcoming the challenges of combining haemodialysis with work

Ciulică: The greatest challenge is travelling around the country, something that my position requires. But I like my job and travelling motivates me even more. Also, when I was first diagnosed, I talked about it as straightforwardly as possible to establish communication. My employer was very supportive, I even got financial help when I had my transplant.

Hakan: When I go to dinner with my customers close to my dialysis day and do not pay attention to my liquid consumption, I may experience fatigue. In such a case, which is rare, I ask our chief nurse to reschedule my session to an earlier time, availability provided. Most of the time I don't experience any difficulties, though. My team helps me a lot and supports me in ensuring that my absence during my dialysis days does not harm the business.

Stjepan: All of my acquaintances, clients and colleagues know about my health problems. Many of them were interested to learn more about kidney disease. So, when we meet, there is no need for explanations as to why I cannot or should not do something.

Speaking from experience: Suggestions on how to continue working during dialysis

Ciulică: I advise everybody who can continue working to do so. People will feel more energetic, they will have significant accomplishments, and time will pass faster. During my first dialysis period, although I was not feeling well, I did not quit my job.

Hakan: Especially for people with chronic illnesses like us, it is essential to remain active. Employees can plan their dialysis sessions according to their working hours or go on home dialysis. Remaining a contributing member of society, especially for my country, motivates me. I recommend this to all dialysis patients.

Stjepan: I think the most important thing is coming to terms with everything. I never think of myself as a gravely ill person, tied to his house and bed. On the contrary, I think the best medicine is to be cheerful, open and in touch with people. Enjoy every new day and look forward to the little things.

Thank you,

Ciulică, Hakan and Stjepan for sharing your personal experiences. They will be an inspiration for many!



Let the travel bug bite you!

Do you enjoy travelling? Do you like to explore foreign countries or get to know your home country better? Don't let dialysis stop you!

You have a broad range of destinations to choose from and still keep your dialysis schedule on track.

Here are some tips to ease the way.



Whether you want to travel abroad or within your own country, you can choose any of our dialysis centres around the world and continue to enjoy an active life. Selecting a dialysis centre in the NephroCare network enables you to get the same services you're used to at home as all centres offer the same quality level. The NephroCare Holiday Dialysis coordination team will assist you in the communication with your holiday dialysis centre, so you can concentrate on your holiday and enjoy yourself!

Travel safely by planning ahead

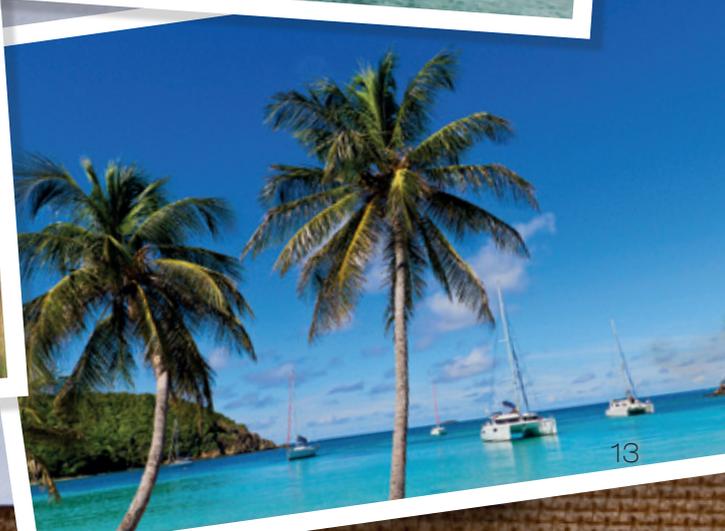
As the Indian statesman Nehru once said, "we live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures we can have if only we seek them with our eyes open." Keeping your eyes open for the wonders and adventures along your travel route is much easier when you don't have to worry about receiving your dialysis treatment on time. This requires some advance preparation and organisation, meaning that starting early is probably a good idea.

Your planning companion:
<https://www.nephrocare.com/patients-home/holiday-dialysis.html>

CAPE TOWN



www.NephroCare.com





The more time you allow for planning your journey, the smoother and more relaxed things are likely to be.

We recommend booking a holiday in the vicinity of a NephroCare centre to ensure that you won't need to make a long journey every other day to a dialysis centre for treatment. Moreover, you'll have peace of mind about the standard of care you'll receive. Rest assured that all the dialysis centres in the NephroCare network are equipped to a comparable standard and offer the same levels of quality. Visit the country specials section on our website for detailed country information, such as the must-see places and insider tips. There, you will also find a map of the world with little flags pointing to all the 970 locations where you can find a NephroCare centre. Start planning your trip by placing your finger on the map and let the feeling of wanderlust guide you.

Have you decided on a destination? Whether you want to visit new places or just relax in

the sun, the medical team at your vacation centre will need a set of your personal, medical and dialysis-specific records. The complete list of required documents will be provided by the holiday dialysis coordinator, as there are specific requirements in every country and sometimes the centres have their own specifications. We suggest waiting for a pre-confirmation from the receiving unit before booking a hotel or accommodation. Consider that you alone are responsible for booking your holiday, including transport and accommodations. Some, but not all, of our centres offer a transfer service between hotels in the region and the dialysis centre. Enquire about this before commencing your trip. You can also contact your hotel to inquire if they offer a transfer service.

Being informed is being prepared

The greatest pleasure lies in the anticipation! Make the most of it and address the medical staff next time you're at your local dialysis centre for an appointment. Talk to them about your interest in holiday dialysis and



ask where they can give support. They can help arrange your treatment within our network of centres, or advise you who to contact in order to do so. Why not do it today, after you have read this article?

Before you go, inform yourself about payment for holiday dialysis. If the NephroCare centre at your holiday destination accepts EHIC (European Health Insurance Card) cards, they can invoice your insurance company directly. Otherwise, you may need to settle the bill up front on site and submit the paperwork to your insurance company to be reimbursed. Call your insurance company for details.

Some words need to be said about packing. Depending on the weather at your chosen destination, you may want to remember layers when packing weather-appropriate clothing. Apart from your passport, be especially careful of your medication and the medical records you need to present for your first holiday treatment. Put them in your hand luggage and always carry them with you.

Live well, eat well – feel well

A healthy diet also remains an important matter when on vacation. Whatever your destination is, familiarise yourself with the local cuisine. If you are travelling abroad and are journeying in an unknown place for the first time, gather a little information on the available food suitable for dialysed patients at the holiday destination. Make it part of the exciting anticipation to discover local dishes that agree with your diet. Use the time before your departure to find a selection of “good food.” Have you tried the tasty Arepas from Colombia, for example? How about Mediter-

ranean lamb chops or Croatian Burek Pie? In the NephroCare Good food recipe library you can find a broad range of international mouthwatering dishes for you to cook yourself. Get a taste of your travel destination before going there!



In foreign countries and foreign climates, you may have to be a bit more aware about your health. This means that, depending on your specific condition, you may need to limit certain activities. For example, if you have a fistula, it's essential to avoid exposing your fistula to heat. Can you go to the beach? Yes, provided that you consider your condition and anything that it may require. Speak to your physician if you have questions about what is advisable for you.

Remember you are not alone! If you need assistance, contact your NephroCare staff for help. That's what we are there for. Let the pictures in your head colour your travel arrangements and then enjoy your time away with the confidence that everything has been prepared in advance. **Have a splendid and relaxing vacation!**



Two hearts linked through home dialysis

Due to home haemodialysis, they enjoy working and dreaming together, looking towards the future with hope. Sinem and Yalçın Önel recount not only how they met and fell in love at a dialysis centre, but also how they now share their home dialysis machine.



Sinem Önel was born in Bursa, Turkey, in 1992 and has lived in İnegöl since her early years. She fondly remembers her childhood, growing up with two sisters. When her mother lost her sight during pregnancy, Sinem had to abandon her education after secondary school, stepping in as a “replacement mother.”

Sinem started dialysis at the age of 19 due to nephrotic syndrome. Although experiencing difficulties at first, she accepted treatment more easily when her physical symptoms got significantly better. She underwent haemodialysis treatment for one and a half years in her hometown at the Özel FMC İnegöl Diyaliz Merkezi. It was where she learned about home haemodialysis – and where Sinem met her future husband.

Yalçın Önel was born in İnegöl in 1988. He grew up with one sister in a warm-hearted family. When his disease first manifested at the age of ten, he was treated intermittently on account of bladder problems throughout his school years. After a severe reaction to antibiotics during Yalçın’s second year at university, he start dialysis, which was challenging both physically and mentally.

Although his mother donated him a kidney in 2012, Yalçın had to go back on dialysis when it stopped functioning due to infection after just two years. He has been working for a furniture company’s human resources department while being on home haemodialysis for three years now.





Sinem and Yalçın Önel

Sinem, please tell us how you two met.

Sinem: I saw Yalçın for the first time when he had to go back to the clinic after his kidney transplant failed. Something inside me stirred when I saw him, but we didn't have the chance to talk. I tried to find out who he was from my nurse friend. When our paths crossed again, at last, we had a short conversation and then started messaging on social media for a while.

Since Yalçın began home haemodialysis before I did, I visited him to find out how he was doing. In December 2015 we went to see the movie *Endless Love* and took a photo. When he asked me to share the photo on

social media, it was like he was declaring we're in a relationship. A few weeks later, on New Year's Eve, he proposed to me by saying, "Would you share the key of the same house with me?" I was delighted, but then he broke up with me shortly after the proposal.

Two months later, he sent a message and wanted to explain why. He expressed his wish to get back together, but I made life hard for him for a little while before we started dating again *[smiles]*. In June 2017, when we applied for kidney transplants, he proposed to me in the middle of the hospital! We have been happily married since April 2018.





How did you decide on taking home dialysis?

Sinem: Above all, I appreciated the fact that it could be done in a home environment. My husband supported me a lot on this path to start home haemodialysis and even made it a condition for our marriage. I was so glad when I could finally start in October 2015, as I had to undergo treatment of thyroid cancer first.

I think everyone can do home dialysis, it requires only a little courage. Thanks to our physicians and kind nurses, who are good and warm people, everything got easier with their help. Every time I see them, I say, “Luckily, our paths crossed.”

Receiving home haemodialysis helps to overcome some limitations of in-centre treatment. First, cleaning the blood for a more extended period ensures that side effects which emerge after dialysis are kept to a minimum. Second, you can plan your day better, spend more time with your loved ones and on hobbies. Home haemodialysis has given me my working life back. Thanks to my sympathetic managers at work, I can rest during the day if I do not feel well.

Yalçin: When my kidney transplant failed after two years, naturally, I had to start dialysis again, but I did not want to move away from both my working life and social circle and

wanted to live a normal life as soon as possible. I looked into home haemodialysis because that seemed the only solution for me. I read patient interviews and did research from various sources. The staff at the Özel FMC İnegöl Diyaliz Merkezi supported my decision. I successfully completed my education and then started home haemodialysis right away. Home haemodialysis gives you really important freedom, compared to normal dialysis. Thanks to that, I could return to my working life.

How would you sum up your experience?

Yalçin: I have been sharing the same dialysis machine with Sinem for the last months, just as we share a life... In the beginning, our relationship had ups and downs, due to negative experiences in my past. Yet, I always tried to make the best decisions for both of us. I want her to be happy. The fact that she still blushes when she sees me makes me very happy. But her most impressive traits to me are her determination and her attitude towards life. Fortunately, we now have a very happy marriage. We struggle together, and we support each other.

Sinem: We got through hard times together. Looking back, I see that you don't have to give up on anything in life. Hope may sometimes be waning, but then persistence steps in. Because life is always full of miracles.

Thank you so much,

Sinem and Yalçin, for trusting us with your story.

Stay as happy as you are!



“Summertime, and the livin’ is easy...” with the right phosphate level

With the arrival of the warm season we tend to change our food habits.

Enjoy summer’s delights while maintaining your health. The following pages contain advice on recommendable food choices for an optimum phosphorus level in summer.

Phosphate is important for our bodies. Our teeth, bones, and muscle activity benefit from a balanced phosphate intake. On the downside, it is not good for your health when the levels are too high. Therefore, it is a good idea to actively manage it – and enjoy the possibilities of the colourful summertime foods.

Your phosphate intake may start with your choice of beverage. Avoid, for instance, carbonated or non-carbonated drinks with different flavours. They contain several phosphate-based additives, such as cola-based drinks, soluble coffee, and powdered milk. Instead, the natural apple, cranberry, elderberry, grapefruit beverages are highly recommendable – of course in such amounts indi-

cated by your nephrologist. Teas of traditional herbal plants such as camomile, linden, cranberry, mint are also a much healthier alternative. They can be slightly sweetened with honey and then consumed cold.

The salad bar is open

The hits of every summer are the salads, served, for example, with a small portion of meat. Salads are best prepared from local and seasonal ingredients, such as tomatoes (be cautious, though, due to the high potassium content), green leaf vegetables, some onions, radishes, cucumber, garlic, dill, of which you can take as much as 150 grams per day. An additional serving of another 200





grams of vegetables may be taken daily, but these should be kept in water, then boiled, to reduce the potassium intake. Meat goes well with salad. Make sure to choose meat of high quality. Fresh meat is always preferable to any kind of processed meats. Ready-made foods contain high levels of phosphate due to the additives – especially the ones with the “E numbers”.

Please keep in mind:

More than 80 percent of the phosphorus in food additives are absorbed, that rate may even go up to 100 percent. Vegetal organic phosphorus is absorbed less than the animal-based organic one. Processed foods are usually rich in both highly absorbable phosphorus and potassium.

Consequently, you are well advised to choose fresh meat from sources that you know and to cook it at home. Do not pan-fry it because it does not reduce the phosphorus and potassium content. Of all the preparation methods, leaching the food in water for at least two hours before boiling it is the only method actually able to reduce phosphorus, as well as the content of sodium, potassium, and calcium both from vegetal and animal-origin foods.

Be aware of the cheese

In addition, meat should not be mixed with cheese in the same meal. The combination of both will raise your phosphorus intake to a level which even phosphate binders cannot remove. Administration of chelators is essential if they were prescribed by your nephrologist. Their purpose is to bind phosphorus to food and preventing it from being absorbed into the blood. So, to be effective, chelators should be taken during the main courses. If you had either meat or cheese during one of the main courses, try to eat something with less phosphorus for the following meal, so as not to exceed the permissible daily intake.

Cheese is the food group with the highest phosphorus content. Cheeses with a softer consistency (creams, cheese paste, some assortments of sheep cheese) contain phosphorus-based salts, which are harmful to anyone, even more so to you. Generally, cheeses also contain salt, which is why you should choose them with care and let them soak in water for desalting purposes before consumption. We strongly advise you to select cheeses with less phosphorus, not eat them on a daily basis, and only in low amounts of 50–75 grams.

Another source of proteins in salads are eggs, specifically the egg white. It contains proteins with a high biological value, but is low in phosphorus – unlike the egg yolk.

Refresh yourself

Thinking of summer food is nearly impossible without thinking of fruits. Here are a couple of healthy tips:

- Compose your daily intake of a 150-gram serving of fresh fruit from apples, pears, blueberries, cranberries, strawberries, pineapple, raspberry, cherries, watermelons.
- Pay special attention to fruits which are rich in potassium, such as bananas, apricots, melons, prunes, grapes.
- If you have an appetite for more, you may eat an extra 100- to 150-gram serving occasionally, but only as a compote and without the juice.

Summer food also makes us think of ice cream, of course. The frosty delight is best for you when it's made from traditional recipes or prepared at home. Such ice cream is made of natural ingredients which are easy to prepare and healthier.



One recommendation remains unchanged in the summer. Limit eating out since it is difficult to monitor the quality of the used ingredients. Certain ingredients can have a bad effect on your phosphorus intake.

Our primary concern is to provide you with the best possible assistance with the best recommendations, information and suggestions that are beneficial to your day to day life.

*The Nutrition Collective
from NephroCare Romania wishes
you a wonderful summer.*

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1. Green: Fruit, vegetables, egg white, olive oil, and protein-free foods are low in phosphorus.

2. Light green: Foods like cereal, rice, pasta, white bread, and legumes contain phytate, a less absorbable form of phosphorus.

3. Yellow: Milk and yogurt are located here. Lamb, rabbit, and ham are your meats of choice. As fish, choose trout, tuna, cod, hake, or sole. No farmed fish, it has often been fed with phosphorus.

4. Orange: Turkey, offal, shrimp, squid, salmon, and soft cheeses are all high in both phosphorus and protein.

5. Orange-Red: Nuts, egg yolk, and hard cheeses contain a very high amount of phosphorus.

6. Red: Cut down on processed foods and beverages like colas, processed meat, processed cheese. They are full of phosphorus – containing additives.



Food pyramid for CKD and dialysis patients

OUR TIP: Have a look at our food recipe library and suggestions for good eating habits on our website www.NephroCare.com You'll find lots of great suggestions there.



Lemon ricotta tartlets

Refreshments are most welcome when we are warmed by the summer sun. Enjoy the fine tangy edge of lemon amid the freshness of creamy ricotta. Our summery dessert matches your dietary needs as it is low in phosphate. Let the sunshine in!



Serves 12

Ingredients

Pie crust:

- 300 g flour
- 80 g sugar
- 1 egg (size M)
- 150 g soft butter
- 2 tbsp olive oil
- zest of 1 lemon (4–5 g)

Ricotta filling:

- 250 g creamy ricotta
- 50 g sugar
- 2 eggs (size M)
- juice and zest of 1 lemon
- lemon slice for decoration



Place the flour in a large bowl, add sugar, egg, butter, oil and lemon zest. Mix the ingredients together and then knead with your hands to make a smooth dough. Wrap it with cling film and place in the fridge for 30 minutes.

Preheat the oven to 200 °C.

Mix ricotta, sugar, eggs, lemon juice and zest in a mixer or with a hand mixer until smooth. Coat 12 tartlet tins with butter. Roll the pastry out on a lightly floured work surface and cut it into 12 pieces. Put the dough in the tartlet tins and then pour in the ricotta cream up to $\frac{3}{4}$ of the tin. Now bake the tartlets in the preheated oven at 200 °C for 20–25 minutes.

Allow the tartlets to cool down after baking and decorate them with a slice of lemon.

Nutritional values per serving:

Energy	284 kcal
Fat	15 g
Sodium	31 mg
Carbohydrates	31 g
Protein	7 g
Phosphorus	88 mg
Potassium	98 mg
Liquid	37 g
Calcium	32 g





Grilled salmon with honey glaze

Do you like summer meals to be light but well seasoned? Then you will enjoy our recipe. As a bonus, salmon is highly nutritional and will stay deliciously succulent when prepared this way.



Serves 4

Ingredients

- 4 salmon fillets (about 170 g, without skin and bones)
- a pinch of salt
- some ground black pepper
- 2 tablespoons of flour (about 30 g)
- 2 tablespoons of oil (such as olive or rapeseed oil)
- 4 tablespoons of honey (about 85 g)
- tablespoons of soya sauce (about 40 g)
- 1/2 lime
- Optional garnish: chopped chives or a few sprigs of thyme



Mix the honey and the soya sauce well and set them aside in a small bowl. Lightly season the salmon on both sides with salt and pepper. Pour the flour onto a flat plate. Turn the fillets over on the plate until they are well coated with flour on all sides. Dab off any excess flour.

Bring to a medium heat in the pan but don't allow it to get too hot or the marinade will burn. Generously brush half of the marinade on one side of the fillets and place them this side down into the pan. Spread the remaining marinade over the uncoated side of the fillets. Turn after 3 minutes and fry for a further 3 minutes.

The marinade should now be nicely caramelised while the salmon is not fully fried and deliciously succulent with a slightly glassy centre. Squeeze over the lime juice and garnish with finely chopped chives or few sprigs of thyme.

Nutritional values per serving:

Energy	395 kcal
Fat	21 g
Sodium	545 mg
Carbohydrates	17 g
Protein	35 g
Phosphorus	395 mg
Potassium	661 mg
Liquid	11 g
Calcium	10 mg



TIP: As a side dish, serve pasta, rice or a small salad.



Join us on a cultural journey!

Did you ever go somewhere completely different and have contact with the locals? What were your experiences? People from different cultures often exhibit very different behaviours. What is an act of politeness for some can be rude to others. As the question of how to interact with the natives of a foreign country can quickly arise for tourists, we have put together a variety of intriguing and fascinating differences.

It starts right at the border

Local people may turn up their nose at the most common habits exhibited by visitors from other countries. In China, for example, it is considered vulgar to blow one's nose in a handkerchief and return the handkerchief to one's pocket. In Singapore, it is illegal to sell chewing gum, except for dental or nicotine gum. It may be a good idea to simply not take any gum with you there, because the government is rigorous about keeping the streets free of litter.

In many countries, the feet are considered unclean. In Arab culture, it is insulting to show people the soles of your shoes or feet. This may become a challenge, as it is customary to take off one's shoes when entering a house. Shoes are deemed the epitome of impurity and dirt.

Meeting and greeting

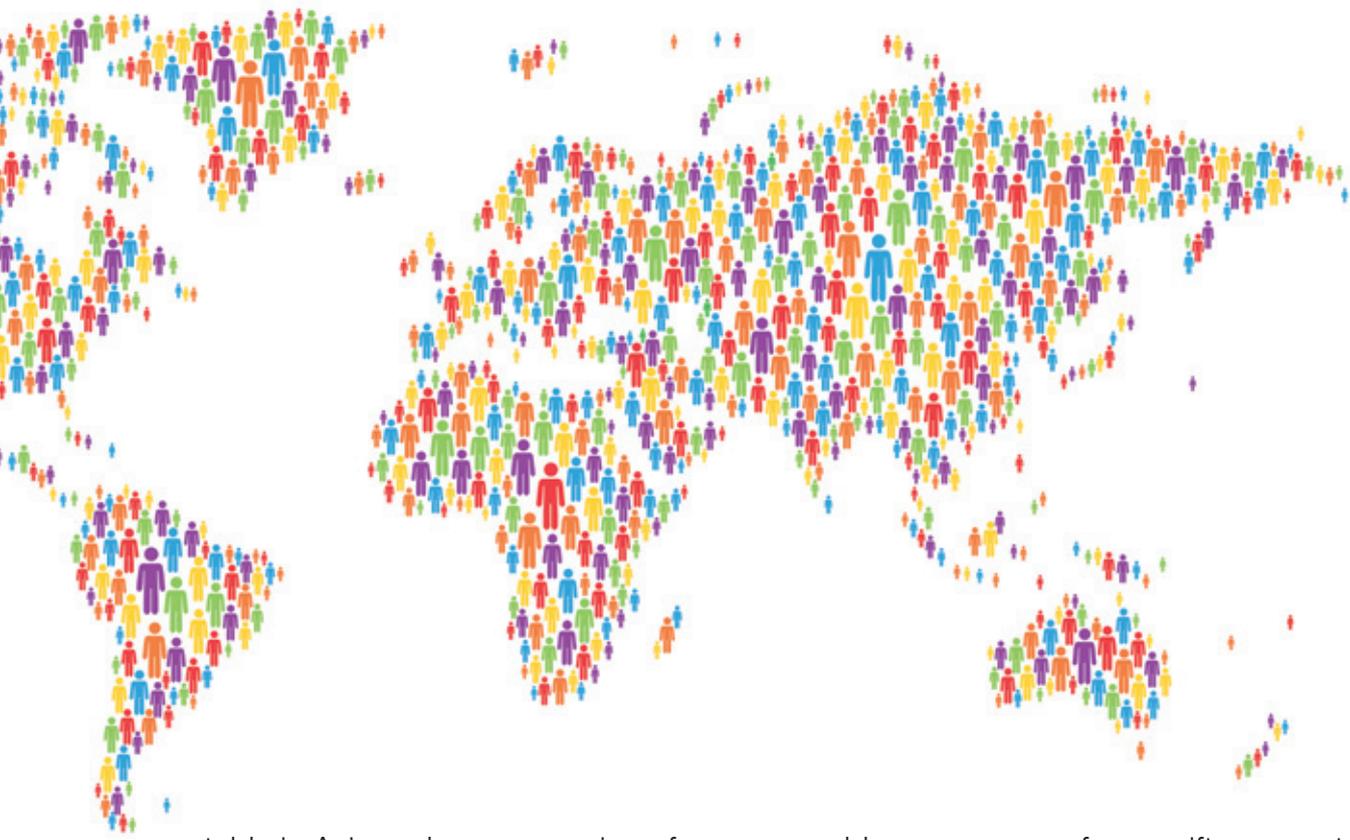
Most people are used to shaking hands as a greeting, usually also making eye contact while doing so. As always, there are a couple of exceptions to the rule. In Russia, for example, women are not greeted with a handshake, or they have to initiate it themselves.



East Asian people prefer a bow at an angle of 45 degrees as a polite greeting.

Eating and drinking

In the Middle East and many Asian and African countries, food is eaten with your hand – it should, however, be the right hand. The left hand is used for cleaning yourself and should stay away from food. In most East Asian countries, chopsticks are used for eating. Never place chopsticks upright in a bowl of rice in Japan! This is a funeral rite and is not done during a regular meal. On the other hand, slurping soup and belching are ac-



ceptable in Asia and seen as a sign of appreciation for the cook. In other countries, people can also be fussy with the cutlery. For example, Italians take their pasta seriously, so spaghetti is only eaten with a fork.

When you are invited to a dinner, make sure to know the signals of an empty plate. Many nations around the world empty their dishes as a sign of politeness. But in the USA, Canada and many Asian countries, an empty plate signals that you are still hungry. Your host will keep refilling it out of politeness, so leave a small quantity. Otherwise, this may lead to some tummy ache due to the cultural misunderstanding and getting stuffed with too much food.

How to handle gifts

If you are asked to dine with company in another country, you might consider bringing a gift. This is where the next cultural faux pas may lie in wait. In most countries, such small gifts should not be expensive, so as not to embarrass the host. In Asian countries, always give – and receive – a gift with both hands. The present will also not be opened in front of the giver. Many Asians, especially

elder ones, may refuse a gift once or twice to be polite. The giver will then politely persist until the recipient accepts.

It is not only valuable to know how to exchange gifts, but also what to give. Bring an uneven number of flowers in Russia; an even number is only offered in case of death. Russians do not like yellow flowers as it is the colour of jealousy. In France, the host would be pleased to receive flowers on the morning of an invitation. They should not be yellow or red, though. While sharp objects are not popular gifts in some countries, people think the opposite in the French region of Auvergne. They customarily give a knife to their loved ones to mark special occasions.

So many countries, so many different customs. These cultural differences make travelling interesting and a fun experience. The customs and traditions that we mentioned may differ from region to region. You will surely discover many more on your own travels abroad. They all will tell you a lot about the people you meet, about their history and their culture. Enjoy expanding your cultural horizons!



Where your soul sets the pace: Hiking and biking through scenic routes

An encounter with nature is best enjoyed on foot or by bike, don't you think? We take in the wonders around us at a slow but steady pace, take deep breaths, fill up on energy, and let our skin be caressed by the sun and the gentle breeze.

If this description filled you with a hint of wanderlust, we have put together some leisurely guided tours for hiking or biking. Let your mind wander along!

Discover new areas in your walking boots

The Croatian peninsula Istria is well on its way to becoming a second Tuscany, as it is popular for its nature, culture and cuisine. Hiking tours in this region, for example, take you at a moderate difficulty level through the outbacks on the Adriatic Coast. The airport and starting point are in Pula. A first hike leads you in four hours of leisurely hiking from Pula to Cape Kamenjak. The area has been described as one of the most beautiful hidden coasts of the Mediterranean due to its wild and rugged beauty. Another hike leads through the charming landscape of the Mirna river valley to the idyllic village Kotli with its renovated mill.

After passing a waterfall, the trek ends at Hum, allegedly the smallest town of the world. A walk to the picturesque artists' city of Grožnjan starts from the village of Oprtalj, the truffle centre of Istria. Favouring a moderate climate and red clay soil, truffles with their intense aroma grow in only a few places in Europe.

Madeira, known as the flower island due to its year-round moderate climate, is another perfect hiking destination. The intoxicating nature is central to every tour. Funchal, the capital of the island, is the ideal base for your outings. It provides an airport and a broad range of hotels. A gentle first hike might, for



Amphitheater in Pula



Ports in Funchal

example, lead you along the levadas through the plateau of Paul da Serra. These levadas are artificially created ancient water courses. The three-hour tour through the lush vegetation of terrace fields and vineyards ends at the steepest coast to be found in Europe. The view from a height of 580 metres over the Atlantic Ocean is breathtakingly spectacular. Other tours lead to the Eastern Cape at São Lourenço with its intense colours, massive rocks and sparse vegetation, or into the wild and unspoilt valley of Ribeira da Janela near Porto Moniz.

Cover distances on your bike

Do you prefer to go cycling? You can book modern e-bikes at your destination with your travel agent. This will give you a splendid opportunity of adapting your performance to the characteristics of the route. Take, for example, the Baltic coast in Poland where you can do several accessible tours with a length of 45 to 50 kilometres through the diverse coastal landscape. The starting point for all tours is Kołobrzeg. On trails along the coast, you can easily reach the beautiful seaside resort Ustronie Morkie, the nature reserve of Salzmorast with thousands of birds, or the delightful fishing villages where fresh and smoked fish is sold in the small ports. Enjoy the bathing lakes and lighthouses along the route. Several of the possible inland routes are wonderful hidden gems where you can discover Pomeranian villages with typical churches and farms, and also castle Ryman, which has been converted into a hotel.

The wild and picturesque Loire Valley in France is also worth visiting by bike. A round trip is recommended to see as many of the famous imposing, beautiful castles. Many of

these castles are UNESCO world heritage sites. This interplay of nature and culture will therefore be a constant and pleasant theme of your holiday in the region. The castle of Chambord, for example, is considered a precursor of Versailles.



Castle of Chambord

It features the famous double-spiral staircase that goes back to Leonardo da Vinci. One of the most beautiful Loire castles is in the little village of Chenonceau. The main building is surrounded by water and was built in the Renaissance style.

A couple of hiking or biking agencies have arranged unique and suitable tours. You will find a NephroCare centre nearby in all the regions covered here – and many more around the world. During a week-long journey there will be enough time for your dialysis appointments. The organisers take care of the entire logistics and transfers, they prepare picnics, service your bikes and guide the hiking or biking tours. You can devote your time to enjoying the wonders of nature and the beautiful surroundings. **Savour every moment, with all your senses!**



Test your knowledge

Repetition is the best way to memorise information. Therefore, our quiz is a handy and light-hearted way to see what you learned in this edition of NephroCare for me. Refresh your knowledge about life with haemodialysis in our short quiz.

1 Which sources of protein are recommended for you?

- A Canned meat dish
- B Fresh piece of chicken
- C Yoghurt
- D Vacuum packed sausages
- E Eggs
- F Fish



3 In preparing a meal, which among the following choices is the best way to reduce phosphorus and potassium content?

- A Frying
- B Leaching
- C Baking
- D Microwaving

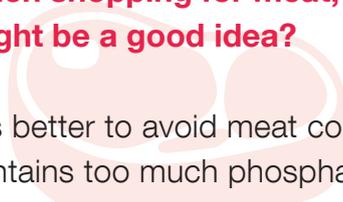


2 What do you need to remember about phosphate?

- A I should avoid food which contains phosphate at all costs
- B Phosphate is often closely linked to protein
- C Processed foods are usually high in phosphate
- D I need to actively manage my phosphate intake

4 When shopping for meat, what might be a good idea?

- A It is better to avoid meat completely – it contains too much phosphate
- B I can reduce the phosphate content by frying or roasting the meat
- C It is better to buy it fresh at the meat counter and to ask for meat which has no added phosphate
- D Packaged meat is usually processed, and hence has less phosphate than fresh meat



Note:

Some questions have multiple answers. See solutions on the next page. For more valuable information please visit our website

www.NephroCare.com



5 Why do you need to closely monitor your liquid intake ?

- A** An excess amount of water in my body can have negative effects on my health
- B** Liquids like water have no energy, so there is no point in consuming too much of them
- C** As a dialysis patient, all or most liquids are retained by my body
- D** Since dialysis treatments remove the liquids, I can drink as much as I want

6 What are good tricks to reduce your thirst?

- A** I rinse my mouth with lukewarm water
- B** I snack on spicy crackers
- C** I use sugar-free chewing gum
- D** I simply drink whenever I get thirsty

7 Which symptom/s are common in patients with cataract caused by cloudy or foggy lens?

- A** Narrowed or tunnel vision
- B** Spots in your vision
- C** Cloudy or misty vision
- D** Seeing halos or circle of light around light sources

8 Which statement is not true regarding diabetic diet?

- A** Bedtime snack (with protein) will help stabilise night-time blood sugar
- B** Sugary beverages and food with a high sugar content are best avoided
- C** Carbohydrates do not increase blood glucose level
- D** Opt for water and herbal fruit teas in recommended amounts instead of sugary beverages





Test your knowledge: solutions

1. B, C, E, F:

Protein fulfills important functions in your body, like building up muscles. Meat, fish, eggs and dairy products are high in protein. Even if they are also high in phosphate, you should not avoid them. But you should consume less packaged foods, as they often have added phosphate. If you can, cook fresh!

2. B, C, D:

Phosphate is important for your body. But when phosphate levels in your blood are too high, it is not good for your health. You should not avoid all foods that contain phosphate, as phosphate is often very closely linked to protein which is very important for you. The key is to avoid “unnecessary” phosphate from processed foods.

3. B:

Leaching is an effective way to reduce the potassium and phosphorus content in vegetables. Leaching is the process of cutting down the vegetables into small pieces, rinsing and soaking it in water for at least two hours. Ask your nutritionist to help you learn how to safely leach your food and include it in your kidney-friendly diet.

4. C:

Meat is an important source of protein for you, and you should not avoid it. It is advisable to buy it fresh from the meat counter, as you have the possibility to ask for meats which have no or low “added” phosphate. If your doctor has prescribed phosphate binders, they are a very effective method of reducing your phosphate intake.

5. A, C:

All the liquids your body cannot excrete are kept in your body. Too much liquid is harmful and can have negative effects like hypertension, heart problems and difficulty breathing. Therefore, you should control your liquid intake carefully. An easy way to track your liquid intake is to take a bottle of water throughout the day containing your complete daily liquid allowance.

6. A, C:

There are several tricks to control your thirst. One very effective method is to rinse your mouth or to gargle with lukewarm water. You can also put half a slice of lemon in your mouth up to four times a day. If controlling your fluid intake is a big issue for you, another possibility to reduce thirst is to use sugar free gum. On hot days, you can prepare ice cubes with droplets of lemon or other sour fruit.

7. B, C, D:

Cataracts occur when the lens in the eye becomes cloudy or foggy resulting in having fuzzy spots in your field of vision, misty eyesight or appearance of halos in their vision. Cloudy or misty vision is like looking through a foggy window. Meanwhile, tunnel vision is common in patients with glaucoma.

8. C:

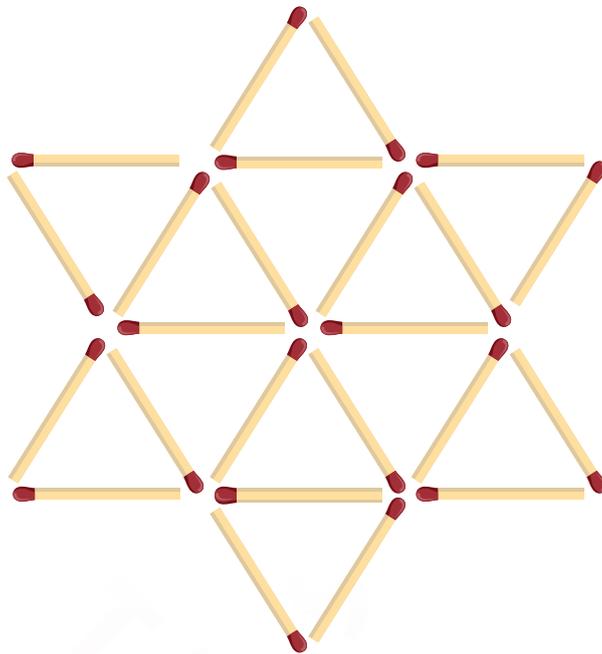
All food containing carbohydrate (e.g. bread, cereal, pasta, rice, starchy vegetables) increase your blood glucose level, therefore, it is important to manage it carefully by counting your carbs. As a diabetic, it is imperative to know which food contain carbohydrates. Ask your dietitian to teach you carbohydrate counting.

Brain calisthenics

Stretch your mind with these challenging brain teasers.
Whether you do them in a group or with others,
remember the most important part: **having fun!**

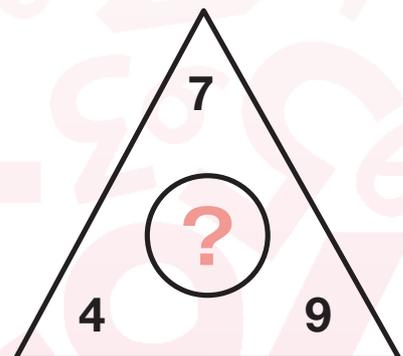
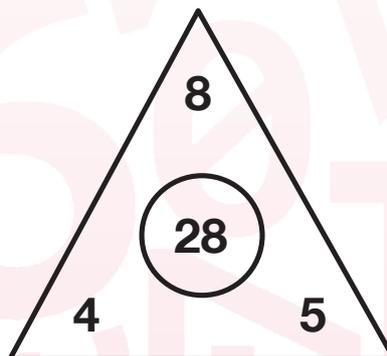
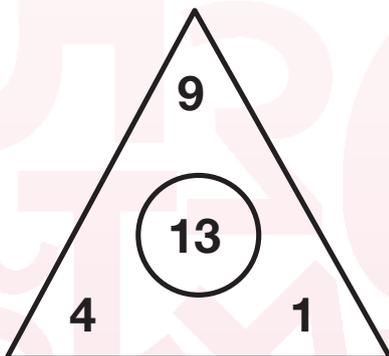
MATCHSTICKS

How many triangles are included in this star?



NUMBER QUIZ

Can you figure out what the mystery number is?

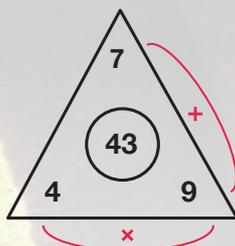


Brain calisthenics solutions

MATCHSTICKS

There are 20 triangles including 12 small, 6 medium and 2 large.

NUMBER QUIZ



$$4 \times 9 = 36$$

$$36 + 7 = 43$$



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