

# KIDNEY NEWS

NEWS AND INFORMATION FOR MANITOBA RENAL PROGRAM PATIENTS

**kidneyhealth.ca**  
manitoba renal program

## DESTINATION DIALYSIS

### Taking Your Care on the Road

The idea of setting out across the country, continent or even farther can be daunting when you rely on regular dialysis treatments to stay healthy, but many individuals don't let dialysis get in the way of hot holidays and visits with family and friends.

#### Hemodialysis

"Originally I thought I'm not going to travel," says Art Matthews, who has been on home hemodialysis for about two years. Art says he was in a sort of "fortress mode," feeling safe at home and uncomfortable with the idea of changing his routine to travel. Finally the urge to visit family won over and he started planning a trip to Calgary. Keeping his first destination within Canada kept the 57-year-old more at ease. "You know their standards are the same as our standards," he explains.

He began discussions with a renal social worker and called Calgary to make arrangements. He says Calgary has one unit that takes "transient" patients. He worked with staff at Health Sciences Centre to get his paperwork in order and explains that different units have different requirements. For this unit, he needed to send a chest x-ray. "It was in a strip mall," he says, noting there would be no immediate hospital access for patients with potential heart problems.

It's important all the requested information is sent to the destination unit in time or else they could refuse to dialyze the visitor.

The destination unit booked Art's appointment but said they could not guarantee it until within two

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weeks before. "That was the only thing I saw that was negative." This may be standard in some units across Canada, who need to ensure they can accommodate their own patients before accepting transient patients. In Art's case, everything turned out fine.

While he normally dialyzes five to six days a week during the night, Art dialyzed three days for the week he was away. He felt well during the week, received great care in Calgary and would definitely be willing to travel again. He's hoping to visit Halifax, where he was based in the navy for almost two decades, and to Duluth to visit friends and family.

Blair Waldvogel took his travels even farther, heading to Mexico and Florida. "Initially you're kind of apprehensive about it. I think my wife was more uncomfortable than I was," he says with a laugh. Going through home hemo training helped ease the 47-year-old's concerns because he became so familiar with the process of dialysis and the mechanics of the machine.

He says scheduling and costs were two big factors in planning. Trying to book dialysis while at the same time trying to book a vacation for certain dates

at the best price was a bit tricky. In addition to that, Manitoba Health only covers a portion of out-of-country dialysis treatments, so there are added costs to the trip. "You feel a bit like you're paying to not be on vacation," Blair explains, talking about getting over the idea you will have to take time away from your vacation to dialyze. He found a dialysis unit within walking distance of his Puerto Vallarta resort to minimize time spent away.

Blair made initial contact with the unit, which he researched, negotiated cost and booked his appointments. His health-care team helped coordinate paperwork and a social worker also provided information. Blair checked to ensure his destination unit didn't use practices such as reusing dialyzers, something that may be done in places outside Canada. "If they do, than you can take dialyzers with you."

He had letters for border crossings, explaining his medications and supplies, and kept his health care team informed. He had great experiences both in Mexico and Florida and would definitely consider going back. He encourages other people considering travel, whether international or in Manitoba, to really utilize the advice of their health-care team. "They're very accommodating...they really want to help people."

### Peritoneal Dialysis

For Marie Fielding travel plans were part of the reason she transitioned onto peritoneal dialysis (PD) when she did. Doctors decided that with her kidney function declining, it would be best to go on dialysis before she headed out on an annual trip to Texas. That transition didn't go as smoothly as Marie would have liked, because of a cancer diagnosis, but eventually her health stabilized and she was able to get back to her routine which included living down south a good chunk of the year.

"We've done everything," she says. "We've gone on cruises, travelled by vehicle, travelled by plane." Marie

averages about four or five trips a year whether it's a vacation or visits with family. She plans ahead and makes arrangements to have certain PD supplies shipped to her destination. Baxter, who provides Manitoba Renal Program PD supplies, will deliver supplies to most anywhere in the world so that supplies are at your destination when you arrive. Individuals receive one free international delivery annually and two free national deliveries annually.

"It is just like being at home," explains Marie about the delivery process. For the most part Marie's had good experiences and says Baxter has been incredibly helpful when she's away from home. If there is a problem with supplies or equipment, she can call them at any time of the day. "You phone Baxter and they talk you through it."

Marie uses a form of peritoneal dialysis that is cycler-assisted and done at night. She used to check her night cycler in a special case with her luggage but now brings it as carry on. "It got jumbled around and didn't work when we arrived," she says about a past experience. She called Baxter who sent a replacement cycler quickly. "We take the cycler on the plane and they don't always like that. I just feel it's safer."

Marie also carries a letter explaining her cycler and any other supplies she carries with her. She often carries extra bags of solution and an extra catheter just in case. "They've been pretty good about it. I haven't had any problems."

Marie says adjusting to travelling while on PD has been fairly seamless. "I don't think of it as being any different than before – it's just a part of my life."

For anyone travelling outside of Canada, they should look at their travel health insurance and consider what coverage they can receive with a pre-existing health condition. Both Marie and Blair had coverage through either theirs or their spouses' employee benefits.

**"It is just like being at home."**



Visit [www.kidneyhealth.ca](http://www.kidneyhealth.ca) to watch a video of Art, Blair and Marie giving their best advice about travelling on dialysis. Also download our travel checklists and find helpful links!

# TRAVEL CHECKLISTS

These checklists are only suggested guidelines for when you plan to travel. You should do your own research and talk to your health-care team about travelling and arranging dialysis elsewhere. If you are travelling out of country for more 90 days you must notify your health-care team and Manitoba Health. Manitoba Renal Program is not responsible for care give outside of its own facilities.

## Peritoneal Dialysis Travel Checklist

- Let your health care team know you will be travelling
- Call the Baxter Travel Coordinator to arrange shipment of supplies to your destination
- Research Insurance (Outside of Canada)
- Get letters to explain your dialysis supplies to border/airport officials
- Pack any additional supplies you might need including medications or nutritional needs (talk to your health-care team)
- Confirm your supply shipment
- Create lists of emergency contacts
- Bring up-to-date medical information with you just in case

## NEW WHEELS TO HELP SERVICE HOME DIALYSIS

Seven Oaks General Hospital's Home Hemodialysis Program has purchased its own dedicated service. The van will be used to help patients and their families setting up or needing service on home hemodialysis machines. The addition of the van is due to our growing home dialysis programs. We have more patients doing dialysis in their homes than ever before. Health Sciences Centre currently

## Hemodialysis Travel Checklist

- Let your health care team know you will be travelling
- Research your destination unit (costs, standards of care, etc.)
- Pre-Book Your Dialysis Appointments
- Complete all Necessary Paperwork & Tests (If the destination unit doesn't receive requested information on time they can refuse appointments)
- Research Insurance (Outside of Canada)
- Get letters to explain your dialysis supplies to border/airport officials
- Pack any additional supplies you might need including medications or nutritional needs (talk to your health-care team)
- Talk to Your Nephrologist
- Confirm Dialysis Appointments at Destination Unit
- Create lists of emergency contacts
- Bring up-to-date medical information with you if your destination unit has not already received them (dialysis orders, home dialysis log sheets, etc.)



has two vans servicing its home hemo patients in urban and rural areas. If you want to learn more about home dialysis, ask your health-care team for more information or visit us at [kidneyhealth.ca](http://kidneyhealth.ca)

# FESTIVE FEASTING



**By: Lori Bohn, Renal Dietitian, MRP**

**The holidays are here!** It's the season to spend time with family and friends. And when there are get-togethers, there is food. This time of year it's tempting to cheat a little on your recommended diet. However if you do, try to limit it to one or two small portions of special foods. You can also cut back in other areas to account for overindulging. It's easy to take in more salt, fluid, potassium or phosphorus than you intend, which might not make you feel so good later. Fortunately there are tricks to help eat wisely and plenty of kidney-friendly foods to treat yourself to.

Think positively! If you overindulge one day, don't give up. Just get back on track the next. If you're going to a party in the evening, eat smaller meals during the day to leave room for a little extra later. If possible, ask ahead what food they plan to serve, or offer to bring something so you can bring a kidney-friendly item. Variety makes it more difficult to stay within your diet prescription. So when at a buffet, limit yourself to one food from each food group. Take a small plate to help keep amounts reasonable.

**Main dish:** Roasted turkey or chicken, goose, duck or fresh pork, or other wild game is a great main dish. Try to avoid ham, or other meat or poultry that is "seasoned", which means salt and likely phosphorus are added. Stew made with moose or elk is also a great traditional dish. Presoak or partially boil carrots and potatoes before throwing them in the stew, so that some of the potassium leaches out first.

**Sides:** Small amounts of mashed potatoes can fit into your holiday dinner. Double-boil the potatoes before mashing. Try adding garlic and margarine instead of milk. Sweet potatoes, yams, parsnips or winter squash tend to be high in potassium, so try to avoid these. Rice, couscous or noodles make good side dishes. Use low salt broth and herbs to flavour them. Cut salt by making your own stuffing with bread, rice or couscous.

**Vegetables:** There are lots of low potassium vegetables that can be enjoyed by everyone at a holiday meal. Try something different like Crispy

## FESTIVE FEATING CONTINUED...

Eggplant French Fries from Davita.com or Cauliflower with Fresh Dill from kidneycommunitykitchen.ca.

**Desserts:** Of course if you have diabetes, you need to limit desserts or stick to lower sugar ones. Other people with kidney disease can benefit from the additional calories in desserts. If you need to limit potassium and phosphorus, desserts with apples, lemon, berries or other low potassium fruits are good choices. Cakes or cookies without chocolate, nuts, or lots of dried fruits are also good choices. If you like puddings try making them with original rice milk, instead of regular milk.

**Asian dishes:** White rice and mung bean or rice noodles are great basic ingredients to build on. Use low sodium soy sauce, vinegar, ginger, or sesame oil for flavour. Use vegetables low in potassium, like Napa or regular cabbage, snow peas, peppers, or onions, garlic, celery. Use smaller amounts of vegetables higher in potassium, like

bok choy and water chestnuts. Ube or purple yam is a popular beautifully-coloured vegetable which is high in potassium. If you choose dishes with these vegetables, have a very small portion. Limit desserts made with milk, coconut or coconut milk.

Below are some other ideas for holiday celebrating.



## For additional recipes and tips visit:

- [www.kidneyhealth.ca](http://www.kidneyhealth.ca)
- [www.davita.com](http://www.davita.com)
- [www.cullinarykidneycooks.renalinfo.com](http://www.cullinarykidneycooks.renalinfo.com)
- [www.kidney.org](http://www.kidney.org)
- [www.kidneycommunitykitchen.com](http://www.kidneycommunitykitchen.com)
- your renal dietitian

For a list of foods with phosphorus and potassium values: [www.aakp.org/brochures/nutrition-counter](http://www.aakp.org/brochures/nutrition-counter)

## INSTEAD OF

## CHOOSE

### APPETIZERS

 Processed cheese, cheese ball with lots of hard cheese and nuts. Salty snacks like nuts, cheesies, chips.

 Low salt crackers with brie cheese or cheese ball with herbs and/or fruit, crab dip. Make a lower salt cereal mix, or popcorn balls.

### DESSERT

 Milk puddings, foods with chocolate, coconut, nuts, ice cream

 Desserts with allowed fruit, marshmallows, meringue, nondairy whipped topping, shortbread, sugar or spice cookies

### DRINKS

 Eggnog, hot chocolate, cappuccino or other drinks with milk or ice cream

 Try hot spiced apple cider, sparkling grape juice or cranberry cocktail, diet noncola sodas

# STRETCH IT OUT

Check out these stretches you can do to improve movement and flexibility.

- Always consult with a doctor before beginning any physical activity program.
- Check with your exercise specialist to ensure you are using the proper technique.
- Always include a brief warm up prior to stretching.
- During your stretches, you will feel a light pull, but should never feel pain.
- Hold your stretches for approximately 20 – 30 seconds.
- Always remember to breathe during your stretches.
- Stretch everyday and have fun!



**NECK:** Stand or sit in a comfortable position. Gently tilt your head to the side by moving your ear towards your shoulder until you feel a light stretch. Repeat on the other side.



**CHEST:** Extend your arms out to the side, with the palms of your hands facing forward. Squeeze the shoulder blades together as you bring your arms back until you feel a light stretch.



**TRICEP:** Extend one arm straight up and bend the elbow so your hand is on your back. Reach the opposite arm over your head and place that hand on your elbow. Gently pull the elbow back until you feel a light stretch. Repeat with the other arm.



**HAMSTRING:** Sit on the edge of a chair. Stretch the right leg out with the heel on the floor and the toe pointing up. Place your hands on the thigh of the left leg. Sit up tall and with a flat back bend at the waist until you feel a light stretch. Repeat with the other leg.



**CALF:** Stand behind a chair and take a giant step backwards. Bend your front leg forward while keeping the back leg straight with the heel down on the floor until you feel a light stretch. Repeat with the other leg.

For more stretches visit us at [www.kidneyhealth.ca](http://www.kidneyhealth.ca) or call our Fitness & Wellness Coordinator at 204-631-3039.

# 2012 MRP PATIENT CONFERENCE UPDATE

We are excited to say the 2012 Manitoba Renal Program Patient Conference saw a record amount of attendees this year. With the larger crowd, we expanded into a larger conference room and invited several organizations to exhibit.

MRP Medical Director Mauro Verrelli started the day off with an update on what MRP had accomplished in the past year and what future goals are. Keynote speaker, Elijah Harper came next, speaking to the crowd about his experiences in politics and also living with kidney disease. Dr. David Rush, Medical Director of the Adult Renal Transplant Program at Transplant Manitoba, talked about kidney transplants and answered questions while June Martin, renal dietician with Grand River Hospital in Ontario, spoke about the growing amounts of phosphate additives in foods and how to avoid them.

We had a cooking demonstration right after lunch then picked things up with some exercise info and demonstrations with MRP staff Krista Stewart and Cindy Skidmore. Our last session of the day featured MRP's Julie Lorenz talking about home dialysis options before a panel of home dialysis users shared their experiences and answered audience questions.

We received participant surveys which we have read and the feedback will be used to help guide future events. Thanks everyone for attending!

Some attendee comments:

*"My first year here and I really enjoyed myself. Met very nice people going through dialysis the same thing as I am."*

*"I think a highlight was the phosphate additives sessions. Very information and well done."*

*"I really enjoyed the meal we were served. Enjoyed all the handouts."*

## MRP NEWS & UPDATES

### Portage Dialysis Expansion

Portage General Hospital's dialysis unit is set to open an expansion in March of 2013.

### WiFi in Winnipeg

We all know a few hours in the dialysis unit can be prone to boredom. Patients requested access to wifi (wireless internet) and we are happy to say all three Winnipeg dialysis units are set to offer wifi to patients, their families and their visitors.

### Patient Representative Committee

The PRC has been talking about why it would be beneficial to have volunteers at the dialysis units to greet patients. They have also talked about surveying patients to find out how they feel about services and what they want to see more of. Get involved with the PRC by attending monthly meetings. Meetings happen the second Tuesday every month and meeting dates are advertised on posters displayed at your unit. For more information contact our MRP patient liaison at 204-787-3286.

### New Lean Keen Kidney Machines Dates

For patients in or near Winnipeg, there is the Lean Keen Kidney Machines program. This physical activity and lifestyle awareness program offers 10 weeks of exercise and education for people with all stages of CKD. Lean Keen Kidney Machines offers a two hour exercise and education class each week and includes topics like healthy nutrition, goal setting and understanding chronic kidney disease. Call 204-631-3039 for info.

**Wellness Institute:** On Mondays starting January 21 – March 25 from 1-3 pm & Wednesdays starting January 23 – March 27 from 6 -8 pm

**Reh-Fit Centre:** On Fridays starting January 25 – March 29 from 11:00 am -1:00 pm.

**ON  
THE  
WEB!**

**Recipe of the Month**  
Make sure you are getting our  
Recipe of the Month from  
[www.kidneyhealth.ca](http://www.kidneyhealth.ca) or at your unit.

**Video Library**  
Some of our patients have been  
sharing their stories. Look for  
videos on our website!

## EDUCATION CLASSES

### HEALTH SCIENCES CENTRE

Classroom GH 404  
9:00 am - 11:30 am  
Kidney Health & Kidney Replacement  
Treatment Options (Modalities)  
January 21, March 6, April 22 & June 5  
Call 204-787-7417 to register.

### ST. BONIFACE HOSPITAL

AG002-2 (Lower Level)  
10:00 am - 12:30 pm  
Kidney Replacement Treatment Options  
January 10  
A Patient's Story/Transplant/Medications  
February 14  
Call 204-235-3204 to register.

### SEVEN OAKS GENERAL HOSPITAL

Auditorium  
10:00 am - 12:30 pm  
Kidney Care, Nutrition, Medications, Fall Prevention,  
and Keeping Active  
February 27 & April 24  
Kidney Replacement Treatment Options  
March 27 & May 22  
Call 204-632-3378 to register.

## PRIZE!

Be one of the first five MRP patients to unscramble these letters/anagrams to spell words that relate to kidney health and win a prize. Submit your answer by calling 204-940-2664 or emailing [kidneyhealth@wrha.mb.ca](mailto:kidneyhealth@wrha.mb.ca). Contest closes Feb 15, 2012.



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Per Users

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Eta Bi Eds

Mesa Dish Oily

Three Snip Yon

\*Last newsletters answers were Abdomen, Nephrologist and Weight.\*

## KIDNEY WORD SEARCH

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| C | U | A | R | V | B | P | N | A | T | K | O | O | W | Q |
| Q | B | N | D | I | U | L | F | F | S | F | H | V | I | N |
| R | Q | T | P | D | R | C | I | H | I | O | S | J | E | J |
| N | P | I | W | D | O | L | A | T | G | U | W | N | D | L |
| P | B | B | V | U | T | C | R | N | O | T | E | N | O | C |
| O | C | I | H | E | B | X | T | R | L | K | I | Y | O | R |
| T | D | O | R | M | L | G | O | O | N | G | O | L | E |   |
| A | D | T | S | Y | G | H | K | M | R | U | H | G | B | A |
| S | Y | I | Q | N | P | I | B | Y | H | R | T | T | L | T |
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| M | P | X | R | A | L | U | C | S | A | V | O | V | Y | N |
| W | Q | E | K | V | C | D | O | G | G | E | M | O | Z | E |
| X | B | F | V | A | B | D | O | M | E | N | K | M | N | R |

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|--------------------|---------------------|---------------|
| <b>Antibiotic</b>  | <b>Filter</b>       | <b>Weight</b> |
| <b>Potassium</b>   | <b>Blood</b>        | <b>Doctor</b> |
| <b>Vascular</b>    | <b>Line</b>         | <b>Nurse</b>  |
| <b>Creatinine</b>  | <b>Abdomen</b>      | <b>Fluid</b>  |
| <b>Phosphorous</b> | <b>Nephrologist</b> |               |