

KIDNEY NEWS

NEWS AND INFORMATION FOR MANITOBA RENAL PROGRAM PATIENTS

WINTER 2011/12

NEW MANITOBA RENAL PROGRAM WEBSITE

If you haven't visited the new Manitoba Renal Program website lately, you should probably stop by. The website received a total overhaul during the summer months. The new design aims to better serve patients, health-care providers and the general public. A section dedicated to patients and caregivers provides tips and information on topics such as nutrition, fitness, treatment options and medications.

News and events are available on the main page so you can keep up with Manitoba Renal Program's activities. We'll be adding more tools for patients in the future and are always looking for feedback and ideas.

Check out the new website and let us know what you think! Visit www.kidneyhealth.ca.



FITNESS FUN!

The next session of Lean Keen Kidney Machines is about to kick off! Starting at the end of January, this 10-week class offers individuals living with kidney disease a chance to get active and increase their physical wellness. Currently sessions are being offered at three locations in Winnipeg and by telehealth in Brandon.

THE WELLNESS INSTITUTE (1075 Leila Ave)
 Mondays: January 23 – March 26, 1pm - 3pm
 Wednesdays: January 25 – March 28, 6pm to 8pm

THE REH-FIT CENTRE (1390 Taylor Ave)
 Thursdays: January 26 – March 29, 11am to 1pm

SOUTH YMCA (5 Fermor Ave)
 Fridays: January 20 – March 23, 1pm to 3pm

More locations may become available. To register, or for more information about exercising with kidney disease, call MRP's Fitness & Wellness Coordinator at 204- 631-3039.

HOME HEMODIALYSIS TRAINING EXPANSION

Seven Oaks General Hospital has expanded its Home Hemodialysis Program, allowing more patients to access training in preparation for home hemodialysis. Since 2008 the SOGH Home Hemo program has grown from a pilot project to successful program.

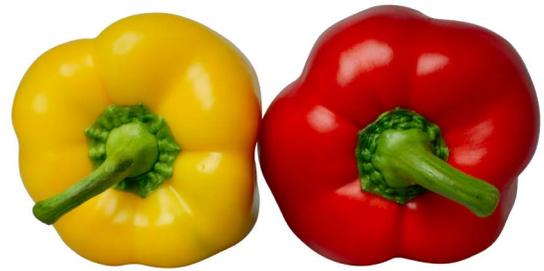
"We have generated such a demand for this type of dialysis. Patients on long, increased dose dialysis simply do better and have improved quality of life. The expansion at Seven Oaks will undoubtedly improve the health and well-being for patients on dialysis in Manitoba," says Dr. Paul Komenda, Medical Director of the SOGH Home Hemo Program.

Manitoba Renal Program currently trains patients for home hemodialysis at Seven Oaks as well as Health Sciences Centre. Patients interested in learning about home hemodialysis can talk to their doctor or nurse, or visit www.kidneyhealth.ca. Look for stories about peoples' experiences with home hemodialysis in upcoming newsletters.

KIDNEY-FRIENDLY COOKING

Have you picked up the **Recipe of the Month** yet? Visit www.kidneyhealth.ca or pick up a copy of this month's recipe at your unit or through your renal dietician. December's goodies included Ginger Cookies and Sugar and Spice Popcorn.

January's recipe is for **TURKEY BURGERS**.



NEW DIALYSIS UNITS IN MANITOBA

The Manitoba Renal Program has been working alongside Manitoba Health and various Regional Health Authorities to provide quality kidney health care throughout Manitoba. With the rates of kidney disease growing in Manitoba, the demand for dialysis has increased.



New dialysis units have opened up in Gimli, Swan River, and Russell while Health Sciences Centre in Winnipeg expanded. Additional units are set to open in Berens River and Hodgson in 2012.

YOUR VOICE MATTERS

Have you participated in the **Patient Representative Committee**? This is your chance to share your concerns and/or thoughts. Look for the next meeting date on posters at your unit or contact our MRP Patient Coordinator at 204-787-3286.

SHARE YOUR STORY

In order to help raise awareness, we'd like to collect some patients' stories about their kidney disease and treatment to share with the public and/or other patients. Do have a story to tell? Call 204-940-2664 or email kidneyhealth@wrha.mb.ca.

WILL I HAVE TO TRANSFER?

While we do our best to serve you at your hospital of choice, there is a growing need for dialysis in Manitoba. Hemodialysis units may become full and be unable to start new patients. When this happens, patients already on dialysis will have to transfer to another dialysis unit in the city. You may be transferred to another centre in Winnipeg, have your time changed at your centre or both.

In Winnipeg, St. Boniface Hospital, Health Sciences Centre, and Seven Oaks General Hospital all accommodate new urgent, dialysis patients. Because of space restrictions these dialysis units become full at different times. This frequently happens and in order to start a new patient on dialysis we have to transfer patients already on dialysis at these units to another dialysis centre.

All MRP dialysis centres provide the same standard of quality patient care and your dialysis care records will travel with you to the new site. We thank you for your understanding and patience should this situation occur.

PRIZE!

Be one of the first five people 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. Contest closes Jan. 20, 2012.

Citation Bi

Patio Sums