

ESRD Patient News

The Carlisle-Williams Foundation, Inc.

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Are you Ready for the Outdoors

This edition of *ESRD Patient News* includes articles targeted to outdoor activities and enjoyment. We also highlight technology advances for the dialysis patient.

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Basics of Summer Living for Dialysis Patients

As weather gets hotter, activities move to the outdoors which can lead to increased thirst from the heat. This can be a challenge for dialysis patients as we have to limit our fluid intake from all sources, not just liquids.

In this edition of *ESRD Patient News*, we provide information on how to enjoy the summer safely while maintaining a healthy diet. The basics of ensuring a healthy, happy summer are: **Watch the fluids**; don't forget to include things like melons, ice, jell-o and other similar items.

Watch the heat; an easy way to protect yourself from getting overheated is to wear a large-brimmed hat, wear light fabric clothes like linen and gauzy fabrics, wear items that actually cover your skin so as to limit exposure to sun.

Use sunscreen; this is a necessity for anyone and dialysis patients are no exceptions. Use the SPF that is right for you under the cir-

cumstances although I recommend a minimum of 30 to reduce complications caused by overexposure.

Use bug spray; ticks and mosquitoes carry deadly viruses and you may be more susceptible to these diseases because of the reduced functioning of your own organs. Make sure you choose a spray that specifically lists ticks as well as mosquitoes for maximum protection.

When using sunscreen and bug spray, **apply in the correct order**. Sunscreen goes on first, followed by bug spray. Also, note that more and more doctors are warning against using the combination sunscreen/bug spray products.

Remember to limit dairy products, whole grains, potatoes (including potato chips), beans, and nuts.

A great idea is to carry snacks or a dish to the party to ensure there is something you can eat that fits within your diet. I suggest spending some time chopping or breaking veggies like cauliflower or broccoli and putting them in baggies so they are convenient. The same works with grapes so you always have them ready.

Finally, **RELAX and ENJOY**. You are on a diet and so is everyone else.

-The Editor



ESRD Patient News—a publication of The Carlisle-Williams Foundation, Inc.—informs our readers of issues important to management and understanding of their disease and to further the Foundation's mission of providing hope and support to ESRD patients. We welcome and encourage feedback through email (JanieC@esrd-patient-support.org) or by using the "Contact Us" form on the website. Thank you!

ESRD Patient News

5 Tips for Grilling Kidney-Friendly Meals

Chef Aaron McCargo Jr.

“Even with the dietary limits placed on them by kidney failure, there’s no reason dialysis patients can’t enjoy the satisfying flavors of healthy, low-fat foods cooked on the grill,” said McCargo. “The following simple tips can help patients and their families prepare tasty, yet healthy meals that keep them feeling their best.”

1) Make a grocery list and stick to it. When choosing



your grilling menu, pick foods high in protein and low in saturated fat, such as lean meats, poultry and fish.

2) Choose dialysis-friendly fruits and vegetables. When grilling, use low-potassium vegetables such as summer squash, onions and peppers.

3) Add flavor with herbs. Use seasonings instead of salt to flavor meats, side dishes and appetizers. Basil, rosemary, lemon and garlic are great ways to enhance the flavor of food, as is garlic powder or no-salt Italian seasoning.

4) Be careful with cheese. Avoid high-phosphorous cheeses such as American

and Parmesan. Instead, try substituting one ounce of mozzarella, Swiss, Provolone or brie when grilling.

5) Watch your fluids. Hot weather tends to increase thirst. To avoid drinking excess water or other liquids, try sucking measured amounts of frozen grapes or ice cubes instead. Limiting salt intake can also reduce cravings for liquid.

For more grilling ideas and all of Chef McCargo’s recipes, please visit www.ultracare-dialysis.com.

Read more at EBONY <http://www.ebony.com/life/5-tips-for-grilling-kidney-friendly-meals-304#ixzz4C32rMCBz>

Summer Food Tips for Grilling

Packaged meats and fish

Read the ingredient label carefully to avoid additives with "phos" in the name (ex. phosphate, polyphosphate, or phosphoric acid). These ingredients can lead to weaker bones and hardening of the arteries. Also be sure to check the sodium content to reduce your sodium intake.

Corn on the cob

Leave the husks on and cook directly on a hot grill, turning occasionally for 15-20 minutes. Cool for five minutes, then use a towel to

protect hands while removing the charred husks and silk.

Vegetables

Try grilling vegetables whole for easy prep and adding rich flavor. Low-phosphorus versions like bell peppers, pearl onions, mushrooms, small summer squashes and cabbage wedges can be placed directly on the grill.

Grill Smart

For best results, prior to cooking, brush the grill to remove food debris. Oil lightly before cooking to

prevent sticking. Pat dry fish, chicken and other proteins (if not marinating), and spray lightly with non-stick cooking spray.

Easy Portion Control

Reduce the temptation to overeat - especially foods containing sodium, phosphorus or potassium - by serving buffet-style or on separate plates.

Visit <http://www.ultracare-dialysis.com/es-ES/HealthyLifestyles/EatHealthy/MealPlanning/SummerFoodTipsForDialysisPatients.aspx>

Coffee, Wine Good for Healthy Gut, Sodas Not so Much

THURSDAY, April 28, 2016 (HealthDay News) -- The food you eat and the medicines you take can alter your gut bacteria in ways that either help or harm your health, two new studies suggest.

Foods like fruits, vegetables, coffee, tea, wine, yogurt and buttermilk can increase the diversity of bacteria in a person's intestines. And that diversity can help ward off illness, said Dr. Jingyuan Fu, senior author of one of the studies.

"It is believed that higher diversity and richness [in gut bacteria] is beneficial," explained Fu. She is an associate professor of genetics at the University of Groningen in the Netherlands.

On the other hand, foods containing loads of simple carbohydrates appear to reduce bacterial diversity in the gut, Fu and colleagues found. These include high-fat whole milk and sugar-sweetened soda.

In addition, medications can also play a part in the makeup of your gut bacteria. Antibiotics, the diabetes drug metformin and antacids can cut down on gut bacterial diversity, the researchers found. Smoking and heart attacks also can have a negative effect, the team said.

Each person's intestines contain trillions of microorganisms, which doctors refer to as the "gut microbiome," said Dr. David Johnson. He is chief of gastroenterology at Eastern Virginia Medical School in Norfolk, Va., and a past president of the American College of Gastro-

enterology.

The gut microbiome plays an essential but little-understood role in human health, said Johnson, who was not involved with the new studies.

"It's the largest immune system in the body," Johnson explained. "These bacteria have a very dramatic and prominent role in determining health and disease."

To study the effect of lifestyle on the gut microbiome, Fu and her colleagues collected stool samples from more than 1,100 people living in the northern Netherlands.

The samples were used to analyze the DNA of the bacteria and other organisms that live in the gut. In addition to stools, the study collected information on the participants' diets, medicine use and health.

In the second study, researchers with the Flemish Gut Flora Project performed a similar analysis on stool samples taken from 5,000 volunteers in Belgium.

Both studies concluded that diet has a profound effect on the diversity of gut bacteria, although, Fu said, the "underlying theories of these dietary factors remain largely unknown."

Johnson added that medicines can have the same effect, and antibiotics actually can kill off some important strains of gut bacteria. "One dose of an antibiotic may disrupt your gut bacteria for a year," he said.

Both sets of researchers emphasized that their studies only help

explain a fraction of gut bacteria variation -- roughly 18 percent for the Netherlands study, and about 7 percent for the Flemish study.

However, the findings from the two groups overlapped about 80 percent of the time, indicating that they are on the right track, the researchers said.

The Belgian researchers estimated that over 40,000 human samples will be needed to capture a complete picture of gut bacteria diversity.

Johnson noted that other research has shown that poor sleep, obesity, diabetes and the use of artificial sweeteners also can interfere with gut bacteria.

"The general rule is a balanced diet with high fiber and low carbs tends to drive a better gut health overall," he said.

According to Fu, once researchers have a clearer understanding of the gut microbiome and its effects on health, doctors could be able to help prevent or heal illness by reading or influencing the bacteria within people's bodies.

"The personalized microbiome may assist in personalized nutrition, personalized medicine, disease risk stratification and treatment decision-making," she said.

Both studies were published in the April 29 issue of the journal *Science*.

Sources and full article can be found here. https://www.nlm.nih.gov/medlineplus/news/fullstory_158552.html

5 Hot Trends in the Diabetes Product Pipeline

The Carlisle-Williams Foundation Inc. is a 501(c)(3) nonprofit charity. Consider making a tax-deductible donation to help us in our mission to reduce hospital stays by increasing ESRD patients' compliance with treatment.

By Kelly Rawlings, Editorial Director, Diabetes Forecast magazine

More products and more choices are two trends in the diabetes product and device industry. The Consumer Guide takes a look at what's trending in the product development pipeline and how such innovations may be able to help people with diabetes. Here are some notable trends in not-yet-available products. Some may be available to buy before the end of the year; others may require months more of rigorous testing and FDA regulatory clearance.

1. Patch “pumps” for people with type 2 diabetes who use insulin. There's one product on the U.S. market currently, the V-Go, and the Imperium patch pump is in testing. These disposable insulin delivery devices release a pre-set basal rate throughout the day and allow the user to type in bolus amounts for mealtimes. The idea is that a steady stream of insulin may more closely mimic what the body needs rather than giving large doses by injection.

2. Infusion set improvements. Infusion sets are needed to get the insulin in a pump from the cartridge to just under the skin, where

the insulin can be absorbed into the blood stream. Current infusion sets are indicated 3 days or less of wear and can clog and/or irritate the skin. Insulin may not be absorbed as well as it should and can be an infection risk. One new developmental product by BD has an opening at the end of the cannula that stays under the skin and on the side, offering two outlets for the insulin and hope of fewer clogs or insulin interruptions.

3. User-friendly delivery methods for glucagon. This rescue medication is used by someone to treat a severe low in a person with diabetes who is unconscious or otherwise unable to eat or drink something containing glucose. Currently, glucagon powder has to be mixed with a sterile solution and injected. Without training and in the middle of an emergency situation, this can be difficult. New forms of investigational glucagon are a Lilly intranasal version delivered by a puff into the nose, and a peel-and-stick patch by Zosano Pharma.

4. Insulin pen memory aids. Insulin pens with memory features that show when the last dose was delivered have come and gone. People who use pens love

that feature. Now, clip-on memory devices as well as app-enabled pens like that being developed by InPen are in the works to help users keep track of the timing and size of their doses.

5. Fashion and function. People with diabetes have long wondered why their meters, pumps, and other devices aren't as attractive and functional as their smartphones. Meter makers are designing app-enabled devices that look more like cosmetic accessories than medical devices. Goodbye clunky plastic “bricks,” hello rose gold OneDrop meter and its companion lancing device, which looks as sleek and shiny as a high-end lipstick!

More products, more choices are a good thing for people with diabetes. Of course, here's hoping that manufacturers are listening to empowered patients when it comes to designing product features that consumers like best.

Story link <http://www.diabeticconnect.com/diabetes-information-articles/general/2473-5-hot-trends-in-the-diabetes-product-pipeline>

Fresenius Renal Therapies Releases Device to Manage Fluid Removal in HD Patients

Rebecca Zumoff — May 16, 2016

Fresenius Renal Therapies, a division of Fresenius Medical Care North America has launched a device that non-invasively measures hematocrit, oxygen saturation and percent change in intravascular blood volume during hemodialysis (HD) treatment.

The CLiC device is available for purchase for use with the Fresenius 2008T hemodialysis delivery system. Customers who have

already purchased 2008T systems can purchase an upgrade kit.

“Fluid overload in dialysis patients is an important issue that needs to be addressed,” said Mark Costanzo, president of the Renal Therapies Group.

CLiC (Crit-Line in a Clip) is used with the 2008T machine and provides Crit-Line information on the 2008T screen display. It replaces the traditional Crit-Line III monitor technology for the 2008T.

The device is designed to allow the health care professional to remove the maximum amount of fluid from the hemodialysis patient while preventing the common symptoms of dialysis such as nausea, cramping and vomiting, the company said in a statement.

Story link—<http://www.nephrologynews.com/fresenius-renal-therapies-releases-device-to-manage-fluid-removal-in-hemodialysis-patients/>

Walter Reed to begin pilot program on kidney paired donation chains

NN&I Staff
June 14, 2016

The Walter Reed National Military Medical Center will launch a pilot program to pioneer kidney paired donation chains started via the military share program, in which families of active duty military service members donate one of their kidneys to patients listed for transplant at the medical center’s campus. Officials from the center announced the program at the White House Organ Summit June 13.

“We are excited to participate in this initiative, which has the potential to increase organ allocation for our patients,” Navy Capt. (Dr.) Eric Elster, professor and chairman of surgery at the Uniformed Services University of Health Sciences and Walter Reed National Military Medical Center said. “While it will require overcoming logistical barriers, we in military medicine excel at such challenges.”

Walter Reed surgeons perform an average of 25 transplants per year on patients from across the country, and the medical center

also maintains a living donor kidney transplant program that participates in national paired kidney exchanges.

Story link—<http://www.nephrologynews.com/walter-reed-to-begin-pilot-program-on-kidney-paired-donation-chains-to-learn-more>

Take a Vacation – Go RV'ing



RV'ing is becoming more and more popular, and with the myriad of options available today, this can be a great way for dialysis patients to take a vacation.

Advanced planning for a vacation is necessary when you are on dialysis so include your nurse and social worker in your advance traveling plans. Then, when the plans are set, you won't have to worry about arrangements for dialysis treatments and can enjoy all the benefits of getting away on vacation.

Camping and road trips on dialysis

According to the U.S. National Park Service, approximately 400 natural, cultural and recreational areas stretch out from sea to shining sea. Whether you visit the Redwood Forest in northern California or the beaches of Virginia, there is so much of the country to see when you do a road trip.

Consider when and where to perform your dialysis treatments as you trek across the country. Such planning shouldn't get in the way of exploring the wonders of the US. If you are an in-center

hemodialysis patient, you must **book** in advance to dialyze **at a nearby center**. This should be done at least **three months beforehand** to ensure that you can get a space. If you treat your kidney disease with home dialysis, be sure to make room for your PD or HHD machine and supplies alongside your road trip gear. You will want to create a clean and draft-free area in order to properly perform home hemodialysis or peritoneal dialysis. If your trip lasts longer more than 10 days, have your PD or HHD supplies delivered to your destination so that you don't need to carry all of it with you on your travels.

Map out the dialysis center closest to where you would like to go. Ask your social worker to help you locate a center, whether you dialyze there or do home dialysis, in case of any emergencies while on vacation. Once you have the information, you can plan a trip that is both pleasant and convenient for your dialysis treatments.

Take a ride through the Rocky Mountains or mule ride down the Grand Canyon. Drive along the Oregon

coast, South Zion National Park in Utah, or the Great Lakes.

When at a campsite, ask a park ranger for a map of the surrounding trails for a hiking adventure. In the evening, you can grill some of your kidney-friendly foods over a campfire for dinner. When venturing on the highways, pull over to purchase organic foods at a fruit stand or visit a local restaurant. There are many state and county fairs that kick off in the warmer months. During the fall, Albuquerque, New Mexico, holds its annual International Balloon Festival showcasing hundreds of hot air balloons taking flight. Or visit New England and see the beautiful rocky coastline.

Camp near the beaches of Malibu, California, take in the surrounding wildlife outside of Chicago, Illinois or get away from it all on the weekends in Upstate New York.

Visit https://www.davita.com/services/article.cfm?servicesMainFolder=travel-support&category=travel-tips-and-articles&articleTitle=vacation-on-dialysis&articleID=5738&cmp=dva0613_feat_art_vacation

Summertime Activities for You to Do

Summertime means something different to everyone. Perhaps you feel that the warm months call for slowing down and enjoying the simple things. Or maybe you see this as a time to go out exploring while the weather is temperate. Whichever way you see yourself spending the summer, there are many activities that you can do to enjoy a good quality of life on dialysis. Here are five summertime activities for you and your loved ones.

Take a vacation

See article on facing page about RV'ing. An overnight or weekend escape can be an enjoyable and affordable way to take in new surroundings. Visit a relative, go to a nearby city or try a country bed and breakfast. A small trip may not require as much planning as a lengthier vacation depending on your prescribed dialysis treatment. Make time to explore local attractions; go to the ocean, visit a farmer's market, take in a play in the park or visit a local museum.

If you're looking to take a longer vacation, consider a dialysis cruise to visit exotic lands with the ease and comfort of an onboard dialysis center. Doctors and nurses are there to administer care, and kidney-friendly meals are readily available to ensure you're maintaining a healthy diet. Cruises go to the Caribbean, Alaska, New England, Europe, Hawaii and more.

Before any travel, consult with your healthcare team. If you dialyze in-center, you'll need help scheduling treatment at the center

near your destination. Home hemodialysis (HHD) patients can also schedule treatment at a center if they opt not to take their portable dialysis machine with them on vacation. PD patients should make arrangements for dialysis supplies to arrive at your destination, with the guidance of your healthcare team. It's also important to communicate with insurance companies about your destination, especially if you plan to travel outside the U.S. Check out the travel checklist for people on dialysis for more information about planning a vacation.

Have people over

Have a potluck with kidney-friendly recipes that everyone can enjoy. Find creative ways to beat the heat. Purchase an inflatable kiddie pool for dipping your feet or for your children to play in, or get spray bottles filled with water for a quick way to cool off. Setting up large colorful umbrellas can bring a beachside feel to your backyard and promote more shade. Break out the horseshoes, badminton, croquet or bocce ball set, or keep it small with checkers and board games. Organize a block party if your neighborhood allows it.

Go to a street fair or music fest

Most towns have free summer festivals with live music and local flavor. Research your city's website for up-to-date events and mark ones that spark your interest on your calendar. Pack some kidney-friendly snacks, a blanket and watch the show. Festivals are great

ways to get some fresh air, enjoy the company of loved ones and meet new people from your neighborhood.

Movie night

Sometimes escaping the summer heat takes going to the theater. If you want to purchase snacks at the movie counter, go for more kidney-friendly options. Ask for your popcorn to be salt-free and order a small bottle of water, small coffee, or small lemonade to wash it down. If it's candy you want, go for candy counter staples like Sour Patch Kids, Skittles, Air Heads, Mike and Ike, Starburst, Hot Tamales, Jolly Ranchers or Lemon-head candies. For those who would rather stay in, pop salt-free popcorn, gather healthy snacks, and invite friends and family to watch a Hollywood classic, musical, blockbuster or whatever movie genre you're most keen on.

Take in the outdoors

Relax, slow down and be surrounded by nature. Sitting under a shady tree, fishing at a nearby lake or simply taking a walk can be a soothing way to spend a summer day. Grab a friend for a day trip to local hiking trails or a park. Take advantage of the extra sunlight and start reading that bestseller you've been meaning to get around to on your porch. These ideas can be an inexpensive, easy and, above all, pleasant way to spend your summer days.

Visit <https://www.davita.com/kidney-disease/dialysis/life-on-dialysis/five-summertime-activities-for-people-on-dialysis/e/7249>

ESRD Patient News

Beating the Summer Heat

Tips for beating the summer elements when you're on dialysis

Weather during the summer months can reach extremely high temperatures and it's important to not overexert yourself. Talk with your healthcare team about their recommendations for staying safe including:

- The types of outdoor exercises you want to do
- How to maintain a healthy fluid balance but not overheat
- The types of skin protection you should use to protect yourself against sun damage
- Recommendations on eyewear for the summer months
- Protection for your dialysis access when swimming or participating in other water-related activities
- Tips on a kidney-friendly eating plan

How can we help ?

Visit our website

www.esrd-patient-support.org



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Thank you for considering a donation to the Carlisle-Williams Foundation. Your donation will help in our mission of reaching everyone on dialysis with a comfort/support bag, quarterly newsletters, emotional and vocational support to stay the course. Dialysis isn't easy and the Carlisle-Williams Foundation seeks to ease some of the discomfort and loneliness often experienced with dialysis, and increase compliance with treatment. Rest assured that every cent donated to the Foundation – a 501(c)(3) public charity - goes directly to supporting our mission.

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