

ESRD Patient News

The Carlisle-Williams Foundation, Inc.

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The Winter Season is Upon Us

This edition of *ESRD Patient News* includes articles focused on maintaining skin, mind and emotional health and well-being during the winter months.

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Winter is Here Again

Winter is coming. For non-dialysis patients, winter means dry, itchy skin. For dialysis patients, it means our normally **dry, itchy skin** can get worse. You may know that one of the items included in our dialysis support bag is lotion. That’s because a good skin routine including moisturizer is critical for dialysis patients.

Here are more suggestions from the National Kidney Foundation.

Some possible reasons for dry, itchy skin are:

Limited fluid intake: Your dialysis treatment removes extra water from your body, and your limited fluid intake between treatments can cause dry skin and trigger itchiness.

Unmanaged phosphorus: Often, itching is caused by high blood levels of phosphorus. In your body, extra phosphorus can bind with calcium and lead to feeling itchy. If your healthcare provider has given you phosphate binders, taking them as instructed, and at the same time every day, will help.

Not enough dialysis: Talk to your healthcare team about your symptoms and find out if you are getting the right amount of dialysis. Sometimes too much or too little dialysis can lead to symptoms like dry, itchy skin.

Allergies and other causes: Be sure you are not sensitive to the soaps, laundry detergents, lotions, or perfumes you may be using. Sometimes the dyes and fragrances in these products can cause allergic reactions that make skin itchy. Also, taking baths with water that is too hot can leave your skin too dry and lead to itchy skin.

Useful Tips:

Try to figure out what is causing the itching. Is it bet-

ter at some times than others? What helps or makes it worse? Tell your healthcare team what changes you feel and see with your skin.

Find a good skincare routine, with daily cleansing and moisturizing. Ask your healthcare team which moisturizers work best for your symptoms.

Don’t scratch your skin! Scratching tends to make the itching worse, and may even damage the skin and lead to infection.

Stick to the diet given to you by your healthcare team.

Take your phosphate binders.

Have a safe, compliant winter. See you in the Spring.



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!

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Telemedicine program provides kidney care to rural hospitals

A model telehealth program can help provide kidney care to rural hospitals, according to a study. Thirty-eight percent of community hospitals in the U.S. are designated as rural hospitals, and it is estimated that two-thirds of rural hospitals do not offer acute dialysis due to a lack of dialysis or kidney specialists.

Charuhas Thakar, MD, from University of Cincinnati, and his colleagues described the development of a telemedicine program that partnered Dialysis Clinics Inc. with Meadowview Regional, a rural hospital in

Kentucky. Between January and April, they have treated more than a dozen patients via the tele-nephrology program for conditions requiring medical, surgical, or critical care, and 67% of the patients were successfully treated and discharged from the rural hospital. The program now also provides 24/7 nephrology care other than dialysis to those patients with kidney and electrolyte disorders.

“This innovative patient-centered program plans to build a hub-and-spoke model for specialty care, and can be emulated nationally,” said

Thakar. “Models need to examine clinical effectiveness and efficiency of telemedicine in nephrology in both acute and chronic settings to reduce the burden of travel to satellite dialysis units for providers, and thus make dialysis and renal care available in more proximity to patients.”

Study: “Tele-nephrology: Delivering Acute Dialysis in Rural Hospitals via Telehealth” (Abstract 766)

<http://www.nephrologynews.com/telemedicine-program-provides-kidney-care-rural-hospitals/>

An inside look at the UAB home dialysis telemedicine pilot

The University of Alabama at Birmingham Medicine’s Red Mountain Home Dialysis Training Unit is piloting a three-year telemedicine trial for peritoneal dialysis patients, funded by a \$180,000 grant from Baxter International. Forty patients speak

with their UAB Medicine physician via videoconference from their hometown county health department, where their blood will be drawn and sent for lab testing as part of a “virtual visit”. They will complete six monthly face-to-face visits

and another six months of telemedicine evaluations for comparison.

<http://www.nephrologynews.com/inside-look-uab-home-dialysis-telemedicine-pilot/>

PuraCath Releases next-generation version of the FireFly™ Peritoneal Dialysis Connector

PuraCath Medical, an emerging company in the development of technologies to reduce infections in patients with intravascular and peritoneal catheters, presented data on its next generation version of the FireFly™ Peritoneal Dialysis (PD) Connector Disinfecting System. The data demonstrated the ability of the PD device to achieve a greater than 4-log reduction in microorganisms commonly associated with peritonitis in patients receiving PD.

“Peritonitis remains a significant risk for patients receiving PD and is the leading cause of technique failure and transfer to hemodialysis,” stated Nasser Hebah, MD, FNKF, FASN, Senior Medical Advisor to PuraCath Medical and an expert in PD outcomes and quality improvement. “I am enthusiastic about PuraCath Medical’s efforts and believe their approach to reducing air and touch contamination will reduce infection risk in patients at the time of performing their PD exchanges.”

Julia Rasooly, PuraCath Medical’s CEO. “Since we recognize the value and the lifestyle convenience peritoneal dialysis therapy offers to patients, we continue to make incremental improvements to our technology in order to enhance PD patient’s quality of life and provide an easy-to-use, patient friendly option to reducing bacterial and fungal contamination during PD exchanges.”

“The FireFly PD Connector Disinfecting System recently received U.S. Food and Drug Administration 510(k) clearance and is intended for use by patients as a method of controlling air and touch contamination while performing PD exchanges. PuraCath Medical is currently offering the device for sale via a limited market release.

<http://www.prweb.com/releases/puracath/firefly-ADC2016/prweb13231661.htm>

Pork and ESRD—A Bad Combination

A new study indicates that pork consumption may increase the risk of kidney failure in the general population, and substituting pork with alternative sources of protein from time to time may significantly reduce this risk. The findings appear in an upcoming issue of JASN, the Journal of the American Society of Nephrology.

To examine the relationship between dietary intake of major sources of protein and kidney function, a team led by Woon-Puay Koh, MBBS (Hons), PhD, from Duke-NUS Medical School and Saw Swee Hock School of Public Health in National University of Singapore, analyzed data from the Singapore Chinese Health Study, a prospective study of 63,257 Chinese adults in Singapore. This is a population where 97% of red meat intake consisted of pork.

Other food sources of protein included poultry, fish, and eggs. These are preferable dietary protein sources for dialysis patients.

Engage in Positive Thinking Everyday

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Eating Right for Winter - Suggestions from DaVita to Reduce Cold Viruses and Fight Winter Blues

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 and increase approval for kidney transplant, by improving dialysis patients' compliance with treatment.

Cold-Busting Foods for the Kidney Diet

Viruses that cause the common cold spread more easily in colder, drier air. These immune-boosting foods are low in potassium and phosphorus.

Apple-1 medium, 158 mg potassium, 10mg phosphorus

Dried cranberries-1/2 cup, 24mg potassium, 5mg phosphorus

Garlic-1 clove, 12mg potassium, 4mg phosphorus

Pomegranate-1/2 medium, 182mg potassium, 28mg phosphorus

White mushrooms-1/2 cup, 150mg potassium, 30mg phosphorus

Kidney Diet Foods to Fight Winter-Time Blues

Seasonal blues are a common occurrence. Scientists say winter blues are related to fewer hours of daylight, harsh weather and less intense sunlight. A lack of physical activity, staying indoors too long can take their toll. As a result, your body produces fewer mood-enhancing chemicals.

You can improve how you feel with food. Here's a list of seven mood-lifting, kid-

ney-friendly foods that can be part of your diet plan.

1. Salmon is a great source of omega-3 fatty acids. A diet high in omega-3 foods is associated with lower rates of depression and pessimism. Mackerel, tuna, flaxseed oil, canola oil and omega-3 fortified margarine or eggs can also boost omega-3 levels.

2. Turkey is high in the amino acid tryptophan, increases serotonin production that helps produce calmness and reduce pain. Large amounts of tryptophan can even cause sleepiness.

3. Steak is an iron-rich food, along with poultry, seafood and iron-fortified cereals. Low iron levels are associated with depression, fatigue and inability to concentrate.

4. Leafy green vegetables A low intake of folate is linked to increased depression and anemia. Dialysis increases the risk of deficiency due to diet restrictions and vitamin losses during the dialysis treatment. Go for asparagus, broccoli, collards, mustard greens, romaine lettuce and turnip greens (limit to a 1/2 cup portion if you are on a potassium re-

striction). In addition to vegetables, folic acid fortified grain products and breakfast cereals boost folate levels.

5. Coffee and other Caffeine-containing beverages can have an antidepressant effect and increase alertness. Consume coffee earlier in the day to avoid interference with sleep. Stay away from energy drinks and excessively caffeinated beverages as these can disrupt sleep and contribute to bad mood. Be sure to count any beverage as part of your liquid intake.

6. Air-popped popcorn and other low-fat snacks, such as low-fat crackers or low-salt pretzels are a better choice than greasy foods that can make you feel sluggish after eating.

7. English muffin with egg is a good choice along with other breakfast foods to boost energy and reduce crankiness and mood swings.

Break away from the blues with kidney-friendly food. Consult your dietitian before increasing consumption. Also consider increased exercise and light exposure.

www.davita.com

SPRINT-MIND Data show Poor Kidney Function linked to Cognitive Decline

A new analysis links poor kidney function to cognitive decline. Dr. Daniel Weiner from Tufts Medical Center, and his colleagues gathered information from the Systolic Blood Pressure Intervention (SPRINT) cognition substudy, SPRINT-MIND.

After adjusting for various demographic and clinical characteristics, higher albumin in the urine was linked to worse performance on tests of global cognitive function, executive function, memory, and attention. Each

doubling of the amount of albumin in the urine was similar to the effect of 6 to 14 months of aging in these cognitive domains.

Lower estimated GFR was linked to worse performance on tests of global cognitive function and memory. In the participants with brain imaging, higher albumin in the urine was associated with abnormal white matter regions in the brain.

“The findings cement the association between kidney damage and cognitive functioning, sug-

gesting that albumin in the urine and changes in brain structure are likely both representations of the same vascular process, just in different organs,” said Weiner. “This manifests with worse brain function, particularly in domains linked to cerebrovascular disease. The trial suggests that these findings are likely relevant to 10s of millions of US adults.”

“Cognitive Function and Kidney Disease: Baseline Data from the SPRINT Trial” (Abstract 744)
<http://www.nephrologynews.com/>

UW Medicine launches Center for Dialysis Innovation

UW Medicine launched the Center for Dialysis Innovation, with the aim of improving the treatment of people with advanced kidney disease. The center combines a comprehensive redesign of dialysis therapy with efforts to reduce complications and enhance opportunities for patient well-being, independence and autonomy in self-care.

Dr. Jonathan Himmelfarb and Dr. Buddy Ratner co-direct the new center. Himmelfarb heads the Kidney Research Institute and is a professor of medicine at the UW School of Medicine. Ratner is a professor of bioengineering and chemical engineering in the UW

College of Engineering.

“We are working to upgrade and substantially improve the entire dialysis system to create safer, faster, more cost-effective dialysis,” said Himmelfarb. “By bringing physicians, engineers, scientists and kidney patients together, we can address each of the major kidney dialysis complications. The schedule ... is aggressive, but it is essential that we bring new options to patients as soon as possible.”

Investigators will redesign each component of the dialysis circuit to create a wearable device with low power and water requirements. The device would be worn by patients.

“Many patients suffer numerous complications, and on average, in the United States, survive just over three years on dialysis,” said Ratner. “In the developing world, survival is much worse. In many cases, dialysis is not even available, possibly leading to as many as 7 million deaths each year. We want to transform dialysis completely by giving patients more freedom and bringing dialysis to people around the globe.”

<http://www.nephrologynews.com/uw-medicine-launches-center-dialysis-innovation/>

Emotional Well-being



Emotional well-being encompasses how you feel about yourself, your ability to successfully manage your feelings as you deal with life's challenges, and the quality of your relationships. Being emotionally balanced can contribute greatly to your overall mental and physical health.

Maintaining emotional health can be more difficult for those that have chronic kidney disease (CKD). Most patients experience a wide range of feelings as they adjust to the realities of kidney failure and dialysis. Don't hesitate to seek help from your doctor, psychologist or other health professionals. Having the right outlook could make a significant difference in the outcome of your treatment.

5 Ways to Improve your Emotional Well-being

To improve your emotional health, first try to recognize your emotions and understand what may be triggering them. Sorting out the causes of sadness, stress, and anxiety in your life can help you manage your emotional health.

Here are some helpful tips.

1) Express your feelings in appropriate ways.

If feelings of stress, sadness, or anxiety are causing physical problems, keeping these feelings bottled up can make you feel worse. It may be helpful to reach out and ask someone outside the situation for support and advice to help you improve your emotional health.

2) Look for balance.

Try not to obsess about the problems that could lead to negative feelings. Instead, focus on the positive things in your life and make time for the things you enjoy. You may want to use a journal to keep track of things that make you feel happy or peaceful. Try to write every evening before you go to sleep. You may just get a better night's rest.

3) Develop resilience

People with resilience are able to cope with stress in healthy ways. Resilience can be learned and strengthened with different strategies, such as:

Maintaining a positive view of yourself

Accepting change

Keeping things in perspective

Developing a strong social

support network of friends, loved ones, and like-minded acquaintances

4) Calm your mind and body

Relaxation methods are useful ways to bring your emotions into balance. Meditation can take many forms. For example, you may come to a meditative state quietly sitting on your own, with a spiritual group, or while exercising, stretching, or breathing deeply. Visit the FOH's Stress Awareness page for a simple meditation technique.

5) Take good care of yourself

Physical health is a big contributor to emotional health. To keep your stress levels low, try practicing the following routine: Get regular physical activity (walk, bike, swim, etc) to relieve pent-up tension, eat healthy meals that give you good nutrition, and get quality sleep. Also, try to avoid overeating and consuming too much alcohol.

For more visit <http://dpcedcenter.org/classroom/importance-mental-health>

<http://www.foh.hhs.gov/calendar/august.html>

Clinical Trial Opportunity for Diabetic Clients

The Glycemia Reduction Approaches in Diabetes: A Comparative Effectiveness Study (GRADE) is a long-term study of different treatments for type 2 diabetes.

GRADE is funded by the National Institute of Diabetes and Digestive and Kidney Diseases, part of the National Institutes of Health (NIH). Type 2 diabetes is an epidemic that threatens to become the century's major public health problem and poses enormous human and economic challenges worldwide. Most people with diabetes eventually need 2 medications to control blood glucose levels. A major challenge is to determine which of the many possible drugs is the best choice among people already treated with metformin, the most commonly used diabetes drug.

GRADE is a randomized clinical trial of participants diagnosed with type 2 diabetes within the past 10 years who are already on metformin. Participants will be randomly assigned to 1 of 4 commonly-used glucose-lowering drugs (glimepiride, sitagliptin, liraglutide, and basal insulin glargine), plus metformin, and will be followed for up to 7 years. The goal of the GRADE Study is to determine which combination of two diabetes medi-

cations is best for achieving good glycemic control, has the fewest side effects, and is the most beneficial for overall health in long-term treatment for people with type 2 diabetes.

45 clinical sites in the United States are currently recruiting and enrolling participants. The study plans to enroll 5,000 participants, and follow them up to 7 years. Please see the "Participating Centers" map to view the locations and local contact information of the GRADE clinical sites. Recruitment is underway at all 45 clinical sites throughout the country, and more than 3,961 participants have been randomized into GRADE.

Locations include Baylor Endocrine Center, University of Nebraska Medical Center, University of Iowa, Vanderbilt Medical Center, Denver VAMC, Park Nicollet International Diabetes Center, UAB, Kaiser Permanente of Georgia, Cincinnati VAMC, Atlanta VAMC, Mt. Sinai - St Luke's, SUNY Downstate Medical Center, University of Miami, West Haven VA, Yale University, Mass General Hospital Diabetes Research Center and others.

Click here to check your eligibility <http://gradestudy.com/grade/>.

Negative Self Talk	Positive Self Talk
I can never do this	I can do this and I can find a way to do this
I do not know how	I can learn, I can do anything
It is too hard	There is an easy way, and I will find it
I am not smart enough	I am smart and I can find a solution
I am too tired	This is important and I can get this done now
I have never done this before	There is always a first time, I can learn anything
It will never work	It can work and I can find a way to make it work
I will do it tomorrow	I will start today and get this done on time
There is too much to do	Let's start with the important things and get this done one at a time

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10 Positive Affirmations to Start Your Day

Start fresh this year with a new outlook on life to your health and vitality each and every day. This top-10 list of positive affirmations can help get you started. There is no better day than today to embrace a healthier lifestyle. The affirmations below may not feel true at first, but the more you work with them, the more powerful their influence can become.

1. I see the positive side of things.
2. I'm capable and productive.
3. I enjoy exercise and I do it daily.
4. I make healthy food choices.
5. I take time out of my day to relax.
6. I'm able to see the lighter side of things and I enjoy laughing.
7. I make room for fun every day.
8. I am happy and fulfilled.
9. I share my love each day.
10. I focus on the good things in my life.

<http://foh.psc.gov/calendar/newyear.html>

How can we help ?
Visit our website
www.esrd-patient-
support.org



The Carlisle-Williams Foundation Inc.
16 Lexington Avenue – Norwich, CT 06360
www.esrd-patient-support.org

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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