

share_{for}care

RECIPE

Noodle Paella with Mussels and Shrimp.

HEALTHY LIFESTYLE

Foot care and dialysis: Take a walk with us and find out more about this very important subject.

A PATIENT'S STORY

A woman from the Philippines shares her story on nutritional support during dialysis.

TRAVEL STORY

SANTA CRUZ DE TENERIFE

A small island, a big city and a huge history.



share for care

Dear readers,

Living with renal failure is a challenge – one that you've now been facing day by day with success. And you have every right to be proud of this! Maybe you're sometimes still a bit unsure about what you're allowed to do and what you ought to avoid. Which things are OK for you to eat and which not? What about work, or going swimming, walking barefoot, or having sex? There are lots of things you need to pay attention to in the new situation.

This third issue of *share for care* again aims to help answer lots of detailed questions that you may have about living with renal failure. Because it's only when you have the right information that you'll be able to achieve as much freedom and satisfaction as possible in your new life situation.

The question of appropriate vaccine protection is important – and this is the focus of this issue's special medical topic. You can find out why the right vaccinations are so important for you particularly as a dialysis patient, and how your family can give you the best possible support.

In this issue's patient story, Francisca Bagtas from Manila (in the Philippines) describes how she found the courage to blaze a new trail. With IDPN nutritional therapy, the physicians treating her were able to save her, enabling Francisca to regain her zest for life and her physical strength.

And talking about zest for life: we're hoping to get you into the mood for the coming summer with tips for worry-free swimming, cooking a delicious dinner, and irresistible travel ideas. The travel story this time takes you to a metropolis with a fabulous beach – Santa Cruz, the capital of the island of Tenerife. There's so much to enjoy there: first-rate cultural events, great shopping, and also excursions through Tenerife's breathtaking natural scenery are all waiting for you.

We'd like to encourage you to ask your doctors any and all questions that you have, so that you can manage your everyday life safely and well. Always remember: you yourself are the most important member of your treatment team – and you're entitled to information.

As always, we are also happy to receive your questions, comments and ideas, and we wish you a summer full of special moments. Take good care of yourself!

Hoping you enjoy the new issue!

Your editorial team,



Christopher Boeffel



Simone Klein

06

SPECIAL TOPIC

Protect yourself against potentially serious infections

14

TRAVEL STORY

Tenerife offers wonderful climate, fantastic cuisine, rich history and does it all with Spanish flair

04

NEWS

Useful information on how to stay fit and manage your diet

18

HEALTHY LIFESTYLE

Taking good care of your feet is one of the best things you can do for yourself

10

PATIENT STORY

A woman from the Philippines shares her story on nutritional support during dialysis

16

RECIPE

Enjoy a taste of classic Spanish cuisine with a twist: Noodle Paella

12

TIPS

Swimming - a very healthy way to keep your cool during the hot summer months

NEWS



TAKING A DAILY WALK

Regular walks demonstrably improve both the quality of life as well as the state of health of dialysis patients. In a study carried out by the National Research Center in Calabria, around half of the patients took part in 20-minute walks every day. After 6 months, the patients were not only fitter than the control group who did not do any walking, their mental performance and social skills were also better.

DIGITAL AIDS

continue to advance

Various apps are now available that dialysis patients can use to improve their eating patterns and monitor their blood values. A pilot study in Japan has now shown that smartphone apps can make it easier for dialysis patients to lead healthy lives. The programs can help with the selection of foods that are rich in protein but low in phosphate content. The apps can also support weight control. Some apps allow blood results to be displayed and monitored.

DOGS ARE GOOD

for your heart

People who live on their own and want to do something to improve their health should get themselves a four-legged friend. A long-term study in Sweden,

including more than three million middle-aged participants, has shown that dog-owners not only enjoy having their pets, but also suffer from heart disease less often and have a higher life expectancy than other single persons. The scientists explain the finding by the fact that dogs encourage their owners to adopt a more active lifestyle every day, while in addition they also make social contacts easier. Living together with a pet may possibly also have a positive effect on the body's immune system.

WARNING ABOUT

starfruit

Yellow starfruit, also called carambola, is extremely poisonous for people with renal failure and should under no circumstances be included in one's diet. The fruit contains a neurotoxin called caramboxin, which can accumulate in kidney patients and cause hiccups or even death.



STAYING ON THE SAFE SIDE

VACCINATIONS

Vaccines are essential and provide very effective protection against infectious disease. This protection is especially important for dialysis patients, as their immune system is weakened and needs support to defend itself successfully against illnesses. Read on to find out whether people who are in the personal setting around dialysis patients also ought to be vaccinated, and against what, and other things you need to know.

Vaccinations have already saved countless lives. Thanks to vaccination programs in many countries around the world, the risk of contracting infectious diseases is now much lower than it used to be. For example, the last time someone was infected with polio in Germany was in 1990. The vaccination campaign against measles has been remarkably successful – in the USA, the disease has now been nearly eradicated. The same also applies to Smallpox worldwide.

HOW DO VACCINES WORK?

Vaccinations prepare the body for the worst-case scenario — fighting off pathogens like viruses and bacteria. The immune system combats these invaders by generating a defense mechanism: antibodies. First the body has to be able to recognize the pathogen, and then it has to manufacture enough antibodies.

Vaccines contain weakened, harmless pathogens, or specific parts of them. There are two main forms of vaccination — active and passive. In active immunization, the microbe or parts of it are injected into the body, so that it starts creating antibodies against the disease, providing protection if exposure occurs at a later date. Examples of active vaccines are measles, mumps, and influenza. The immunity gained from active immunization can be lifelong. In passive immunization, pre-synthesized

antibodies are given by injection, so that the body does not need to produce the antibodies itself. This method is commonly used if there has been a recent outbreak of a particular disease, or as an emergency treatment for toxicity, as in cases of tetanus. However, the effect is not long-lasting, as the protective elements are broken down by the body. The vaccine can be injected, swallowed, or inhaled. This introduces the immune system to the pathogen and prompts it to generate antibodies. The body then has the right weapons against the pathogen in its immune-system arsenal. If the viruses or bacteria enter the body, the immune system can then respond and quickly create antibodies successfully to combat them before the intruders can reproduce and the person becomes ill.

RECOMMENDED VACCINATIONS

Dialysis patients, depending on their age, should receive all of the vaccinations and vaccination boosters generally recommended: against measles, mumps, rubella, tetanus, diphtheria, pertussis (whooping cough), Haemophilus influenzae, hepatitis B, polio, and varicella virus (chicken pox). You should also be vaccinated against pneumococcal infections and against the flu (influenza) annually, in September or October. It is important to remember that not everyone needs every available vaccination. Always speak to the staff in your renal care center for advice.

Take your vaccination certificate (yellow card) with you to your medical appointments or when traveling, and always keep your vaccination certificate up to date. And, of course, you should not forget to discuss vaccinations with your doctor before you travel abroad.

Vaccinations have already saved countless lives.



WHY ARE VACCINATIONS ESPECIALLY IMPORTANT FOR DIALYSIS PATIENTS?

The immune system in dialysis patients is affected by their renal failure. Contact between the blood and the dialysis membrane can lead to a low level of inflammation, causing stress on the immune system. For these reasons, dialysis patients are prone to infections caused by bacteria, viruses, and fungi more often than healthy people. It is also more difficult for them to get rid of illnesses. The immune system therefore needs all the help it can get — and vaccinations are the best immune-booster we have.

WHAT HAPPENS IF THE VACCINATION DOESN'T WORK?

For a certain time after the vaccination, a person's blood count shows whether the body has formed antibodies. If not, the vaccination has to be repeated. This happens slightly more often in dialysis patients in comparison with healthy people.

The vaccination can be repeated to achieve a good level of vaccine protection. For example, the hepatitis B vaccine works better for patients before they start dialysis, but patients who are already on dialysis may require more than one vaccination course.

Vaccination is important not only for you as a patient but also for your family and friends. Why not encourage them to make sure their vaccinations are up to date?

HELLO.



I AM FRANCISCA BAGTAS

FROM MANILA
57 YEARS OLD

WHAT IS IDPN?

IDPN is the abbreviation for "intradialytic parenteral nutrition," a form of nutritional treatment that is administered into the circulation directly during hemodialysis and is individually tailored to meet the patient's own individual needs. The appropriate mixture of protein, carbohydrates, and fat makes it possible to gradually stabilize patients who are very weak and to build up their strength and overcome their loss of appetite.

"NOW I'M DANCING ZUMBA!"

It's sometimes difficult for kidney patients who are suffering from a lack of energy and nutrients to find the right treatment. Francisca Bagtas from Manila (in the Philippines) had already been suffering from diabetes for more than thirty years when she was diagnosed with renal failure. She was already very weak physically, but IDPN nutrition therapy helped her not only to cope with dialysis but also to gain a fresh zest for life, a better appetite, and greater physical strength. Francisca Bagtas is 57.



Ms Bagtas, how did you find out about your renal failure? After high creatinine values were found in my blood and I had to start taking drugs to drain my kidneys, my doctor told me that there were no other treatment options left apart from transplantation or dialysis.

How did you react to the diagnosis? I was very, very frightened. I felt so helpless and I didn't know how I would be able to pay for any treatment. I was getting weaker and weaker every day. My husband says I was already nearly dead at that time. I was just sitting weak and exhausted in a wheelchair when he took me to the José R. Reyes Memorial Medical Center. Then I was taken from there to Manila renal care center.

Were there also things that gave you courage? I put my fate in God's hands, I prayed and asked God for help.

How exactly was the IDPN project able to help you? After the lab tests showed that I had malnutrition and that edema had even developed, the doctors convinced us about the benefits of IDPN. Even after the first treatment I felt my strength slowly starting to return. After nearly

six months, I was able to eat again quite normally. Today, I go Zumba dancing with my girlfriends and I can join in when we're preparing our national dish, rellenong bangus (stuffed milkfish) at Christmas. Before the treatment, nobody would have thought that would be possible!

What were the biggest challenges for you, then and now? Driving to dialysis three times a week without any exception – in all weathers, even when there are tornadoes and flooding. It's still a difficult problem to get the finances needed for the treatment. And of course I still have to work every day on training my strength and my appetite.

What advice would you give to other patients who are diagnosed with renal failure? Start on the treatment you need as early as possible. If you're too weak, IDPN could help you get back your energy quickly even during dialysis. Look for some help if it involves costs that you can't cope with alone and that your health insurance doesn't pay for. In my case, we got support through our wonderful mayor, Joseph Estrada, and I'd like to express my heartfelt thanks to him again here.

FEEL FREE TO cool off!

TIPS



FIVE TIPS FOR EVERYONE
WHO LIKES SWIMMING
IN SUMMERTIME

Whether you're at the seaside or on a lake, a river, or at the swimming pool – why not jump in the water and enjoy the summer? There's nothing to stop you if you pay attention to a couple of small things:

1 Your AV fistula must be completely healed. There shouldn't be anything that could disturb wound healing.

To be on the safe side, ask your doctor, who can give you the go-ahead for your swimming plans.

2

3 Don't stay in the water any more than 5–10 minutes. Otherwise, your skin will start to get too soft.

Don't swim in water that is too cold or too warm, as this puts a burden on the immune system. Comfortable temperatures are better for you.

4

Thoroughly protect your skin with water-resistant sunscreen before it's exposed to sunshine. Wearing long sleeves and trousers is recommended before and after swimming.

5



FAQs

AS A DIALYSIS PATIENT, CAN I STILL GO TO WORK?

In general, yes. Around half of all patients can continue working in their current jobs despite dialysis, and they often find it a pleasant distraction from dealing with the disease. Of course, your general state of health has to be basically good enough for you to do your job. Hard physical labor or strain due to cold, heat, moisture, or hazardous vapors, and night shifts or general stress should be avoided.

IS SMOKING ALLOWED UNDER CERTAIN CIRCUMSTANCES?

Smoking not only damages the lungs, respiratory tract, and cardiovascular system, but also attacks the kidneys. To support the stabilization of your physical well-being through dialysis, you should stop smoking completely. If quitting on your own is too difficult, then by all means talk to your doctor, who can help you find the right support.

CAN I DRINK ALCOHOL?

You could occasionally enjoy a glass if you stop after one small glass of wine, beer, or sparkling wine. Remember that it also represents part of your daily fluid allowance. However, both the amount of alcohol and the permissible amount of liquid are what count. Since alcohol tends to increase thirst, it should not be drunk regularly, and it should not be drunk in hot weather either. Another point to remember is that alcohol may also intensify the effect of several medications.

AND WHAT ABOUT SEX?

Each patient experiences this area in many different ways. A normal sex life is possible for many people, while others experience a reduction in sexual desire or problems with erection. Altogether, a healthy lifestyle with regular physical activity and effective dialysis are the best ways to maintain a satisfying sex life. Don't be too shy to speak with your doctor, because there are effective treatment options for many problems.

Tenerife

A vacation spot in the Canaries with big city flair.

Are you looking for the perfect destination for your summer vacation? With a lot of sunshine, mild temperatures, and a bustling urban quality, along with a unique variety of historic and contemporary architecture? If so, Tenerife's capital city Santa Cruz is the ideal choice for you.

The metropolis with its population of 230,000 in the north-east of Tenerife offers not only seven hours of sunshine a day all year long – with temperatures that almost never climb above 30 °C (86 °F) even in high summer, thanks to the cooling influence of the Atlantic. Santa Cruz also represents an alternative to Canary's touristic vacation resorts in almost every way. Instead of the leisurely tourist life, the dominant note here is the bustle of

a shopping city and seaport. Life goes on pulsating deep into the night in the restaurants, bars and movie theaters – and not only in February, when the legendary carnival is celebrated. And instead of the whitewashed one-story and two-story buildings that are usual in the rest of the Canaries, there are grandiose late nineteenth-century districts, extravagant high-rise buildings, and beautiful parks for strolling in on the long summer evenings.

The B.Braun renal care center is only a few kilometers from the pedestrian zone in the center. It's only a few minutes to the city's famous landmark, the "Auditorio," with its sweeping organic curves, designed by Santiago Calatrava. Right next to it is the Parque Marítimo, designed by the Canary Islands' best-known artist, Manrique – an extensive swimming complex right next to the sea. Another place worth visiting is the art center, Tenerife Espacio de las Artes, which has a library that is open

twenty-four hours a day. Incidentally, the building was designed by the same architects as the Elbphilharmonie in Hamburg, Herzog & de Meuron, in collaboration with local architect Virgilio Gutiérrez Herreros.

You can saunter across the impressive Plaza de España, through the picturesque Parque de la Granja, or take the streetcar to the village of San Cristóbal de la Laguna. The ideal way to explore Santa Cruz is to take a city tour: you can get off and on at each of the major sights – to admire the twin towers (Torres de Santa Cruz), for example. They are among Spain's tallest residential buildings.

And despite all the city's attractions, you don't need to miss out on natural scenery and relaxation. It's worth taking an excursion to the Anaga mountains, with their unique forests of bay trees, for example.

And the city beach in Santa Cruz, the Playa de las Teresitas, with crystal-clear water and miles of bright Sahara sand, is one of the most beautiful beaches on the whole island.

HOW TO GET THERE:



Santa Cruz de Tenerife is near Tenerife North Airport. The distance is only 13 kilometers (8 miles), so you can get to your destination in the city by rental car or taxi in around 15 minutes. The airport was mainly used for Spanish domestic flights until only a few years ago, but

it's now also open to international flights. Most airlines still go to Tenerife South Airport, which is a good 60 kilometers (37 miles) from Santa Cruz. The trip takes about 45 minutes. There's also a bus that departs for Santa Cruz every 30 minutes (costing around €10 one way).

More information about Tenerife is available at:
<https://www.hellocanaryislands.com/tenerife/>

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<https://www.bb Braun.com/en/patients/renal-care-for-patients/renal-care-centers/europe/spain/Tenerife.html>

NOODLE

Paella

with Mussels and Shrimp

Perhaps the epitome of Spanish cuisine: Paella! This delicious and healthy recipe is like a gentle sea breeze on a warm day.

... for the Paella

Boil the noodles, red bell peppers, and snow peas in plenty of water and drain. Sauté the onions and snow peas lightly in olive oil, then add the saffron, rosemary, thyme, mussels, and shrimp. Cook through for two minutes with the vegetables. Add in the rice noodles, and season with light soy sauce, lemon juice, and lemon zest. Decorate with fresh herbs as desired.



Serves 4

- 200 grams rice noodles
- 80 grams red bell peppers, cut into strips
- 80 grams snow peas, cut into strips
- 60 grams red onions, julienned
- 1 garlic clove, peeled, finely chopped
- ½ chili pepper, de-seeded, julienned
- 1 pinch saffron
- 16 mussels
- 8 shrimp
- 20 ml light soy sauce
- Juice and zest of half a lemon
- 1 sprig rosemary, plucked & finely chopped
- 1 sprig thyme, plucked and finely chopped
- Olive oil for frying

Nutrition value (All nutritional information per serving. This corresponds to 1/4 of the total recipe.)								
Energy	Carbohydrates	BE	Protein	Fat	Potassium	Phosphate	Sodium	Water
286.9 kcal	44.8 g	3.7	12.1 g	6.6 g	297.7 mg	168.2 mg	102.3 mg	163.7 ml

These nutritional values represent average figures, which may differ in certain cases. They should be used only as a guide and cannot replace a consultation with your doctor or nutritionist.



Here you
 can find more
 recipes for your
 healthy diet
www.bbraun-dialysis.com





Even a small wound on your heel can be a serious issue for patients with renal failure – especially if they are also suffering from diabetes, for example. So it's all the more important to pay special attention to your feet. The great thing about this is that it means pampering your feet is obligatory.

Are your feet in great shape? Take pride in your feet and take good care of them. Here are the most important pre-cautions to take.

REGULAR FOOT CARE

Treat your feet to a couple of minutes of attention and care every day and use the time for a small relaxation session. This will help you notice whether any small wounds or cracks have formed on your feet, before complications arise.

REGULAR EXAMINATIONS

Always keep foot health in mind and seek advice from the doctor treating you. Many renal care centers offer regular foot examinations, where you can get an idea of the state of your feet and obtain help with potential problems.

WELLNESS

FOR YOUR FEET

DON'T WALK BAREFOOT

Diabetes and renal failure can result in nerve and circulatory disturbances in the legs and feet, called neuropathy. The damage to the nerves means that patients lose sensation in their feet and may not notice any injuries. This is why we recommend regular checking of your feet. The complications develop gradually and are often not noticed to start with – increasing the risk that injury to the feet may go unnoticed.

SHOES ARE ALSO IMPORTANT

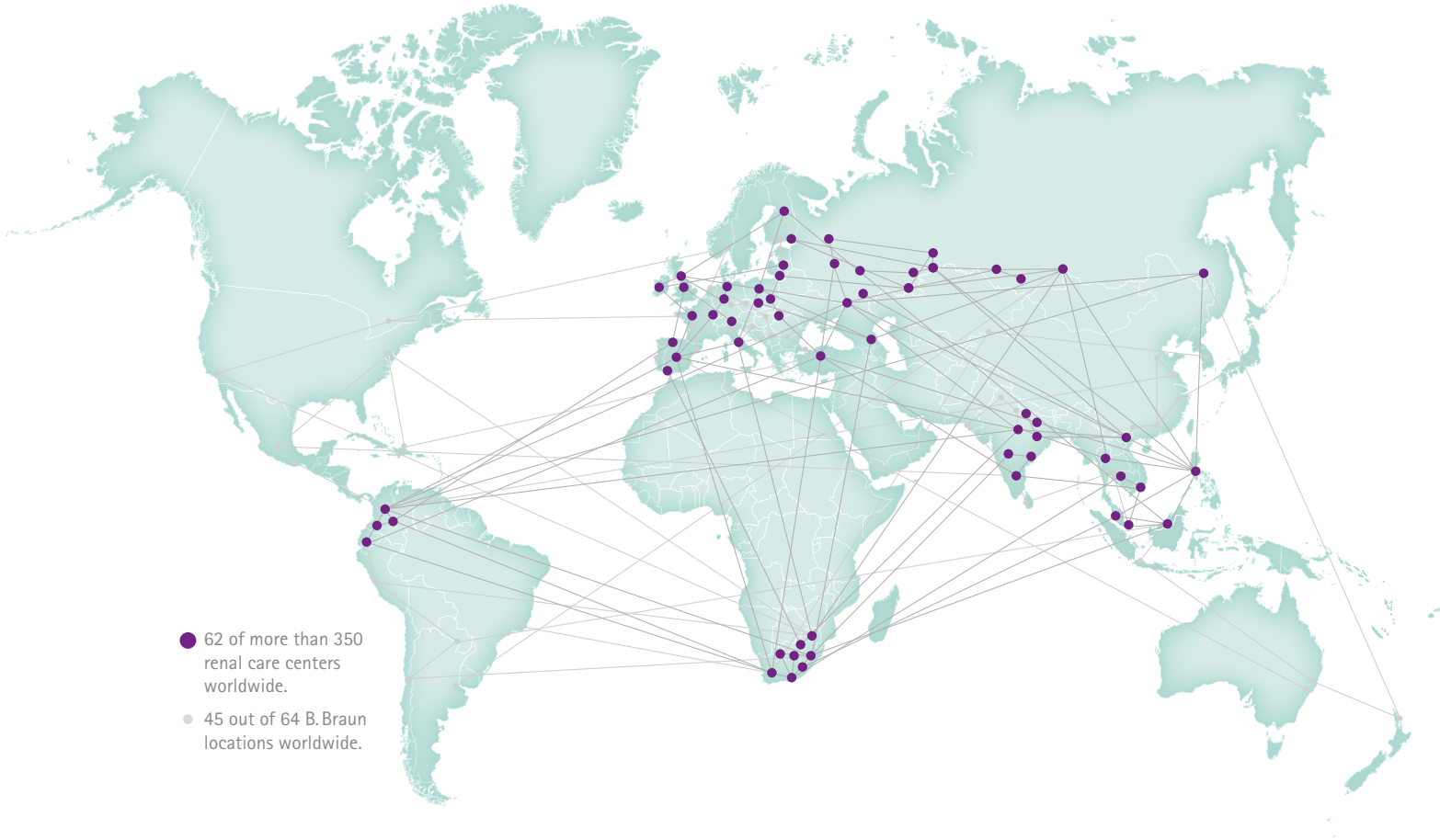
Your shoes should be comfortable in order to protect you against pressure sores and blisters. High heels and pointed shoes that squeeze your toes together are not a good idea. Your shoes should be closed, providing the foot with support but not restricting it, and there should be roughly one centimeter (about $\frac{3}{8}$ of an inch) of space in front of the toes. If you are already suffering from diabetes-related nerve or vascular damage, be sure to ask your doctor before purchasing shoes. He or she may be able to prescribe special protective footwear for diabetes patients.



You can find useful information for your health & fitness at our website, www.bbraun-dialysis.com.

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