

NephroCare

for me

Recipes:
A three course
fall menu

Patient Story:
**“I finally feel
better”**

Self-image:
**Being okay
with yourself**

The great
IT exchange:
**A story of
sustainability
and inclusion**

**The Spanish
Mediterranean Coast:
Culture, Culinary
Delights and
excellent Care**

Welcome!

Dear Reader,

Are you ready for winter? After a long, hot summer winter seems almost improbable. Almost defiantly, we take a trip to Spain in this issue – to Majorca and the Spanish Mediterranean Coast. Endless beaches, magical coves and magnificent food make them perfect holiday destinations.

Our patient stories are especially touching and inspirational this time as we meet a young woman from Poland who found out about her kidney disease while she was pregnant, and a young man from Slovenia who invented a really smart solution for protecting his fistula.

Another special story is about our IT department that had the enormous task of replacing almost a thousand old computers, servers and related equipment. They did this in a way that is both respecting sustainability and inclusiveness.

In our health section we look at two very important topics. One of them is the really essential subject of self-image and body-image. We look at the changes our bodies go through as a consequence of kidney disease, and how to approach them in a positive way. The other topic is – of course – vaccination. Not just because of COVID-19, but also because of the flu season and the latest health threat, the monkeypox.

No NephroCare for me without food inspirations: in this issue we are suggesting a three course meal inspired by the harvest season, created by a dietician at our clinic in Madrid, Katherine Sagastegui Vargas.

Plus more Value Award winners and a really tricky version of Sudoku that will keep you busy on a winter afternoon.

We wish you a wonderful end of the year with plenty of positive vibes, cozy winter evenings and a peaceful holiday season.

PS: We would like to mention that everyone who contributed to the articles was tested and/or wore a mask. Stay healthy!

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A three course fall menu



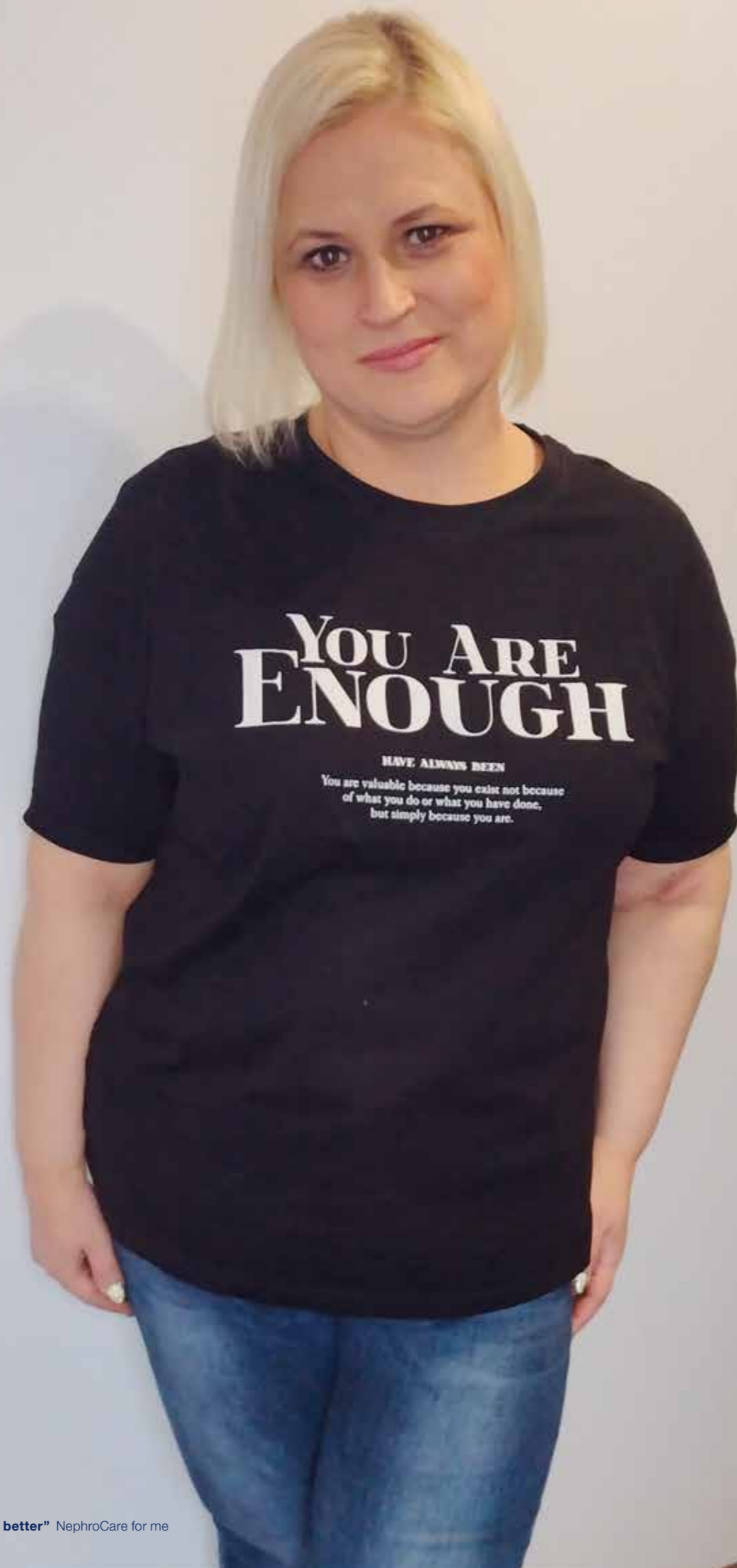
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Adapting to dialysis:

“I finally feel better”

One of the biggest challenges of dialysis clearly is adapting to it. After all, it's a big change in life, and it can be quite a struggle. Read how Agnieszka Jeznach from Poland got through this phase – and what helped her to finally feel better.

Yes, it was difficult at the beginning. When Agnieszka Jeznach found out that she had kidney disease 11 years ago, it was a complete surprise to her. And she was pregnant, making her worried twice as much (the pregnancy went well, as you will find out in a moment). For almost 10 years doctors managed to keep her kidneys working with medication and she was under constant specialist care.

Still, the day came when she was told that she would need dialysis. Two years ago, in the middle of the Corona pandemic, she had a fistula prepared and started haemodialysis at the Fresenius Dialysis Centre in Sochaczew.

Difficult beginnings

The clinic did everything to prepare Agnieszka – but of course it was a big change in her life. She recalls that she tried to keep an optimistic attitude, but there were many things she had to get used to. The biggest change was fluid restriction. She went from the 3 litres she had been recom-

mended to drink during her treatment before dialysis, to less than 1.5 litres a day. What a change...

Agnieszka admits that she was surprised how painful the insertion was, and how much time dialysis therapy takes. She would often feel weak and have a headache after dialysis, usually going to sleep straight away when she returned home. In these difficult beginnings she was sad that the improvement of her well-being didn't set in as quickly as she had hoped.

The turnaround

Agnieszka had to be patient. It simply took time to adjust to the dialysis. But after a while, a change was noticeable. With a sigh of relief, she admits: “Suddenly, after a year, I clearly felt that I recovered, and now I can see a big change. I have more energy and desire to live.”

Agnieszka says that she basically went through the entire disease with her son. She even says that it is for him that she tries her

hardest. The relentless support of her family is very important to her as well. Her husband and sister are always by her side, so she can count on their help and understanding.

Back to life

Keeping a positive mindset is very important to her. “Dialysis is hard” she admits, “and yes, there are moments of breakdown.” But then she always turns this thought around: if it wasn’t for the treatment, she wouldn’t be alive, and it’s important to be optimistic about life.

Agnieszka knows that it’s essential to spend time with the family. Dialysis takes time and it’s important to her that she has time to be active and social on the weekends, sometimes even going on small trips. She started dialysis in the pandemic and has not yet had the opportunity to benefit from longer trips and holiday dialysis. But last year she and her family spent a weekend at the seaside and in the mountains.

Keep learning

Agnieszka says she appreciates advice from other patients with whom she spends time on dialysis. She is listening closely when they tell her how to deal with phosphorus or what to watch out for in her diet. Another great source of information are the brochures and materials she receives at the dialysis centre, and of course the doctors. Agnieszka stopped looking for information on the internet as it is often contradictory or confusing to her. She prefers tried and tested materials from the medical staff.



Agnieszka knows what helps her keep a positive mindset: time with friends and family – and spending time in the mountains.

And there’s her old challenge – the thirst. She keeps working on it. Like eating less spicy and salty things to reduce the need to drink. She tries to drink in small sips and exercises her willpower all the time. She uses the information and dietary tables she was given at the dialysis station.

Agnieszka is a great example how an optimistic approach, consistently following recommendations and enjoying the support of friends and relatives are key to living with dialysis. Today, Agnieszka is doing better and better on dialysis – her results and her well-being show it clearly, and her family is happy for her. So are we!

From patient to innovator:

The story of Gal Hostnik

Every time we hear stories from our patients, we are inspired by their relentless efforts to lead a good life in spite of all the challenges they face. And sometimes we learn about a patient that simply amazes us. Gal Hostnik is one of them. Find out more about him – in his own words.

It’s tough when you are faced with kidney disease when you are still just a kid. Our Slovenian patient Gal Hostnik had to face it when he was just fourteen. What makes his story remarkable is how he reacted to this tough challenge.

Gal studied economics in Ljubljana and then used his experience and knowledge to become an entrepreneur and inventor. Today, he runs his own company “Cydney” with a bold mission: “to create a new way of treating kidney disease. But let him tell you all about it himself:

When we are young, we have lots of plans for what we want to do in life. But sometimes life takes its own path, and we are forced to adapt to new circumstances. It’s difficult at first, and we struggle. Only when we learn to accept and adapt, inspiration can come, new ideas and creative powers can arise again – and even new meaning for our lives.



Proudly presenting his invention: our patient Gal Hostnik.



For Gal, time spent in dialysis turned into time for studying.

This is what happened to me. At a young age, I was struck by an illness that forced me to abandon the goals I had set for what I wanted to do in life – and start a new life, one that I could not have imagined.

Growing up

I will never forget my first encounter with illness. It was Saturday morning, and I was ready to head off to summer scout camp. But instead, my parents had to take me to the hospital. The doctors told me that I had lupus, a chronic autoimmune disease. I was 14, and the news turned my world upside down.

The immunosuppressants caused my face to change shape. I'm sure you can imagine the effect on my self-image at this sensitive age. After three weeks in the hospital, I was free again – but only six months later I relapsed. Due to kidney failure, I had to go on dialysis. That's when I first encountered hemodialysis.

Miraculously, my kidney recovered, and I was able to spend the next three and a half years as a normal teenager while attending high school. Now I know how lucky I was at that time – because at age 18, I ended up on dialysis again.

Trying to live

At the time, I thought that this was the worst thing that could happen to me, so I decided to have a transplant. I was so happy when they called me, and I rushed to the hospital thinking that I would finally be healthy.

Unfortunately, that did not happen as my body did not accept the new kidney. I felt like I was always in the hospital – every time when the leucocytes dropped, and when I had pneumonia. In the end, the kidney finally failed to function. By that time, it was so bad that I wanted to go back to dialysis.

Facing reality

You will be able to imagine what followed. A feeling of hopelessness, of sadness and anger. But I had to face the reality of the situation, and with the support of my family and friends, I eventually began to accept my illness.

It is true that I really wasn't a lucky man during those years. But it was an enlightening time as well. I learned to understand that

impact on our freedom and spontaneity. But with a well-planned use of free time and a positive attitude, even these challenges are reduced.

I tried to find perspectives and possibilities within my life with dialysis. The time constraints that dialysis brings to your life made it difficult for me to find a job. My reaction to this: spending more time on my studies in economics.

My life with dialysis is full of challenges, but I am grateful to be able to use my knowledge and the Fistula Protect project to improve the quality of life for dialysis patients. Although there are still many challenges ahead of me, I believe in the wisdom:

”When life gives you lemons, make lemonade”

(Elbert Hubbard).

dialysis is giving me back my quality of life. And I decided to add an extra hour to my schedule before and after dialysis.

It stopped me from being in a hurry, and it made my life less stressful. I started to look at things in a different way, realizing that we don't lose time in dialysis. The five hours we spend there give us many more hours to live.

A matter of perspective

Yes, dialysis comes with limitations. Taking care of fluids, phosphates and potassium, travelling, fistula care – it does have an

It is possible to see the bright side of dialysis and realize its benefits. It stops one for a moment, it can put you in a state of calm, and an opportunity to reflect, learn and read. And to create. This is when I had the idea of developing a protector for my fistula.

From accident to invention

I put a lot of emphasis on doing things that I love during my precious free time. Like playing paintball. Yes, it's an unusual thing to do for someone that lives with dialysis, but I didn't want to stop playing.



Ideal for physical work and exercise:
Gal's Fistula Protect.

You know what was bound to happen. During one of those games, my AV fistula was hit by two coloured paint balls. Fortunately, there was no bleeding, but I realized that an active lifestyle can quickly lead to a more serious injury. I felt the need to protect my fistula.

The protector

In this moment I had the idea. I talked to my friends about it and we went to work. With the help of 3D technology, we made a protector that fitted perfectly to my aneurysm. The protector is soft and pleasant to use but hard in the area of my aneurysms where protection is most crucial.

I started wearing the protector and soon there were other patients who needed such protection. We optimised the protector so it could be individualized for every patient. We gave it a simple name, Fistula Protect, and it has even been certified as a medical device.

Free to be active

Whether it is during sports or when you are working on something that might endanger the safety of your fistula, the protector can help to keep us from harm. It's not just a physical protection, it has a positive effect on my mindset, feeling a lot more secure and less afraid of getting hurt.



If you want to know more about **Fistula Protect**, you can easily find information on the internet.



Self-image and body-image:

Being okay with yourself

Throughout life, the human body undergoes a continuous transformation. Most of the changes are natural – they are part of the process of aging. But not all of them, as most people with kidney disease will know. These changes don't just affect our body-image, they also have an impact on our overall self-image. How do we best deal with that? How can we be okay about our self? Let's have a look.

All of us are concerned about our body image, independent of our gender, age or health condition.

Why? Because a positive body-image makes us more confident in ourselves, feel more attractive and makes us feel better overall.

But what exactly is our „body-image“?

Psychologists have defined it as „the mental picture that people have of their own bodily functions and body, including associated external and internal sensations.“*

*Leung DKC. Psychosocial aspects in renal patients. Perit Dial Int. 2003;23(S2):S90-94.

When the body changes

It's completely natural that we don't always like the changes our bodies go through – especially when they are a consequence of chronic kidney disease. It's important to know how this affects our body image and our self image.

Why? Because knowing about these effects is the first step to coping with them, and to keep a positive self image. So, let's talk about these changes and about ways to stay okay with our selves. These are some of the most frequent changes we go through:

- Temporary or permanent changes in skin color and texture
- Loss or thinness of hair with a dryer appearance
- Temporary appearance of edemas in the limbs
- Post-surgical scars as a result of interventions to create a vascular access
- Vascular access path for dialysis dependent on the type of fistula or catheter

It takes time to adapt to these changes, and we tend to think we are alone with them. But it is important to remember that most people are able to cope quite well – and it's a good idea which methods they apply. Let's take a look at the most effective ones:

Rational thinking

The most important thing to know is that you are not just defined by what you see in the mirror. Physical appearance does not define you. Stay rational about yourself and keep in mind that there are so many more things that make up who you are. Be aware of them and use them to stay positive – aspects of physical appearance like clothing and hair-style for example, or trying a more relaxed, natural and balanced look at things.

Look at your strong points

Remember, you are not alone, we all face these changes. So don't just look at what may not be like it used to be, look at your strengths. Focus on what you are good at and capitalize on your qualities. Sometimes it can be difficult to identify your own strengths. Simply ask yourself the simple question of what you like about yourself, and what people like about you. These are the aspects that can help you strengthen your self-image.



Positive inner speech

A good strategy is to never forget what an amazing and wonderful thing a body is. Even under the most difficult circumstances, it keeps you alive, it even fights for you to live. Ask yourself what you can do for your body to reward it for being such a miracle. It's not about what changes, it's about what is constant – the miracle of life itself. In this way you can learn to reframe your inner discourse about yourself and turn it into a positive one.

Practice critical thinking

It is a smart idea to take a step back and look at the foundations of our dissatisfaction with the state of our body. The main reason for this is not our body – it's society and its unrealistic standards of perfection in terms of beauty and body appearance. We all know that the face of beauty that we see online and on TV is the product of huge teams of beauty specialists and plenty of digital

manipulation. Keep reminding yourself that this image is not connected to reality, and that you are beautiful just the way you are.

Take care of your body

That doesn't mean that there is no need to take care of your physical appearance. Self-care is a vital component of how we relate to our own body and is mandatory to enjoy a good quality of life. There is so much you can do to pamper your body. Please consult with your care team about what may be the most suitable option for you, like taking daily time to enjoy a relaxing shower and use your favorite cleansing products and create your skin care rituals. To make sure you use the right products, consult your dermatologist, or follow the recommendations of your nephrologist. Include a minimum of 30 minutes of physical activity in your daily routine and choose healthy foods suitable for your diet.



Positive reclassification

It's one of the most basic truths of life that we can't change what has already happened. But we can definitely change the way we look at specific situations. When we go through unpleasant moments, the mind tends to focus only on the negative aspects, ignoring the positive ones. This leads to discomfort and frustration, and it limits you in making the right decisions for yourself. Positive reclassification is a way to give events and their results a new "classification" – a new category. You look at an event and stop looking at what happened – but rather what the event says about you, what you learned from it, or how it made you stronger. A scar is more than just a mark. It's a story, a learning, a tale of survival.

Make use of beauty services

Be good to yourself and allow yourself a few moments of relaxation and pampering in a beauty salon. It's more than just a service as you also enjoy a well-deserved moment of relaxation. On top, you will receive individualized recommendations and learn methods by which to maintain your desired appearance. Pay attention to the care of hair and nails so that you enjoy a healthy and aes-

thetic physical appearance. Alternatively, go online and follow the recommendations of specialists and try to include their advice in your beauty routine. By the way – this is not just a recommendation for women!

Forget "what others will say"

To assume that we know what others think of us is a common error of thought that induces an intense emotional discomfort. We are not able to read other people's thoughts – and most of the time, what we imagine that others might think of us is quite different from their real perception. We often think that the dialysis access that we wear is the first thing that people see – when most people do not notice or don't make much of it. And even if someone has negative thoughts about you, it will only be significant if you give it meaning. Practice not to be bothered. Don't submit yourself to the fear of rejection when most people would never reject anyone. Especially not for having a kidney disease.

Show your style

As mentioned before – there are things we can't control. But there are numerous aspects that you can control so that you feel good in your own body. Your physical appearance can be improved when you wear clothes that are appropriate to your fashion style, items that highlight your strengths, that make you feel comfortable. Choose your style and wear it, always keep your clothes clean and well maintained. And talk to other patients about how they managed to adapt to changes and what were the tricks they resorted to enjoy the desired physical appearance.

Keep talking

You will know how liberating it is when you are able to share your worries with a trustworthy person. Vocalize the emotions you feel about the changes of your body. Especially when you start dialysis – a time that brings so many changes and so much new information that it can be overwhelming. Surround yourself with people who can provide you with emotional support, people that can restore your self-confidence by highlighting your personal strengths. And if you have already experienced all of this, be with other patients who are facing such difficulties.



Muscle relaxation techniques

A useful and inexpensive way to relax and direct your attention to your own body is to practice a muscle relaxation technique. The regular application of this method diminishes the level of stress, improves the quality of sleep and reduces muscle tension. By focusing on certain areas of the body during the relaxation exercise you can become more aware of your body and sensations. To have the expected effects, this training must be understood and executed correctly, so it will

have to be initiated in the presence of a specialist. Talk to your care team to customize these techniques so that they best meet your needs.

Don't hide the transformation

Give yourself time to get used to what is new to your body. Start by carefully observing what is different. When you feel safe and fully accepted, allow friends, family, patients and care team members to see your dialysis access without feeling constrained in any way. If you don't feel ready yet, don't expose yourself to large groups of people wearing clothing that provides visibility to vascular access. In case you have a fistula, opt for long-sleeved clothes, and if you have a catheter, wear scarves or clothes with a collar.

Yes, it can happen that people's curious eyes are on you. Why don't you break the ice and set the tone for the conversation, explaining what these observable changes mean and how they have found their place on your body. In this way you will gain control over the discussion, you will share with others only as much as you want, and you will avoid any uncomfortable questions.

We are there for you

What you can always rely on is the understanding and the advice of your care team. It's part of our job to help you go through these changes. Tap into the knowledge and experience of the team whenever you need them. We will help you on your way to a positive self-image.



After recycling almost 900 computers: the proud Fresenius Medical Care team with their certificate.

The great IT exchange:

A story of sustainability and inclusion

How can 875 used NephroCare company laptops, PCs and smartphones simultaneously protect the environment and promote inclusion? What usually translates into an enormous pile of electronic waste turned into an inspiring story – and even an award certificate. This is how it all happened.

When Armin Heber heard that the decision was made to renew all computers, servers and mobile devices in all German NephroCare clinics he knew that this was going to keep him occupied for a while. After all, there are more than 90 clinics, and every one of them would need about a week. All in all... at least two and a half years. And the fact that the Corona pandemic was just beginning didn't make things easier.

But what Armin and his team also saw back then was the huge amount of old hardware that needed to be taken care of. Hundreds of old devices would be exchanged for new ones – and both he and his team decided to minimize the impact on the environment that a project like this could easily lead to.

A perfect partner

In search of a partner that would help them keep the environmental impact low the team quickly found a nonprofit company called AfB – social and green, an organization that has specialized in the refurbishment and resale of used IT hardware. At the same time, the social enterprise focuses on inclusion: 45% of the more than 500 employees are severely disabled.

The concept is surprisingly simple. AfB takes over all used IT and mobile devices, ensure certified data deletion and then refurbish and sell them online or at their own shop. Needless to say that the whole project was set up



to comply with GDPR regulations. The refurbished devices even come with a 12-month warranty.

Tricky logistics

There is one difficult aspect though. These are all dialysis clinics. Patients need to be cared for, and it's not an option to simply close a clinic down for a week to exchange the devices. It took a lot of planning and patience to do the job at each of the 90 clinics.

In the end, they came up with a plan that would cause the least amount of disturbance and downtime, and no dialysis appointment had to be cancelled. Week after week, clinic after clinic the joint Fresenius / AfB team collected almost 900 devices and installed the new ones.

Better for patients

What seems like a great advantage for all the clinics and their personnel is also a great plus for all NephroCare patients. New devices with more functions, more storage, faster and more connected – they help improve the quality of service immensely.

An even more impactful benefit: as a consequence, all clinics now work with the same hard- and software. This standardization of all IT related aspects makes it much easier to deliver a consistently high standard of care. And that's not even all – a lot of communication that used to be paper based is now entirely digital, increasing the positive environmental impact even more.

Certified success

In the end, NephroCare even received a certificate stating all the positive impact this

The certificate: almost 600.000 liters of water saved, close to 300.000 kWh of energy - and much more.

project had. It is simply stunning! Of the 875 IT devices that would have turned to trash, more than 44% were remarketed. For tablets, the reuse rate was even 94%.

An astonishing 223,378 kWh of energy was saved, 454,945 liters of water and 58,346 kg of CO₂ – that translates into 28 flights from New York to Berlin and back. An especially remarkable result: the size of the project even secured the job of a person with a disability.

This project was great for all the clinics, for their patients, for nature and inclusion. More than just a win-win situation – it's a clear win-win-win-win.



The partnership with AfB supported no less than seven of the United Nations' Sustainable Development Goals:



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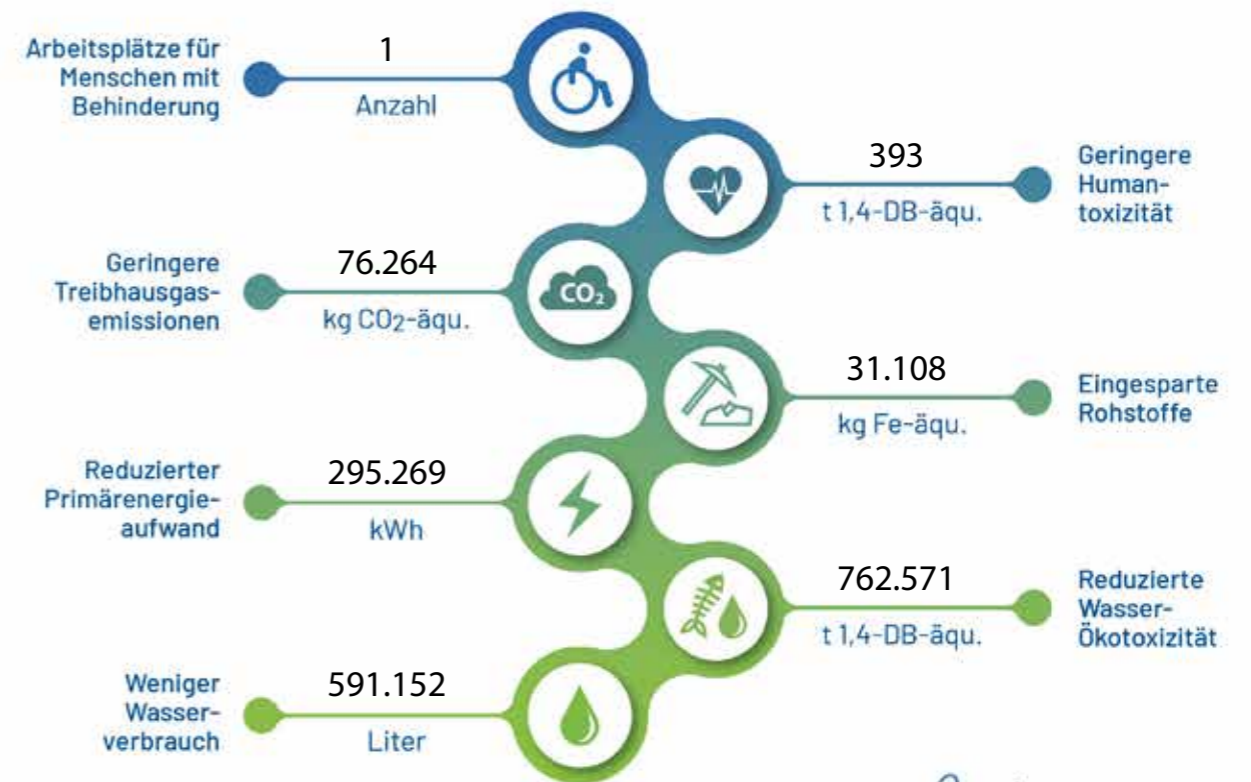
URKUNDE

für sozial-ökologische Wirkung mit IT-Hardware

Die AfB gemeinnützige GmbH dankt der
NephroCare Deutschland GmbH

AfB gGmbH ist Europas größtes gemeinnütziges IT-Unternehmen und spezialisiert auf die Lebensdauererlängerung gebrauchter IT- und Mobilgeräte durch professionelle Datenvernichtung, Aufarbeitung und Wiedervermarktung. Das anerkannte Inklusionsunternehmen beschäftigt rund 500 Mitarbeitende in fünf Ländern, ca. 45% davon sind Menschen mit Behinderung.

Im Rahmen unserer Partnerschaft wurde vom 01.01.2020 bis 31.12.2021 durch die an AfB übergebenen Geräte folgende Wirkung erzielt:



Paul Cvilak
Paul Cvilak, Gründer und Geschäftsführer
Ettlingen, den 24.03.2022

Diese Urkunde ist ein valider Nachweis über eingesparte Ressourcen, jedoch kein Klimaschutz-Zertifikat zur CO₂-Kompensation.



Covid-19, monkeypox and the flu:

Time to get vaccinated

After almost three years of living with Covid-19 it's not easy to stick to the necessary precautionary measures. But they are just as important now as on day one. And then there is that other winter health topic – influenza. Here are a few important facts about getting vaccinated

Let's talk about the Corona pandemic first.

We sometimes think that Corona is primarily a problem during the winter – but it is a full year challenge as we could see this summer. To continue precaution measures, get vaccinated and refresh the vaccination if recommended by our physicians. Keep in mind: just like other viruses, SARS-COV-19 keeps changing. The new strains of the virus are much more transmissible than earlier versions. In other words: it's easier to catch it.

Getting vaccinated

The best way to lower the risk of getting sick and reducing the risk of severe symptoms is a vaccination. The companies that are producing these vaccines are constantly working to update them. Vaccines customized for the newest variant have a high chance to prevent infection; yet, these vaccines may only be available later in time. Even if the virus continuously mutates, the currently available vaccines provide a high level of protection from severe illness. The

best possible prevention of severe illness is most important.

Even if it is not mandatory by law, using masks in closed environments (e.g. transport, or venues packed with many people) keeping distance, and increase ventilation are still important measures to protect yourself and others.

There are still concerns in the public about side effects of vaccinations. What we all should know is that the body always reacts to a vaccination as the immune system is activated. It starts working to build your protection. This can lead to typical symptoms such as sore arm, fatigue, headaches, light fever. That's perfectly normal. Still – it is important to inform your care team if you experience significant side effects.

Flu season is here – it's a good idea to get vaccinated.



Flu season

While we all keep thinking and talking about Covid-19, we sometimes tend to forget about the flu. But just because influenza is not at the top of our minds it doesn't mean that it's not there anymore. So – is it a good idea to get a flu shot as well? Yes of course! But make sure that you discuss this with a physician first.

All vaccines are designed to immunize against a specific health threat. Which means that only an influenza vaccination can help against influenza viruses. The flu can be just as severe as COVID-19 in its present mutation, and the both keep changing. That's why we need a new influenza vaccination every year and stimulate the immune system to be activated and ready to fight a potential infection.

Monkeypox

Just when we thought that the Covid-19 pandemic is getting better we are faced with another health threat: monkeypox. It's a virus-caused disease that is transmitted through close skin-to-skin contact. Additionally, the virus can be passed on between humans, if the same object or fabric is touched. People can transmit the virus to others as soon as they experience symptoms and are considered infectious until the disease is healed.

People who contract monkeypox typically develop a highly infectious painful and itchy rash that looks like pimples. Other symptoms can include fever, chills, general feeling of tiredness, swollen lymph nodes, muscle aches, headache or respiratory symptoms.



Another health concern we need to be aware of: monkeypox.

Reduce infection risk

In order to reduce the risk of infection, it is important to avoid physical contact with other people, particularly if people have an undiagnosed rash. After touching door handles or other objects in public spaces, please perform hand hygiene immediately. If you experience symptoms or have been in contact with the virus, please avoid contact with other people as much as possible, until you have been tested.

For your dialysis treatment, please inform the clinic in advance in case you suspect or have contracted the virus, so the clinic team can organise your treatment accordingly. Currently, there is no Monkeypox-specific vaccination available. A vaccination against smallpox has been proven to be the best-possible vaccination to reduce the risk of severe disease.



Consult your care team

Before getting vaccinated, be sure to have a conversation with your care team. They will give you all important information and answer your questions about possible side effects. Do your best to stay away from viruses this winter. Get vaccinated.

Caring with passion:

Our Value Award winners

Collaborative, reliable, proactive, excellent. Our four main values are very important to us at Fresenius Medical Care – and to our employees worldwide. It has become a kind of tradition to introduce you to some of the winners of our global Value Awards – and the stories that make them so special. Here are four more:

This is Joana

For our winner in the “Collaboration” category we don’t have to travel far. From Portimão to Restelo near the Torre de Belém in Lisbon it’s just a two and a half hour drive. Joana Evangelista is living proof that collaboration and flexibility are always great answers when change is imminent.

Change is truly her constant, geographically when she moved to Lisbon, but even more professionally. That’s why she was a role model to her colleagues in how she adapted to the changes the pandemic brought upon us. Her colleagues are in praise: “Frequent changes in schedules, managing vaccinations and still being attentive to patients, supporting the education of nurses and training students – Joana is always focusing on the big picture”. We’re proud to work with her.

Recognized for her outstanding collaborative work style: Joana.



Meet Paula

When we are talking about the people that make a difference at a clinic, we almost instinctively think about medical staff. But we know that the administrative staff is just as important, and Paula Alegre from our clinic in Portimão (Portugal) proves that care is more than just a medical topic.

Often enough patients are facing challenges in bureaucratic processes and administrative needs. This is when Paula has her finest moments. Her colleagues call her a deeply committed problem solver and admire her for her enthusiastic approach to her work. No wonder she won in the “Reliability” category.

Paula loves the company’s mission to create a future worth living, making it her own personal mission as well. She says: “This is what makes me get up every day, doing my best to improve the future so that I and everyone around me can live better.” We couldn’t agree more.

Paula: her colleagues praise her as a great problem solver.



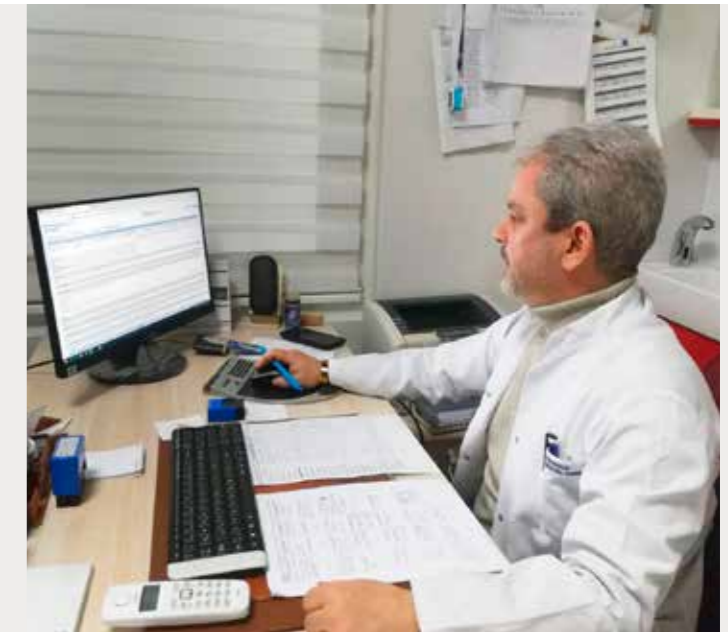
Introducing: Lorraine

The next Value Award winner is anything but close: Lorraine van Wyk is approaching her 20th year at Fresenius Medical Care, working as an Application Specialist in Cape Town, South Africa. Her recognition in the “Proactive” category is well deserved as she puts a lot of effort in expanding the services of her clinic, and in making sure that health care professionals get access to training and even to online conferences.

Lorraine says that her definition of proactivity is “Breaking out of silos and working across different departments to give the best possible service.” All winners of our Value Award are nominated by their colleagues. Her team in South Africa says that Lorraine “always thinking ahead, testing what works best and then sharing her findings so that the entire team can be empowered.” Way to go, Lorraine!



Deeply dedicated to his work: Yüksel Yücedağ.



Merhaba! Say hi to Yüksel

For our last stop we return to the northern hemisphere, meeting another winner in the “Proactivity” category, Mr. Yüksel Yücedağ. As a Medical Director at our clinic in Izmir, Turkey, he had to face quite a few tough challenges. On top of the difficulties that came with the pandemic his clinic was also badly hit by a massive flood.

Yüksel was smart to think ahead, making sure that their patients were taken care of by other clinics within the region. Being the modest man that he is, he says that “the award was given to me on behalf of our entire clinic.” Still, his part in this is anything but small, ensuring fast interaction with local authorities, making sure that the damages were taken care of quickly and therefore getting the clinic operational in the fastest possible time. Hats off to Yüksel!





The Spanish Mediterranean Coast:

Culture, Culinary Delights and excellent Care

The Mediterranean is a unique holiday destination with plenty of cultural attraction and a magnificent cuisine. It's a part of the world that also offers excellent care conditions for patients who need kidney treatment. Today, we introduce you to our clinics in Porto Cristo, in Majorca, and El Vendrell, in the province of Tarragona. It's off to Spain!

Our first stop: Majorca, the Balearic beauty. An island with lots of beaches and coves, crystal-clear waters, charming towns and cities, and a marvellous cuisine. Its main city Palma de Majorca with its Roman, Muslim and Christian history boasts plenty of picturesque little streets, a magnificent cathedral and beautiful courtyards in most of its stately homes. It's an architectural and cultural marvel, and one of the best-preserved old towns in Europe.

Cala Figuera:
Majorca has thousands of idyllic places to discover.

Next, we're heading out to the east of the island, to Porto Cristo, a small town famous for its beautiful natural harbour and its pleasant promenade. It's a perfect place to relax and enjoy a healthy Mediterranean meal, and then visit the caverns of the Cuevas del Drach which hide one of the world's largest underground lakes. Or just enjoy a day at the beach – no less sixteen coves are waiting for you along the coastline.

Let's go dining

Majorca is often known for sangria and paella, but the island's kitchen has a lot more to offer. Its rice dishes, vegetables, pastries, fish and bread reflect the influence that various cultures have had on the island's gastronomy over the centuries.

A good lunch or dinner can begin with a tumbet, a dish of fried vegetables with tomato sauce which can be eaten alone or as a garnish to accompany meat or fish. Arròs brut is one of the island's most iconic rice dishes. It is made with a brothy base from various types of meat and vegetables which give it its incredible flavour. There is also a wide variety of cocas, the closest thing to pizza you will find on this side of the Mediterranean.



A magical place:
the great caves of Cuevas del Drach.



The majestic cathedral of Santa Maria of Palma is often also called “La Seu”

And of course, there is pa amb oli: something which is quite simple – bread with cluster tomatoes, olive oil and salt – becomes a gourmet dish when it is accompanied with the region’s excellent cured meats, as is the case with llonguet, the quintessential Majorcan roll.

The Costa Dorada

Well fed? Great. Let’s jump over to the Spanish mainland, to the endless beaches of the Costa Dorada. 126 kilometers! No wonder it is such a popular tourist destination. But the Costa Dorada also contains genuine hidden treasures that will surprise the visitor.

The town of El Vendrell is a great example. Located in the Baix Penedès region, it has

everything you need to enjoy an unforgettable holiday. Its privileged location on the Via Augusta Roman road made it an important communications centre, as is evident in the town’s Archaeological Museum. Other cultural points of interest in the town are the Romanesque shrine of Sant Salvador, and the museum that was once home to the renowned cellist Pau Casals.

But then it’s time to hit one of the beaches: Sant Salvador, Coma-ruga and El Francès boast fine sand and transparent water at a perfect temperature. And if you want a change from the ocean, you can take a bath in the natural spring of Estany y El Riuet – its water is said to have healing properties.



Maritime promenade and Museum Pau Casals in El Vendrell, at the Costa Daurada.

The Catalan kitchen

The quintessential dish of the Penedès area is known as xato. It's a winter salad that is prepared with curly endives, salted and shredded cod (esqueixat), tuna, anchovies and olives, and accompanied by the sauce or dressing after which the dish is named. This sauce is made with almonds, hazelnuts, paprika, nyora peppers, roasted vegetables (onion, garlic and tomato), fried bread and olive oil. Can you taste it already?



Traditional Catalonia food: salad xato with codfish, eggs and olives.

Excellent Care

Nephrocare takes care of you in our clinics in Porto Cristo, in Majorca, and El Vendrell, in the province of Tarragona – whenever you need them as they are open all year round. Here, you can continue your dialysis sessions with the most innovative technologies, personalised care and meticulous attention to detail. Naturally, you don't have to speak Spanish – the centres have an international patient management service and multilingual staff.

When you book your trip, please make sure that you make a reservation early – and check with your health insurance company that they cover the treatment.

As you can see, there are plenty of reasons to head off to Spain for a wonderful holiday. There is just one problem... Where do you go first? Majorca? Or Costa Dorada? That's difficult one. In any case: Have a great vacation!



A fine fall menu

Fall is such a lovely time with its multi-colored leaves, the joy of harvest time and hearty healthy meals. To celebrate the season, we invited a dietician of our clinic in Madrid, Katherine Sagastegui Vargas, to create a special three course meal (with two options for main course) that is all about fall. Before you try out any these delicious recipes, please seek the advice of your dietician to find out what kind of food works for you in which amounts.



Onion, leek, carrot and courgette purée and breadcrumbs

Ingredients

1 medium courgette
 1 medium leek
 1 medium onion
 2 medium carrots
 200 ml water per person
 olive oil and freshly ground black pepper
 2 eggs (for garnish)

Serves 2

Preparation

1. Cut off the green stem and root of the leek.
2. Wash the courgette
3. Peel and wash the onion
4. Peel and wash the carrots.
5. Prepare the vegetables: soak for 4–5 hours before processing when they are clean, drain and double cook.
6. The final cooking time can be up to 30 minutes in a normal pot, depending on the type of texture you like best.
7. Once the vegetables are soft, blend with a blender or food processor.
8. Cook the eggs
9. Serve with a little oil and pepper, chop the boiled egg and place on top of the puree.

Nutritional Information

(value per serving – 1 person)

Calories	349,7 Kcal
Protein	18,5 g
Carbohydrates	13,7 g
Fats	22,6 g
Liquid	410 ml
Sodium	180 mg
Phosphorus	998 mg
Potassium	373 mg



Steamed salmon with julienned vegetables

Ingredients

2 salmon loins
 1 onion
 1 red pepper
 1 green pepper
 1 slice of lemon
 Olive oil
 Spices to taste:
 dill may be used in this recipe.

Serves 2

Nutritional Information

(value per serving – 1 person)

Calories	516,8 Kcal
Protein	166,9 g
Carbohydrates	13,5 g
Fats	230,2 g
Liquid	280 ml
Sodium	124,3 mg
Phosphorus	92,5 mg
Potassium	72,5 mg

Preparation

For the vegetable julienne

1. Preheat the oven to 190
2. Clean, peel and julienne all the vegetables and set aside.
3. In a frying pan with a little oil, sauté the vegetables until slightly softened. You can use garlic powder to season them.

To steam the fish

4. Take a large sheet of aluminium foil and spread a little oil on it using a brush, your hand or a piece of paper.
5. Place the sautéed vegetables on this oil and place the salmon fillets (skin and bones removed) on top.
6. For flavour you can put half a slice of lemon on top of the salmon fillets, sprinkle a little dill, garlic powder and a drizzle of oil.
7. Cut another piece of aluminium foil a little bigger, spread it with oil and cover the other one with it as if it were a package.
8. In this step it is important to close the 4 sides very well and carefully, avoiding openings so that the fish can cook with the steam that is generated.
9. Place the packet on a tray and bake in the oven for 12–16 minutes, depending on how cooked you like your salmon.
10. Serve at the table, so that the salmon does not lose heat.

Chicken stew with vegetables and potatoes



Note

if you need to reduce liquids due to a doctor's prescription, serve the stew with a skimmer.

Ingredients

2 chicken thighs
1-2 cloves of garlic
1 medium onion
100 g canned peas
1 large carrot
2 medium potatoes
75 ml red wine
1 bay leaf
olive oil, garlic powder, ground black pepper, paprika and pinch of salt

2 servings

Preparation

For the potatoes:

1. Peel the potatoes and leave them to soak, changing the water for at least 4–5 hours.

Nutritional Information

(value per serving – 1 person)

Calories	1088,2 Kcal
Protein	119,9 g
Carbohydrates	19 g
Fats	33,5 g
Liquid	631,4 ml
Sodium	398,7 mg
Phosphorus	2015 mg
Potassium	968,8 mg

Preparation

For the stew:

2. Chop the chicken and spice it with garlic powder and pepper on all sides.
3. For this recipe, you can use a fast cooker or a traditional pot: put the pot on medium-high heat with enough oil to brown the chicken on both sides (usually less than 10 minutes is enough) and set aside.
4. Peel and finely chop the garlic clove.
5. Peel the onion and cut into small pieces.
6. Peel and slice the carrot.
7. Remove the chicken from the pan, add the garlic, onion and carrot, using the oil from frying the chicken, until the onion is transparent and the carrots are soft.
8. Add the canned peas, washed and drained.
9. Cut the potato into wedges and add them to the pan along with the bay leaf.
10. Add a spoonful of paprika and stir.
11. Add the flour and cook for 2 minutes.
12. Add the red wine and turn up the heat until the alcohol evaporates (it will take a couple of minutes). Take the opportunity to stir the pan, removing anything that may have stuck to the pan.
13. Add the chicken and cover with a little water.
14. Leave to cook: in a normal pot, keep the heat on high until the stock starts to boil and then lower the heat to the minimum and leave to cook for about 30 minutes.
15. If you want a thicker stew, just leave to cook for a further 10 minutes.
16. Serve.



Small apple pies

Ingredients

Puff pastry dough: 1 rectangular sheet

1 small or medium apple

Sweetener

Cinnamon

1 egg

Serves 2

Nutritional Information

(value per serving – 1 person)

Calories	458,8 Kcal
Protein	13,8 g
Carbohydrates	72,3 g
Fats	11,6 g
Liquid	157,5 ml
Sodium	550 mg
Phosphorus	273,2 mg
Potassium	187 mg

Preparation

1. Preheat the oven to 200.
2. Roll out the puff pastry and cut into small triangles.
3. Cut the apple into thin slices less than 2 mm wide.
4. Place the apple slices at the base of the triangles and place them on a tray lined with baking paper.
5. Make the syrup: use a little hot water with sweetener and cinnamon.
6. Brush the triangles with the syrup.
7. Close the triangles: bring the peak of the triangle to the base, pressing a little.
8. Beat the egg and paint the little tarts.
9. Put the tray in the oven for 10–12 minutes at 200, until golden brown.
10. Serve.



About the author:

Katherine Sagastegui Vargas:

Nutritionist at Fresenius Medical Care in Madrid and Aranda del Duero (Spain). Her vocation and training mean that she promotes a healthy lifestyle, defending the direct relationship between good eating habits and health.



Sudoku, solution:

3	2	6	9	7	4	1	8	5				2	5	7	6	4	1	8	9	3
1	8	7	5	6	3	2	4	9				4	3	1	2	9	8	7	5	6
9	5	4	2	8	1	6	7	3				9	8	6	5	3	7	2	4	1
5	6	3	7	9	2	8	1	4				3	6	2	7	8	5	4	1	9
2	4	8	3	1	5	9	6	7				5	1	9	4	6	2	3	8	7
7	9	1	6	4	8	5	3	2				8	7	4	9	1	3	5	6	2
4	3	2	8	5	6	7	9	1	8	5	4	6	2	3	8	5	9	1	7	4
8	1	9	4	2	7	3	5	6	7	9	2	1	4	8	3	7	6	9	2	5
6	7	5	1	3	9	4	2	8	1	6	3	7	9	5	1	2	4	6	3	8
									1	7	5	9	2	8	3	6	4			
									9	4	3	5	7	6	8	1	2			
									8	6	2	4	3	1	5	7	9			
4	2	3	1	5	9	6	8	7	2	4	5	9	3	1	4	7	8	2	5	6
1	6	9	8	7	2	5	3	4	6	1	9	2	8	7	3	5	6	4	1	9
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3	8	2	9	6	1	4	7	5				8	4	9	6	3	2	1	7	5
6	5	4	3	8	7	1	9	2				7	6	5	9	8	1	3	4	2
7	9	1	4	2	5	3	6	8				1	2	3	5	4	7	6	9	8
8	4	5	7	3	6	9	2	1				5	9	2	1	6	4	8	3	7
9	3	7	2	1	4	8	5	6				3	1	8	7	2	5	9	6	4
2	1	6	5	9	8	7	4	3				6	7	4	8	9	3	5	2	1

Here are the eight mistakes...

