

Summer 2020

NephroCare

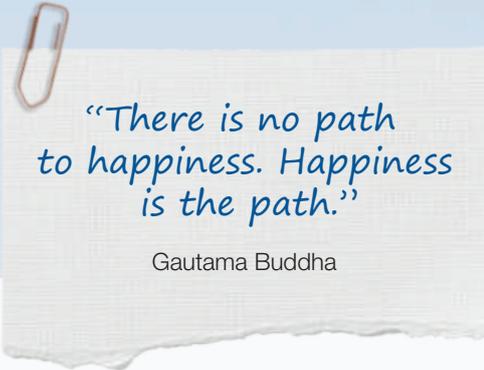
for me



myCompanion:
Your companion for
everyday life

World Kidney Day
From prevention
to detection

How to deal with
emotional hunger



“There is no path
to happiness. Happiness
is the path.”

Gautama Buddha

Welcome!

Dear Readers,

This magazine comes to you in troubled times, dominated by a virus that brought severe changes and fears, but also solidarity and courage. This year we celebrate the International Year of the Nurse and the Midwife and there are no words to express our thanks to those who are the heart and soul of our organization.

At a time when technological solutions have been considered crucial, particularly for populations at risk, **we present to you myCompanion - our app for haemodialysis patients at NephroCare Clinics**, already available in several countries. As more informed patients are better prepared to deal with the disease, we invite you to read our patients' testimonials, confirming that they have chosen to have a more active role in their treatment.

Through the World Kidney Day, we travelled to the south of Europe. Our teams celebrated this day implementing extended prevention campaigns. And inspired by Mother's Day, we talk about pregnancy, kidney disease and hope – the testimonial of **young Khadija, from the Granollers Dialysis Centre in Barcelona**, is a true lesson of hope for mothers around the world.

Don't forget to look at our tasty recipe section, where we will teach you how to make delicious fresh pasta. Relax and enjoy our Italian and Spanish recipes. **The kitchen is just a starting and a meeting point for our creativity.**

Summer already started, so enjoy it as much as possible! Be prepared and follow our tips and recommendations for a happy and safe summer.

Warm regards from,

Your **NephroCare** *for me* Editorial Team



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When we accept chronic disease, time will bring us wisdom...

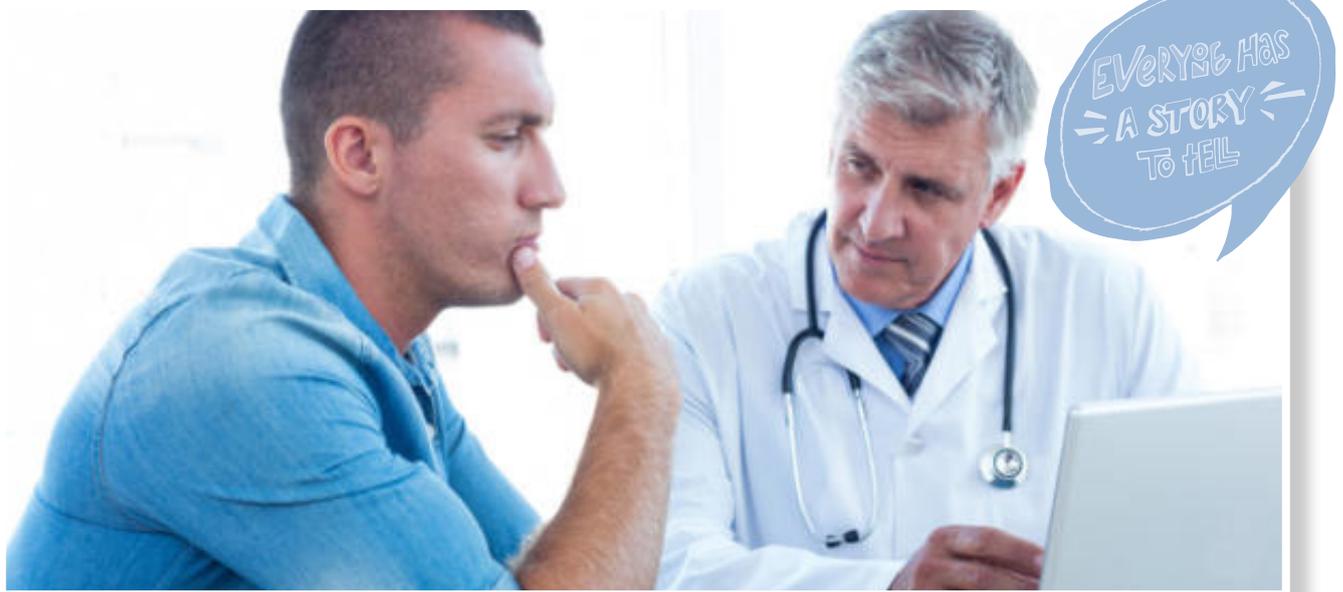
Accepting that you have a chronic disease is difficult. All patients go through moments of rebellion, fear and uncertainty. But this acceptance is essential for better treatment results in the future. Nurses assist and support patients during this acceptance process and throughout their lives. Ricardo Peralta is nurse care coordinator in Portugal and tells us about Pedro's story.

A real-life story

As always, Pedro is the last to weigh himself; he comes again with two newspapers and a book under his right arm. He intends to be the last one to enter the dialysis room, takes all these new routines very seriously. He wants to have enough time to wash the arm of the fistula, without being pressured by the proximity of the other patients. He's always careful to keep that arm uncovered so as not to contaminate the fistula again. He is still a young man, approximately 40 years old, very cordial, well-educated, but not very talkative. Before weighing and with a glance, he

confirms that his place is vacant. It is right at the end of the dialysis room, because he understands that the places closest to the entrance are for patients with mobility difficulties. The first patients have already started treatment, he will be the last one, "someone has to be the last one", he exclaims with great naturalness and good.

The accompanying nurse checks the weighing and, as always, the weight gain is within the standards suggested by his doctor and nutritionist. He has created a diary with the food he should avoid and the amount of liquids he can drink each day. This diary has





several menus that are easy to cook and that allow him to adhere and adapt to food restrictions. Pedro began dialysis about a year ago, as this was the best way to control the limitations that this disease imposes. “Each patient must create their own strategies”, he says with conviction.

He sees the treatment in a very positive way, and found that he could enjoy his greatest hobby, reading. The teaching profession did not allow him free time to read, so now he takes full advantage of every minute during the treatment.

As soon as he sits down in his chair, he picks up the newspaper and then starts reading “the end pages”. Amazingly, he can ignore the movement and bustle that surrounds

him, only to be interrupted by the nurse when his turn comes.

As a routine, after the treatment starts it’s time to give his “friend” a chance.

“Books are my best friends. I always have one by my side. They keep me company, teach me so much, and have helped me a lot since the beginning of this illness. They never demand anything in return, only time, this precious time that I now have.”

His taste for reading has allowed him to be well informed about his illness, prepared for the multiple changes in his lifestyle related to dialysis prescription, dietary restrictions, and for the need to strictly comply with multiple medications. Pedro was able to create important strategies to facilitate this process while maintaining a good quality of life.



«I fought for my daughter and I never lost hope»

Khadija is 28 years old and has a story of overcoming adversity to share, a testimonial of the life of a strong and generous woman who has gone through a lot and has overcome all the obstacles presented by her illness to continue her pregnancy and to have her daughter. For 6 years, she has been attending the Granollers Dialysis Centre.

A personal decision

Khadija became pregnant with her first child at the age of 22, shortly after being diagnosed with CKD. Despite all warnings, she continued the pregnancy and had to begin dialysis three months after giving birth to her son. She remembers the support from Dr. Mora at the Fresenius Medical Care dialysis Centre in Granollers near Barcelona when she became pregnant again five years later: “I thought Dr. Mora was going to be angry with me for putting my life and the life of my

unborn child at risk again, but when I told him, he calmed me down, supported me and gave me the strength to continue.”

Dr. Mora explains: “For patients like Khadija, there are many concerns, for instance, the possibility of the pregnancy triggering health complications or special measures that they need to follow. Khadija’s weekly dialysis sessions were increased from three to six, paying special attention to fluid control and her blood pressure.” He also explains how doctor-patient communication and therapy



Khadija during her dialysis treatment at the FME Dialysis centre in Granollers



are two key aspects to avoiding complications: “From the very first moment Khadija understood that she had to follow a set of medical instructions, slightly different from her usual ones, such as daily dialysis. She was eager to collaborate and knew that it was for the sake of both herself and her unborn child. She collaborated until the end, which resulted in a successful pregnancy and birth.”

A message of hope

Although CKD is considered a risk for pregnancy and may have negative consequences for the mother and baby, Khadija never stopped fighting for her dream. She currently goes to the Granollers dialysis centre three times a week, where she spends four hours each time receiving treatment. Like any other mother, on the days when she doesn't go to the dialysis centre, Khadija leads a normal life. “I get up early in the morning, do the household chores, take my son to school and take him to play in the park in the afternoon.”

After an unsuccessful transplant, Khadija is currently on a paired kidney exchange program with her husband, awaiting a new gift of life, but always supported by the strength and determination that her children give her every day.



Khadija



Pregnancy and kidney disease

Inspired by Mother's Day, we share seven questions and answers thinking about all women with kidney disease or kidney failure who dream about starting a family.

A new baby brings joy to any family. However, pregnancy can put a lot of stress on your body. If you have kidney disease or kidney failure, you can face an increased risk during this period.

Are you thinking about pregnancy?

If so, you should discuss it beforehand with your doctor. They know you, and can help you make a decision based on your own personal health. There are many things to consider. You and your doctor should discuss them all very carefully.

Pay attention to:

- Your stage of kidney disease
- Your general health
- Your age
- Having high blood pressure, diabetes, or heart disease
- Having other serious health conditions
- Protein in your urine

Here are a few brief answers to some common questions about kidney disease and pregnancy.

Can a woman with “mild” kidney disease have a baby?

That depends. There is the chance that women with very mild kidney disease (stages 1-2), normal blood pressure, and little or no protein in the urine (called “proteinuria”) can have a healthy pregnancy.

In women with moderate to severe kidney disease (stages 3-5) the risk of complications increases.

Can a woman who is on dialysis have a baby?

Some changes in your body make it difficult to become pregnant. For example, most women on dialysis have anaemia (a low red blood cell count) and hormone changes. This may stop them from having regular menstrual periods.

What is proteinuria? It's a sign of kidney damage. Your body needs protein. But it should be in your blood, not in your urine. Having protein in your urine usually means that your kidneys cannot filter your blood well and the protein is leaking out.

Women with kidney failure are usually advised against becoming pregnant. The rate of complications is very high. Risks to both the mother and developing baby are high. If you are thinking about getting pregnant, talk to your healthcare provider. If you do get pregnant, you will need close medical supervision, changes in medication, and more dialysis to have a healthy baby.

Can a woman who has had a kidney transplant have a baby?

Yes. If you have had a kidney transplant, you are likely to have regular menstrual periods and good general health. Therefore, getting pregnant and having a child is possible. But pregnancy is not recommended for at least one year after your transplant, even with a stable kidney function. Some medicines that

you take after a kidney transplant can cause problems to a developing baby.

Talk with your physician if you have had a transplant and are thinking about getting pregnant. Your physician may need to change your medication so that it is safe for you to become pregnant. It is very important to use birth control until you and your healthcare provider have agreed that it is safe for you to become pregnant.

How might medicines taken by transplant patients affect an unborn child?

Although many anti-rejection medicines are generally safe for a pregnant woman and her baby, some can affect pregnancy and the baby.

Talk to your physician about your situation.





If you have a kidney transplant and are considering pregnancy, you should discuss it carefully with your transplant team and your kidney doctor. Your doctor may want you to switch to a different anti-rejection medicine.

Can a man who is on dialysis or who has a kidney transplant father a child?

Yes. Men on dialysis or those who have a kidney transplant can father children. If you've been trying to father a child for a year

or more without success, talk with your doctor. A man with kidney disease or kidney failure may be helped with a routine fertility check-up. Also, some medications that are used after a transplant can reduce a man's ability to father children. If you have had a transplant and would like to father a child, talk to your doctor about your medication.





What kind of birth control is recommended for kidney patients?

Dialysis and transplant patients who are sexually active and have not undergone menopause should use birth control to prevent pregnancy. Your healthcare provider can recommend the type of birth control that should be used and can consider the best alternative considering your religious beliefs.

Many women who have high blood pressure should not use “the pill” (oral contraceptives) since this type of medicine can raise blood pressure and increase the chance of blood clots. The diaphragm, sponge, and condom are usually acceptable means of birth control, especially when used with spermicidal creams, foams or jellies. The newer IUD (intrauterine device) is also possible.

Origin of Mother's Day celebration

The history of Mother's Day in the UK is centuries old. The origin of this day is said to date back to the first Christians in England, who celebrated the festivity of mothers on the fourth Sunday of Lent. Mothering Sunday can be attributed to the tradition of visiting the nearest parish, called 'Daughter Church', every Sunday. In the 17th century, children from 10 years old left their homes to begin work as apprentices.

Once a year in the middle of Lent, young people could visit their home and their Mother Church. At that time, children brought gifts, flowers or special cakes for their mothers. These visits became annual family gatherings and, after a while, the meaning of returning to the Mother Church was extended to include all mothers, hence the name Mothering Sunday.





myCompanion: Your companion for everyday life

The recent pandemic has increased the use of technological solutions in our lives, especially in populations at risk. NephroCare recently launched myCompanion, an app to allow our haemodialysis patients to take a more active role in their treatment.

This app was launched in September 2019 and we already have onboard eleven countries, with a total of more than 1,000 active users. We are looking forward to welcoming more active users to the app and plan to launch the app in further countries in future. Emanuel and Fernando, patients from Portugal, were one of the first users of myCompanion, both giving the app top marks as the “best ally in recent times”.

myCompanion is the name of the recent app developed exclusively for haemodialysis patients at NephroCare clinics. With myCompanion, NephroCare patients can now have access to their treatment summary, access the prescribed medication, as well as their laboratory results, through the reliable EuCliD database.

With this app, patients can take a more active role in their treatment and share all the information with their family and friends, as they can access the data via mobile phone.

Our patients – what do they say about myCompanion?

Emanuel, 75 years old, one of the first users of myCompanion in Portugal. He talks with our app specialist about how this app has improved his daily life.

Mr. Emanuel is now 75 years old. He was born on Madeira Island and considers himself a person full of energy and hope. He was 72 when he was diagnosed with Chronic Kidney Failure and since then he was sure

that he would spend many hours under our care. Starting the treatments was not easy, and dealing with a new routine was challenging. But, over time, the clinic gradually became his “second home”.

«My partner says that she has learned more in the application than in many cookbooks.»

Emanuel

The myCompanion application was launched at NephroCare Machico in February and Mr. Emanuel was one of the first users to show an interest in it, since he had always been interested in new technologies. The application was introduced by Nurse Marta Menezes and today its daily use has become vital. From curiosity to enthusiasm, he has always acknowledged it and, in fact, considers using the application “a privilege”.

Interview 1: Our patient Emanuel shares his experience with myCompanion to nurse Marta

From 0 to 10, how do you rate the application in general?

A 10, without any doubt.

Is the use of the application relevant in your daily life?

Relevant is not enough. It has become my best ally in recent times. I use it over and over again and I am very grateful to those who actually made all this possible.

Can you easily interpret all the information available?

Yes, everything is remarkably simple and easy to understand.

How many times a week do you use it?

At least 3 times a week, as a rule, I always access the day after treatment.

Do you find it important to enter the code whenever you log in?

Yes, of course. We must protect our data.

What part of the application do you use the most?

The data from the previous treatment. The next day, I am always curious to make a small evaluation of the treatment, always relating it to the previous ones.

Have you tried making any of the recipes available in the topic “discover recipes”?

Yes, many. My partner even says at home that she has learned more in the application than in many cookbooks. It is particularly important and valuable to have all the nutritional components, so, depending on the amount of phosphorus or potassium that a certain recipe has, I can make a more suitable choice for me.



Emanuel



Have you researched or were you curious to know more about your medication, also available under the topic for this purpose?

Yes, I looked at the medication that is administered here and the one I take at home. It helps a lot. The other day I went to the cardiologist and I did not even need to bring my medication. I turned on the application, showed it and it was super funny and fancy.

Do you feel more informed about your disease and its treatment by using the application?

Obviously. We know a lot about our health condition from the time we start the treatments until today. However, with the help of the application I feel that I am safer and understand much more about what can be done. I learned to interpret data and to evaluate it better and better. I also find it impressive that the homepage changes and offers different information. It's always nice to

read. And then? Then, unintentionally, I learned something else.

Are the lab graphs easy to interpret?

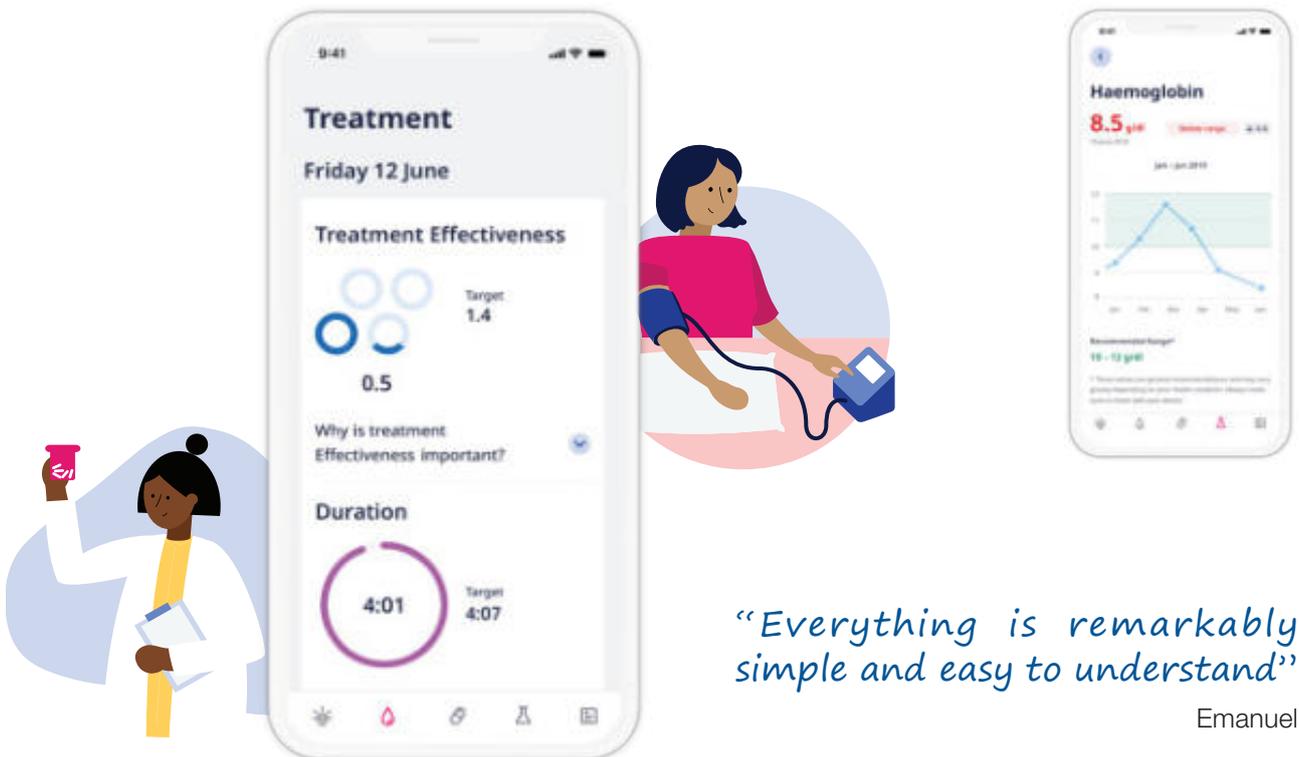
Yes. It's easy to have a very quick and simplified view of our health condition. Even today, the doctor asked me about the phosphorus value since the beginning of the year and I instinctively went to show him the graph right away.

In your opinion, do you think there should be more data? If so, which ones?

Yes, the laboratory data should give a brief explanation of all the parameters analysed, for example, I see the value of albumin and I do not really know what it means.

If you needed to introduce the app to a new user, would you recommend it?

Of course! I would even help you install it if necessary.



“Everything is remarkably simple and easy to understand”

Emanuel

Interview 2: Our patient Fernando, from NephroCare Braga, shares his experience with myCompanion to nurse Jorge

How do you see the usability of this application?

The application allows us to have hands-on and accurate date of our treatments. We can now have the information without having to ask doctors or nurses.

What is your opinion about the application's layout and ease of use?

It looks good, even on the mobile phone. With more frequent usage, it also becomes easier to obtain the information that it contains.

How often do you use the application?

Several times a month.

“It looks good, even on the mobile phone”

Fernando

What content do you usually access?

I always look at the lab tests values at the beginning of the month and I like to control the weight and blood pressure during treatments. From time to time, I also look for tips and useful information about the disease and treatment.

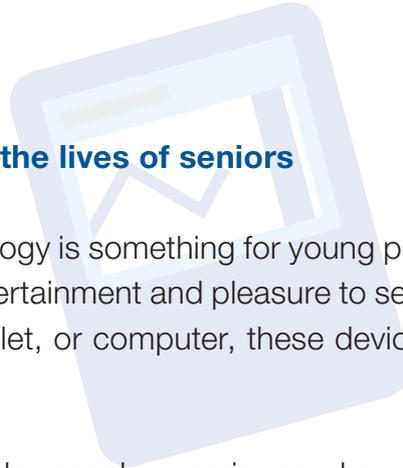


Fernando

myCompanion

NephroCare patients join the digital journey...

myCompanion, which you can download via Google Play or Apple Store, is free to use. To make the process easier, the app also allows you to log in using facial and fingerprint recognition. Moreover, it is possible to share your app access with caregivers and loved ones. After your permission, your treatment data can be seen by others. Ask your nurse for further information. For the first time, you can view your personal therapy data directly from your clinic's reliable EuCliD database. It shows your treatment data as well as medication and monthly lab results so that you can keep track and take a more active role in your treatment. You have it on your phone, so you can easily share it with your family and friends too. To provide a high a level of security and confidentiality of your personal treatment data originated from EuCliD, the data is transferred in an encrypted file. You can easily access all the information in the application whenever you want. All you need is a good internet connection.



How technology can enrich the lives of seniors

It is often assumed that technology is something for young people, but there are many simple ways to bring new forms of entertainment and pleasure to seniors in their homes. Even if they do not own a smartphone, tablet, or computer, these devices can be shared by caregivers and loved ones.

Despite the many difficulties older people experience when they use new technologies, they recognise the benefits of these applications and strive to keep up with friends and family, especially today.

Due to the novel Coronavirus pandemic, life happens online, and the older generation must now face and struggle to adapt to this “new” digital age.

As we age and our hearing deteriorates, talking on the phone can often be frustrating and limiting. FaceTime and Skype can be a fun way to connect. A face-to-face phone call on a smartphone or tablet, especially when talking to young family members, can be such a happy experience. Seeing each other’s faces as we speak can help fill in some of the gaps our ears may have missed.

Also, the major concern in taking care of our aging loved ones is tracking their health condition, treatments, medications and nutrition. Changing the health condition, treatments and medicines often confuses caregivers and family members.

Digital can make things less complicated with smartphone medical apps for seniors.

On social media platforms, users post personal photos, videos and write messages to share with others in their social network, that is, the people they are connected to online. If your friends and family use social media to share information about their everyday life, consider setting up a free profile and joining in on the fun.

The internet offers so much to discover. For instance, at www.nephrocare.com you will find a host of useful information about managing and living with kidney disease. So, don’t forget to ask at your clinic about our app – myCompanion.





“I feel proud to be part of a NephroCare team”

They are the unseen part of a structure, often invisible on the front line, but key in supporting patients and disinfecting the facilities to ensure safe treatments. Antonio Maia is part of the NephroCare-Maia clinic team. His story deserves to be shared for so many other reasons.



“I usually say that here we have an ulterior motive. We perform our work with utmost thoroughness, because we always work with our patients in mind”, he emphasises. Antonio is a man who pays attention to detail and is extremely caring with older patients, which over the years require more dedicated care.

Antonio Maia, NephroCare Healthcare Assistant, renewing his vote of confidence for the past four years.

Four years ago, when he was called for an interview at one of our clinics, the Clinic Head Nurse had prepared a set of eliminatory questions. “Are you aware that disinfection demands technique? Are you prepared to accurately perform your tasks?” Antonio nodded to all the questions. And given the hesitation that remained, due to the candidate’s lack of experience in the healthcare sector, the assistant requested trust and confidence. To date, Antonio is still the only man in a predominantly female team.

He has done a bit of everything in life, but he is the first to recognise that “this job suits him perfectly”. He controls warehouse tasks, including stock and material management, and performs disinfection in compliance and in line with the motto ‘Safety First’, which has lately been applied intensively, in line with the company’s standards, due to pandemic contingency so as to prevent infections.

Perhaps it is a professional habit from the time he was a photographer. When he was a child, - he tells us – his mother bought him a camera and he started to spend his pocket money on films to photograph his family. This gift taught him “to see far beyond what others can’t see”. And later, in the darkroom, when photo processing was still a thing, he processed his photos films from weddings, baptisms and social events. “I took photos of several famous Portuguese celebrities at Rivoli, in Porto”. But it was with Herman José, a well-known Portuguese-German comedian, that he truly enjoyed a little chit-chat: “He was really kind. I told him I was his fan”. Antonio also has great humour and his talents do not go unnoticed in the clinic. Antonio shares that “from time to time, they asked me to mimic a colleague. They say

that I copy our Maintenance Technician, Arlindo, very well because I can copy his peculiar vocabulary. I started calling him 'Tarefinhas' (Mr. Task), as this is the word he uses when he talks about his jobs. And nowadays, due to familiarity, this has become his nickname". "I like to laugh and make people laugh", he says.

And the patients like to joke with him. Antonio shares that he has already lost count of the number of times he has repeated the patients' favourite jokes. "When a new patient arrives at the clinic, the older ones ask me to tell them the usual jokes", he explains with an open and genuine smile. But Antonio has more requests on his list. In his free time, he does craft works and the pieces he makes, made of foam and paper, received much praise at the NephroCare-Maia. In January, Antonio made his first prototype: "I wanted to offer an original gift to my nephew whom I go jogging with, and I bought a model like this. I was interested in how these items are made so I searched online. Since January, I have made half a dozen models", he says. They are all on show in the clinic's meeting room. One of them represents a support



member and the next model will be a patient. In addition to running a marathon, one of his projects for 2020 is to create a model inspired by the patient, on behalf of the person he cares for every day. "As I mentioned in one of the books in which my poems were published, *Indivisible emotions*, I sometimes sit back, open a window and think that my hands are there to help all those in need of my care and assistance. I believe that the people who need dialysis treatment are strong, resilient and brave, and it's not always easy. But I'm here, and so is the whole clinical team, to help them overcome the most 'challenging' moments".

António, through the eyes of his Colleagues

Head Nurse Leonilde Amado

«Antonio is reliable, caring, devoted, committed to the patients and to the multidisciplinary team. Having him around means we're always in a good mood. He is creative, innovative and puts his ideas into practice».

Healthcare Assistant Daniela Passos

«Antonio is a very professional, dynamic, accountable, and thoughtful co-worker with the patients. With the support team, he cooperates in all tasks and brings harmony and good mood to the team».

Technician Arlindo Lourenço

«I am Mr. Maia's number 1 fan. Good workmate. Loyal and reliable in his tasks. An excellent imitator, he imitates me perfectly – just as I am! We can count on him».



World Kidney Day: Kidney health

World Kidney Day, celebrated on March 12, had as its theme “Kidney Health for Everyone Everywhere - from Prevention to Detection and Equitable Access to Care”. Learn about how some of our clinics in other countries celebrated and implemented their prevention campaigns throughout the year.

Celebrated every year on the second Thursday of March, the World Kidney Day is a global campaign that aims to raise awareness to the importance of our kidneys.

Hundreds of public events took place around the world events with the general aim of raising awareness about preventive behaviours, risk factors and how to live with a kidney disease.

World Kidney Day was first celebrated in 2006 and has not stopped growing since then. Every year the campaign chooses a specific theme. World Kidney Day aims to (WHO):

- Raise awareness about our “amazing kidneys” and emphasise that diabetes and high blood pressure are key risk factors for Chronic Kidney Disease (CKD).
- Encourage systematic screening of all patients with diabetes and hypertension for CKD.
- Encourage preventive behaviours.
- Educate all medical professionals about

their key role in detecting and reducing the risk of CKD, particularly in high risk populations.

- Underline the important role of local and national health authorities in controlling the CKD epidemic. On World Kidney Day, all governments are encouraged to act and invest in further kidney exams.
- Encourage transplantation as a best possible treatment option, if suitable, for kidney failure, and the act of organ donation as a life-saving initiative.

Prevention: essential for reducing the incidence of chronic kidney disease

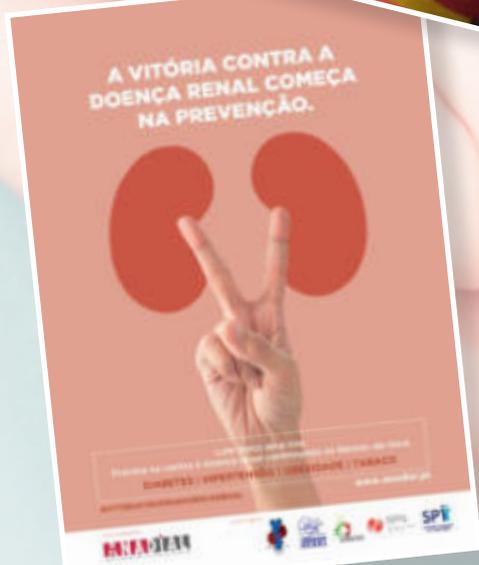
Chronic kidney disease affects between 8 to 10% of the adult population and prevention plays an essential role, as it is a disease that can be treated but has no cure.

Prevention campaigns help raise awareness of the importance of maintaining good kidney health, through the adoption of healthy lifestyles. Education is essential to reduce the incidence of kidney disease.

Victory against Kidney Disease begins with prevention

Fresenius Medical Care Portugal has joined the campaign “The Victory against Renal Disease Begins in Prevention”, promoted by Associação Nacional de Centros de Diálise – ANADIAL (National Association of Dialysis Centres). More than celebrate the 12th of March, we decided to join an all year-round campaign. This campaign aims to increase knowledge and understanding about

chronic kidney disease, promoting its prevention. This year, our nurses have already conducted an average of 15 awareness sessions in primary and secondary schools in several places across the country. A special thanks to our teams who joined the campaign and taught our children, teenagers and seniors about prevention and kidney disease.



Campaign poster



Health professionals do sessions on chronic kidney disease



«The Spanish Prevention Brigade»

The medical and nursing staff of our dialysis centres in Spain, jointly with the renal patient associations, led a campaign for students aged between 5-16 years - The Prevention Brigade.

Steps of the Campaign

During the talks, the staff makes a simple and very graphic presentation about the kidney, its main functions, what happens when the kidneys fail, and, above all, how we can prevent kidney disease and other related diseases (diabetes, hypertension, etc.) and

how we can help others prevent it. Where possible, we have one of our patients from our centres or from the Kidney Patient Association come and tell their personal story. This helps raise the awareness to the prevention we talked about, so that they can feel responsible for themselves and help others prevent the .

After the talk, it is time for the students to take part in the activities. As members of the “Prevention Brigade” for one week, they have a huge task: to have their colleagues from



other classrooms and of different age groups and their families be aware of the importance of prevention. They are given basic leaflets and key messages so that they can explain the information and make sure they understood what advice they should about leading a healthy life and avoiding possible illnesses.

They have a sticker to identify them as the “Prevention Brigade” and are also given the “healthy tokens” with healthy recommendations to assess their weekly achievement at home with their families.

At the end of the week, a second meeting is held where the students take stock of the experience and share with their classmates what they learned there.

In recognition of their work, they are given a gift to remember the achievement during those days for the benefit of their families and their colleagues.

As the purpose of this brigade is prevention, this campaign will take place throughout the year (not only on the World Kidney Day) in different schools and involving students of different age groups, so that the message reaches as many people as possible. We’re making every effort for the project to be approved by the Spanish Ministry of Education to be included in the school agendas of all Spanish schools.

«Prevention Brigade: Heroes for the Kidney»

«Prevention Brigade: Heroes for the Kidney» stresses the importance of healthy lifestyle habits: balanced diet, physical exercise, adequate rest, correct hydration, no smoking and moderate alcohol intake, to prevent the

onset of the disease and delay the development of CKD, which already affects 10% of the population worldwide.

The project involves the students so that, through their example, they can in turn train and encourage other classmates, relatives and close friends to participate, raising awareness about the importance of preventing the onset of kidney disease.

What does the “Prevention Brigade” consist of?

Colleagues from our dialysis centres throughout Spain, in collaboration with patients from our centres, former patients already transplanted or some associations of kidney patients make a simple and visual presentation of what the kidney is, its functions and what happens when the kidney stops working. They share the importance of prevention and how to prevent kidney disease and other diseases that act as triggers (diabetes, hypertension), as well as how they can help others become aware of and prevent it. Patient testimonials and experiences continue to be a key element for students. Empathising with them and being aware that this disease really exists makes them acquire a sense of responsibility to take care of themselves and to help others prevent the disease.

After the presentation, the students are engaged in hands-on activities! They become heroes for the kidney for one week. With the help of various graphic training materials that we provide, they are responsible for sharing, informing and advising on the adoption of healthy lifestyle habits to other colleagues,



Education is essential to reduce the incidence of kidney disease.



friends and family. To record their heroic work, each student records the contacts they made in a preset table on the back cover of the training brochure, so that they know that their knowledge and example were transmitted to many people.

But it doesn't end here! Each student is given the "Healthy Sheet", a sheet with 5 recommendations/tips for leading a healthy life. During that week, and under the responsibility and supervision of each student, three members of their household must complete the form and fully follow the recommendations so that at the end of the week they self-evaluate and value not only the achievements of their family, but their ability to take responsibility for important things, sharing in class all the episodes and experiences.

In recognition of their work, all the brigade members receive some gifts (t-shirts, memo pad or diplomas) to remind them that being heroes for the kidney is a commitment not only for a week, but also for their entire lifetime.

Since we started the project in 2014, more than 15,000 students have participated in this project, making it easier for awareness messages to indirectly reach more than 1,000,000 people.

Heroes for the kidney is a commitment not only for a week, but for an entire lifetime.

Moreover, this project is enriching both for children and for those who give the talks:

Madrid, Olga, Supervisor

«Sharing this experience with children is extremely rewarding. They are keen to learn and we learn from them. Without even being aware of it, they include us in their lives in a natural way, commenting, asking and thanking us for being there. Through this initiative, we are able to increase their knowledge, have them carry out prevention exercises, which will be particularly useful for when they are adults. I would do it again without a moment's hesitation».

Mayte Curiel, Supervisor of the Dialysis Centre of Madrid-Moncloa

«Through this educational experience, we can say that we have seen the children become interested and taking initiatives in promoting kidney prevention care. We treasure the beautiful moments that we experienced and wish to continue developing our teaching, especially for the little ones».

Belen Ramos Alcario, Supervisor of the Dialysis Centre Tarragona

«It has been rewarding to explain not only the kidney function and healthy habits, but also to be able to explain the work that nurses do every day and see the enthusiasm and admiration shown by the children and their astonishment when learning new things. It is fascinating to see the surprised reactions of students and even teachers. It allows you to contribute with your knowledge and introduce healthy habits. In addition, it allows us to address kidney disease outside the hospital context. In short, a highly recommended experience, which I will certainly repeat».



2020, International Year of Nurse and the Midwife

WHO has designated 2020 as the Year of the Nurse and the Midwife. This year, more than ever, we feel how special nurses are in our lives. Thank you for being the heart and soul of our organisation.

During this pandemic time while everyone was asked to stay home, nurses were asked to work on the frontline. Our amazing NephroCare nurses lead by example. We are proud of them and THANK them for their work. You inspire us every day with your professionalism, commitment and compassion. That's why we decided to dedicate these pages to explain to our patients the meaning of "International Year of the Nurse and the Midwife", sharing with you testimonials and experiences.

Being a Nurse

These professionals play a key role in providing health services, devoting their lives to caring for the sick, the elderly, mothers and babies, responding to their daily needs essential to their well-being.

The main goal of The Year of the Nurse and the Midwife is to celebrate the work of nurses and midwives, highlighting the challenging conditions they often face and emphasising the need to invest in these professionals. The world needs an additional 9 million nurses and midwives to achieve universal health coverage by 2030.



Key messages from the WHO:

- Nurses and midwives play a vital role in providing health care;
- Empowering nursing to achieve universal health;
- Increase the leadership and influence of nursing to improve health services;
- Commit the political will and funding to improve nursing.

*Thanks for being the heart
and soul of our organization*





Do you know the six reasons why the WHO chose 2020 to be the International Year of the Nurse and the Midwife?

This year marks the 200th anniversary of Florence Nightingale's birth, founder of modern nursing who was born in 1820. Her birthday is celebrated every year on 12 May as International Nurses Day. However, in 2020 the celebrations took place throughout the year.

This year, WHO will launch its first report on the state of nursing in the world, in which it describes the nursing workforce, providing an assessment of the adequacy to the goals of the 13th General Work Programme.

The worldwide Nursing Now campaign, launched in 2018 will end in late 2020. Nursing Now focuses on five areas: ensuring that specialist nurses and Maternal and Obstetric Health nurses have a more prominent voice in health policy making; encouraging a greater investment in the nursing workforce; recruiting more nurses into leadership positions; conducting research that helps determine where nurses can have the greatest impact; and sharing best practice in nursing.

Nurses constitute more than 50% of the health workforce in many countries. Nurses are generally the frontline of care and, in some cases, may be the only health provider in the region, especially in developing countries.

There is a large shortage of nursing professionals. Because of their important role in the global health workforce, nurses and

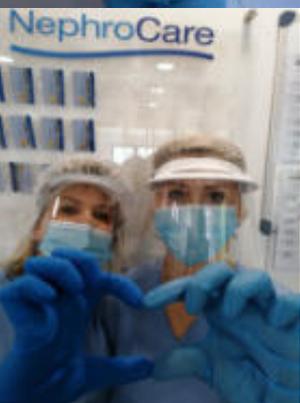
specialist nurses in Maternal and Obstetrics Health will account for more than 50% of the shortage of health workers by 2030.

The support to nurses boosts economic growth and gender equality. WHO advocates the "triple impact" that comes from giving nurses what they need: better health, stronger economies and larger gender equality. While men may also be nurses, the majority are women.



We want to celebrate Nursing! You, the inspiring nurses who with dedication, empathy and high professionalism take care of our patients, all over the world, every day.

Some of the pictures were taken before the outbreak of the novel Coronavirus pandemic and therefore show our colleagues without face masks





The WHO has designated 2020 as the Year of the Nurse and the Midwife.

This year, more than ever, we realise how special nurses are in our lives.

Marjelka Trkuja, Nursing Director and Head of Nursing Care for the region of Europe, Middle East and Africa, shared with us her vision and experience.



Your story and position in the company

My nursing career began in 1992 and I never imagined where it would take me. Not to say that I haven't had hopes and aspirations, but my professional life started at a time of uncertainty brought about by the Croatian homeland war.

Nursing in those days was no easy task. Building knowledge and experience was challenging and focused on basics. But being part of the university hospital apparatus was immediately my preferred environment.

I always appreciated learning new things, so I invested further in my professional calling and earned a Bachelor's degree in nursing soon after the war in Croatia ended. This led me to realise another dream – I became a dialysis teacher at the University School of Medicine in Rijeka.

Being part of one of the significant university hospitals in Croatia for 15 years has taught me a great deal, but aspiring to do more in hands-on education opened the doors to join Fresenius Medical Care Croatia as Country Responsible Trainer, training our colleagues on new machines, techniques and applications, and Country Nursing Manager, coordinating all NephroCare nurses in Croatia and guiding the implementation of our care standards. Besides pure nursing, working nine years as Country Nursing Manager brought me a wealth of knowledge and my further development in nursing management. In these years I complemented my formal

nursing education by earning a Master's degree in Nursing Science.

In 2016 I had the opportunity of tackling management on a wider scale. I was most happy to accept the new challenge and relocated with my family to Germany in order to become NephroCare Nursing Director and Head of Nursing Care in the EMEA region (Europe, Middle East, and Africa). This is an exciting position that enables me to lead a team of great nurses and work with wonderful colleagues on a daily basis in the nursing community, as well as with different experts and professionals.

If I was given the opportunity to change my experience and path, I don't think I would change much.



Your experiences when you were in a clinic

Experiencing nursing and especially experiencing dialysis nursing during war-time was different in many ways. What we lacked in basic equipment, materials and treatment options, we made up for it with unity and solidarity. Working night shifts was always scary but it gave us courage and satisfaction when all patients were safely sent home.

My experience has proven that nurses are always oriented to acquiring knowledge to make the life of dialysis patients easier and better, and supporting them to live their life to the fullest.



Why is the Year of the Nurse and Midwife so important to you?

The Year of the Nurse and the Midwife helped draw attention to nursing worldwide and to sensitise the public to nursing in general. Although the novel Coronavirus pandemic has brought with it additional challenges, nursing must remain an important focus beyond this pandemic. It is a uniquely important profession required in society, but also a highly challenging one. If we can empower nurses to be proud of their profession and to speak up, learn and perform to their full capabilities and wide knowledge, we will, indirectly, empower the patients.

The nursing profession has lost some of its attractiveness for various reasons, the main one being recognition. Nursing is not recognised and valued everywhere in the same way. In some countries it is not a specific profession and nurses are paid less. In other countries, nurses are clinic managers and/or therapy prescribers and, as such, well recognised. Ultimately, nurses are a crucial part of the healthcare system and should claim their place with knowledge, experience, and competence. This position will not be a given, we have to achieve it and be visible by taking part in the major discussions. This is where we have to put in a lot of effort and be brave enough to speak up, and this is part of the Year of the Nurse and Midwife campaign.



What do you want patients to know about the Year of the Nurse and Midwife

I am confident that all patients are well informed about our campaign and have

already shared their appreciation. Also, they are the main reason why we, nurses, are passionate about this profession. Becoming part of a patient's family comes naturally in a dialysis clinic environment.

For patients, nurses are people they can confide in, trust with difficult questions, and rely on.

For nurses, the patients' wellbeing and a drive to ensure the best treatment is a fundamental part of our profession and, therefore, is second nature to us.

My final message for our patients is: be open to express your fears, doubts, thoughts and needs to the nurses, but don't forget to be appreciative for all the good things your nurses do for you.



Marjelka Trkulja



João Fazendeiro Matos, Nursing Care Coordination in Care Operations for Europe, Middle East and Africa and Country Nursing Director in Portugal – João has broad national and international experience in Nursing Care and training and management, giving him a broader perspective of different realities, different cultures, different people, but always with the goal of providing good quality care and giving top priority to patients. He shared with us his vision about nursing, and describes the work on the frontline, which involves dedication, spirit of mission and personal sacrifice.

Nursing is...

According to the International Council of Nurses (ICN), nursing encompasses autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or well and in all settings. Nursing includes the promotion of health, prevention of illness, and the care of ill, disabled and dying people. Advocacy, promotion of a safe environment, research, participation in shaping health policy and in patient and health systems management, and education are also key nursing roles. (ICN, 2002).

Historically we can say that people who care for people can be intertwined with the history of humanity itself. The instinct of protection and group, the instinct of motherhood and fatherhood, caring for the elderly and the weak is intrinsic to the human being. But, historically, the attribution of these functions to people who have devoted themselves to them exclusively has varied throughout the course of history. From the first formal caregivers with deep religious ties, to a later stage in which caregivers, due to the risks associated with care, particularly in times of very contagious diseases such as the plague, were those proscribed by society itself, until

later on when the art of caring returned to the religious sphere, where it remained until very recently. Modern nursing began with the contributions of Florence Nightingale, who with several behaviour changes and systematic gestures helped reduce morbidity and mortality, including hygiene and infection control measures: Not less important she provided an important contribution to statistics in nursing care. She also has shared her knowledge in the publications “Notes on



João Fazendeiro

Nursing” and “Notes on Hospital”, revisiting the important concept of “First do no harm” commonly attributed to Hippocrates.

Nurses today are highly trained professionals who have not lost what has characterised their profession, who have great compassion and are highly competent, doing good to the “human being”.

From the perspective of social recognition, the historical course of the profession has given positive and negative contributions to the image that society has of nurses. Therefore, the sometimes difficult task of demonstrating their role lies often on the nurses themselves, but no less important, it is a responsibility of the organisation’s leaders and healthcare providers.

Modern nurses base their practice on knowledge and evidence, often with a great sense of purpose and even self-sacrifice. In addition to providing proper care and continuing education, nurses carry out important research that are in some way the driver of care advancement and improvement they provide to sick people.

Here are just a few examples of studies done and shared with the international community that contribute to the development of care on a more comprehensive scale:

“The outcome of a patient training programme on patients’ vascular access self-care behaviour” (Marta Cunha)

“Patient-centred outcomes: quality of life concerns reported by patients undergoing dialysis” (Joao Barros)

“Care coordination in CKD patients undergoing haemodialysis” (Ana Lino)

“Assessment of care requirements in patients with chronic kidney disease during haemodialysis” (Margarida Ferreira)

“Education and health promotion in haemodialysis patients – nurses’ role in the learning process” (Mário Mateus)

Ultimately, nurses are first and foremost people who take care of people. As nurses, we will always be at your side, aiming for and dedicated to Patient Safety.

Our role is not limited to caring for the sick, but also to promoting the greater good, that is, health and wellbeing.

We welcome, care, and protect. We educate, research, and look for solutions. We comfort, encourage and fight alongside you... until you win! And we will always be incredibly grateful for your understanding and involvement in the care we give you.

Our work only makes sense if it resonates with you. We will always count on you. You can always count on us!



Modern nurses base their practice on knowledge and evidence. That is why we have a sense of purpose and even self-sacrifice.



Celebrations that unite the world: Carnivals

Carnival is one of the most colourful and fun parties of the year, all over the world. As usual, NephroCare cannot fail to commemorate this event in its dialysis rooms..

Music in the streets, colourful costumes and a good party are the first things that come to our minds when we hear the word carnival. Derived from the Latin “carnem levare”, this word refers to the last banquet that is celebrated before the beginning of Lent, during which, for the believers, people are not allowed to eat meat.

Its origins date back to the Middle Ages, although we cannot say for sure who first celebrated these festivities. There are those who say that by the 13th century in Italy there were already celebrations like those we know today, which later spread throughout the Christian world at the time.

Carnivals around the world

Some festivals today are iconic, such as the Carnival in Venice, Italy, known for its elaborate and eye-catching masks, the Carnival in Rio de Janeiro, Brazil, with its samba parades along the streets, or the famous Mardi Gras in New Orleans, USA, where people use green and purple costumes.

In the case of Spain, one cannot speak of carnivals without mentioning the internationally known Carnival of Tenerife, with its dancers and bright, feathered costumes, that of Cadiz with performers and music, or that of Badajoz, considered one of the best in Europe.

NephroCare Spain brings the spirit of carnival to dialysis facilities

Once again, the team of our NephroCare centres surprises us with their creativity by bringing the joy, colours and emotions of this party to our dialysis rooms. Thank you to the centres and their staff for their constant effort and enthusiasm!



The pictures were taken before the outbreak of the novel Coronavirus pandemic and therefore show our colleagues without face masks



How to deal with emotional hunger

When we eat to feel better or to relieve stress, we tend to eat junk food and sweets. Unfortunately, emotional eating doesn't solve our emotional problems. It's important to manage emotions and consume the same kidney-friendly food as usual.

Now that we are self-isolating, you might have to deal with mixed or negative feelings. It is important for you to be aware of any negative emotions like stress, loneliness, frustration or anxiety.

Your psychological health is fundamental for your overall well-being, so manage your emotions properly:

Avoid overeating and cravings

Don't let your emotions trick you and learn how to distinguish between real, physiological hunger and emotional hunger. Only eat when you really feel a physical need to do so and stop eating when you are full. In case your negative feelings are too overwhelming or you cannot manage emotions, seek medical advice.

- Keep your mind occupied with home activities instead of thinking too much
- Stay focused and take good care of your mental and physical health
- Try to see opportunities where others see problems
- Always stay optimistic and keep a positive attitude
- Express and share your positive attitude also when speaking to others
- Stay in touch with friends and family via phone or digital communication channels
- Filter the quantity and quality of information you absorb
- Do not listen to or share information that is not confirmed by local health authorities



Emotional hunger vs. Physical hunger

In case of emotional eating, you must start by identifying your personal triggers. What feelings or situations make you reach for comfort food?



Emotional hunger comes on suddenly	Physical hunger comes on gradually
Emotional hunger feels like it needs to be satisfied immediately	Physical hunger can wait
Emotional hunger craves specific comfort foods	Physical hunger is open to options—lots of things sound good
Emotional hunger is not satisfied with full stomach.	Physical hunger stops when you're full
Emotional eating triggers guilt, powerlessness and shame	Eating to satisfy physical hunger doesn't make you feel bad about yourself



From: <https://www.helpguide.org/>

Nutrition and shopping advice to eat healthy

Due to coronavirus prevention measures in dialysis centres, your treatment routine may change. Therefore, at present, it is critical that you stick to your diet and take care of your intake of fluids, potassium, and phosphorus. Here are some recommendations to manage your nutrition.

There is no scientific evidence that food is a likely source or route of transmission of the coronavirus (European Food Safety Authority, EFSA). You can still buy and consume the same kidney-friendly food as usual.

- Nevertheless, we recommend that you apply strict hygiene measures especially when handling raw food
- Wash your food, hands, kitchen surfaces and utensils, like knives and cutting boards, carefully with hot water and soap during food preparation
- Use different utensils, like knives and cutting boards, for raw and cooked foods
- Cooking or heating food can be an additional safety measure as the virus is sensitive to heat
- Store fresh and perishable foods in your refrigerator so it lasts longer
- Make good use of your freezer to preserve some food for longer

Shopping guide - Some important tips

If possible, you should not go shopping by yourself to lower the risk of infection. Ask your family or friends to help you or find a delivery service. Don't neglect your diet and follow the recommendations given by your doctor or dietician. Here are a few points to consider:

- Plan properly and make a shopping list so nothing is forgotten
- Make sure you have enough supplies for 14 days
- Buy food with an extended shelf life or tinned food, but avoid processed foods
- Be careful with long-lasting products like beans or peas, as they are rich in phosphorus and potassium; consume only moderately and not in longer periods between treatments

When getting food delivered to you, avoid direct contact with the person delivering the groceries. Keep the appropriate distance and avoid greetings that involve direct contact. After receiving the food, remove the packagings and discard them. You should wash your hands with soap and water for at least 20 seconds before touching your food.

Recommendations for your shopping list:

- Vegetables: buy them either raw or frozen
- Carbohydrates: rice, pasta, bread (for freezing) should not be left out from your shopping list
- Meat & fish: if you choose to buy fresh meat and fish, freeze a portion and consume the fresh one within a couple of days
- Fruit: as fruit is perishable, buy fresh (and un-ripe), avoid fruit with a high potassium level like banana or kiwi, stock up on tinned fruit (always in its juice, avoid syrup)
- Eggs: should not be missing from your pantry; if you store them in your refrigerator they will last longer
- Dairy: Buy long-life milk. Among dairy products, the best option is cured cheese





Manage your emotions: Keep moving

At home, the secret is to stay active and enjoy everything you like to do, but never have time to do them.

Activities you can do at home:

- *Stay active.* Work out at home. Try a virtual workout with a personal trainer or watch exercise videos available online.
- *Organize your home.* Do a thorough cleaning and organise your house to get rid of all the junk that is only taking up space at home. Take the opportunity to swap your winter clothes with your summer clothes, throw away what you no longer use or donate what can be enjoyed by those most in need.
- *Improve your skills in the kitchen.* Prepare meals worthy of a Michelin star for the whole family. If you need inspiration, you can visit websites or online cooking magazines, listen to podcasts or watch cooking videos or programmes.
- *Watch TV series, films and programmes.* Make the best of this break to relax and catch up on your favourite series. Watch the film you have wanted to see for so long. Review that show that makes you laugh.
- *Improve your reading habits.* Turn off any gadgets for a while and catch up on your reading. If you have children at home, define a reading routine to read a story before they fall asleep, teach them to read their first words, or establish a “reading moment”.
- *Learn a new language.* There are several free online courses. You can also use language sites and apps. Do a little research and you will find several options to choose from.
- *Invest in your training.* Take time to acquire or improve your knowledge in a certain area. Do that training that you have longed for. There are several certified online courses and training, and some of them are even free.
- *Meditate.* Being at home, working, minding the children and doing all the household chores sometimes makes it difficult to take time for ourselves. Before going to sleep or before the whole family wakes up, take a few minutes of your day to practice meditation. Learn to control anxiety and stress, caused by situations like those we are living in, and prioritise your well-being.



Kidney disease and the summer season

As a kidney patient, there are certain measures you should take during the sunny and warm summer months. These measures also include best practices to protect yourself from the new coronavirus. Social distancing is important, but is not enough.

We tend to want to walk outside more and going to the beach sounds so appealing. Always be mindful of the care required during the Novel Coronavirus pandemic. The right amount of sun is good for our health, but you need to take it moderately because ultraviolet rays have harmful effects on your skin. To better control and enjoy the benefits of the sun, you need to take special care.

As a kidney patient, you should be alert and cautious to prevent future problems. Kidney patients can also take advantage of these

days, but should be particularly alert to the dangers of dehydration, which worsens kidney function.

For most of us, holidays go hand in hand with sun, beach, sea, pool and heat. However, you should never forget that it is on the beach or in the pool that you will be exposed to the sun and, as such, you should be alert and cautious to prevent future problems.

We must never forget healthy living rules. There are mandatory precautions that you should always keep in mind.





Kidney patients should bear in mind the following:

- Avoid sun exposure during the hottest hours;
- Wear cool, light clothes;
- Drink the amount of fluids recommended by your doctor;
- Avoid drinks with caffeine, salt and alcohol;
- Avoid walking outside during the hottest times of the day, between 11am and 5pm;
- Use sunscreen, with an SPF equal to or greater than 30;
- Use head and eye protection;
- Sleep in air-conditioned places. When this is not possible, place bottles of ice in the room (at high places and on your head) and use light and cool clothes;
- Monitor your blood pressure;
- Don't ignore that dizzy feeling;
- Increasing fatigue and an "acceleration" or irregular heartbeat.

If after being exposed to the hot sun the person with kidney failure **feels:**

- Increase in body temperature;
- Unusual tiredness;
- Dizziness;
- Wheezing;
- Dry mouth and throat.

Take immediate **actions:**

- Place the patient in a cool room;
- Offer small ice cubes (or cold water);
- Spray their body with cool water;
- Take their body temperature;
- Contact a doctor or take them to the ER.

Patients who are on dialysis or haemodialysis catheters should be particularly careful when at the beach and/or pool, as they can't get wet, given the risk of developing infection. The countryside can be a great alternative instead of diving-in at the seaside.



The sun

Sunshine is good for our health, as it **increases the absorption of vitamin D**. However, if we don't know how to protect ourselves from the sun, it can also be an enemy.

There are **two types of ultraviolet rays that can damage the skin**: UVA rays and UVB rays. **UVA rays** are responsible for tanning (melanin production), spots and wrinkles on the skin and **UVB rays** for redness, in addition to increasing the risk of skin cancer.

Being in the sun in a healthy way implies responsible exposure, always using broad-

spectrum sunscreen that protects from both types of radiation, and even if you put on a sunscreen lotion **avoid direct exposure between 11am and 4pm**, the period when radiation is most intense and dangerous. In this interval, wear a t-shirt and protect yourself under a sun umbrella or stay away from the beach.

The **consequences of excessive and reckless exposure** are very serious and can only appear many years later.

Even when it seems that there is little sun or when it looks overcast, some SPF (sun protection factor) is probably in order, as we tend to forget to put it on. The temperature may still be high, especially when accompanied by wind. **The wind, being hot, also burns the skin**, sometimes leaving burns more serious than the sun itself. Another advice is don't fall asleep on the beach while lying in the sun!

Benefits of the sun

The sun is necessary for life and has real benefits. Sunlight increases our energy, improves our mood and our immune system. There are many benefits to sunbathing:

- 1 reduces the risk of depression;
- 2 improves sleep quality;
- 3 cleaner skin and healthier appearance;
- 4 balances hormones;
- 5 less toxins;
- 6 better blood circulation;
- 7 more vitamin D;
- 8 strengthens bones and joints;
- 9 increased well-being and relaxation;
- 10 strengthens the immune system.

Sunscreen

Sunscreen should always be used by both adults and children, as it works as a **protective barrier against UV rays**.

The SPF should be appropriate to your skin type and colour, but the idea is to always use a high protection factor (at least SPF 30 on the body and 50 on the face). When it comes to children or the elderly, use an SPF of 50+ or higher.

In case of a sunburn, you should apply cold water compresses to the burned skin, to decrease the temperature of that area, stay out of the sun for two days or more, moisturise the skin with an appropriate cream, avoid bathing in hot water, drink plenty of fluids. If the burn is severe or has no sign of improvement, see a doctor!

Bathing in the sea

When the weather is too hot, it feels nice to take a dip in the sea or dive in the pool.

But water, like the sun, can pose some dangers and you need to be aware of them and consider the following:

- Choose **a beach with a lifeguard** and always pay attention to the flag, always respecting the rules. Whenever possible, we recommend blue flag beaches;
- The sea can be an enemy. Even though it seems calm and without any danger, **there can be currents or eddies**, which are not visible. In case of doubt, talk to the lifeguard;
- Avoid entering the water quickly if it is too cold. **Thermal shock can be fatal**, causing digestion to stop, fainting or even heart attack;
- Always pay attention to when you finish eating and **respect digestion times**, which is between 2 and a half to 3 hours, weather it is a light or heavier meal.





On the beach, maintain Novel Coronavirus prevention care



Whether you're at the beach or on the streets, the most important things to do to prevent the transmission of the Novel Coronavirus is social distancing, respiratory etiquette, hand disinfection, and not using sun loungers, pedalos, etc. If you do use them, make sure you disinfect them before use. Most of these measures involve reducing the number of people on each beach as much as possible by limiting parking, reducing the number of beach huts and sun hats by half, and closing the esplanades.

IMPORTANT:

- Don't touch your eyes, nose or mouth without sanitising your hands first.
- Use a mask according to recommendations.
- Keep social distancing.
- Keep your hands clean.

Remember, on the beach, in the pool or on the street, to protect yourself and prevent

the spread of the disease, you should:

- Wash your hands frequently for 20 seconds with soap and water, or sanitise them with alcohol-based gel;
- Cover your nose and mouth with a handkerchief or elbow when coughing or sneezing;
- Respect the recommended physical distance of at least two meters.



Food and hydration

For haemodialysis patients, fluid intake and control are essential to prevent the accumulation of fluids between haemodialysis treatments. Excess fluid in the body can cause hypertension, heart problems and breathing difficulties.

Tips for coping with thirst on the hottest days:

- Avoid carbonated drinks, rich in sugar, as they cause even more thirst
- Liquids should be ingested in small quantities throughout the day.
- Use warm water to rinse.
- You can use a slice of lemon to stimulate saliva and moisten your mouth. Use a maximum of 2 lemon slices per day due to its high potassium content.
- The best way to reduce fluid intake is to avoid thirst caused by the salt you consume. Avoid foods high in salt.
- In addition to water, there are other foods that are also considered liquids: soup, juices, soft drinks, tea, coffee, milk, liquid yogurt, ice cream and ice. However, the best options are still water, tea, milk, barley coffee in the coffee maker or coffee machine, and weak carioca coffee.



Have a balanced diet

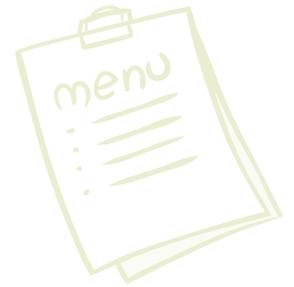
Avoid excess sugar and salt. Replace salt with herbs or spices. Avoid processed or pre-cooked foods. Increase your consumption of fruit and vegetables and eat regular meals.

Always pack food properly

Pay attention to the packaging and transport of meals you take to eat outside the home. When you go shopping, leave the food that needs refrigeration or freezing for the end of your shopping spree, and put them away as soon as you get home.

In **short**, if you want to have a peaceful holiday with no major incidents, when it comes to the sun remember all these precautions and, above all, set an example for the young ones in your family, because if you are careful and apply these rules, children will copy you.





How to make fresh pasta

Do you know how easy it is to make pasta at home? Really easy! Here's a great recipe for a basic egg pasta and a step-by-step guide to help you along the way.

In this guide, we will walk you through every single step in detail. Fresh pasta comes together quite quickly. Mixing and kneading the dough takes about 10 minutes, then you let it rest for 30 minutes. You can use this resting time to put together the ingredients for the pasta sauce. After resting, rolling out and cutting the dough takes maybe another 10 to 20 minutes, depending on how fast you go and how many helpers you have.

Ready? Let's make some pasta.



(about 4 to 6 servings)

Ingredients

2 cups flour, plus extra for rolling the pasta

1/2 teaspoon salt

3 large eggs

Equipment

Mixing bowl

Fork or dough whisk

Pasta machine (see additional notes for rolling pasta by hand)

Baking sheet

Clean dishtowel



INSTRUCTIONS



- 1.** Mix the flour and the salt: whisk the flour and salt with a fork in a medium-sized mixing bowl.
- 2.** Add the eggs: make a hole in the middle of the flour and crack the eggs into it. Whisk the eggs with the fork to mix them.
- 3.** Start mixing the flour and eggs: As you whisk the eggs, begin gradually pulling in the flour from the bottom and sides of the bowl. Don't rush this step. At first, the eggs will start to look like pulp. Once enough flour has been added, the very soft dough will be formed. Don't worry if you haven't used all the flour.



4. Knead the pasta dough: Turn the dough and any excess flour out onto a clean counter. Begin gently folding the dough on itself, flattening, and folding it again. It will be extremely soft at first, and then gradually start to firm up. Once it's firm enough to knead, begin kneading the dough. Incorporate more flour as needed to prevent the dough from sticking to you or the counter. Slice into the dough with a paring knife; if you see lots of air bubbles, keep kneading. The dough is ready when it forms a smooth elastic ball and has very few air bubbles when cut.

5. Let the pasta dough rest: clean and dry the mixing bowl. Place the dough inside it and cover it with a dinner plate or plastic wrap. Let it rest for at least 30 minutes. Note: At this point, the pasta dough can be refrigerated for up to 24 hours. Let it sit at room temperature before rolling.

6. Divide the pasta dough: sprinkle a baking sheet generously with flour and scrape the ball of dough on top (it will stick to the

bowl; use a spatula or bowl scraper if necessary). Divide the dough into four equal portions. Dust the portions with flour and cover with a clean dishtowel. Note: The name of the game at this point is to keep everything well-floured to prevent the pasta from sticking to yourself or the roller as you work. If the dough starts to feel sticky as you roll it, sprinkle it with flour. Also sprinkle flour on any pasta you're not working with (rolled, cut or otherwise) and keep it covered with a dishtowel.

7. Begin rolling out the pasta: set your pasta machine to the thickest setting (usually marked "1"). Flatten one piece of dough into a thick disk between your hands and feed it through the pasta roller. Repeat once or twice. Fold this piece of dough into thirds, like folding a letter, and press it between your hands again. With the pasta machine still on the widest setting, feed the pasta crosswise between the rollers (see picture). Feed it through once or twice more until smooth. If you want to, repeat this folding step. This helps to strengthen the gluten in the flour, giving it a chewier texture when cooked.

8. Thin the pasta: begin changing the settings on your roller to roll the pasta thinner and thinner. Roll the pasta two or three times at each setting, and don't skip settings (the pasta tends to snag and warp if you do). If the pasta gets too long to be manageable, lay it on a cutting board and slice it in half. Roll the pasta as thin as you'd like to go. For linguine and fettuccine, I normally go to 6 or 7 on the KitchenAid attachment; for angel hair or stuffed pastas, I go one or two settings thinner.



9. Cut the pasta: Cut the long stretch of dough into noodle-length sheets, usually about 12 inches. If making filled pasta or lasagna, proceed with shaping. If cutting into noodles, switch from the pasta roller to the noodle cutter, and run the sheet of pasta through the cutter. Toss the noodles with a little flour to keep them from sticking and gather them into a loose basket. Set this basket on the floured baking sheet and cover with a towel while you finish rolling and cutting the rest of the dough.

10. Cooking, drying, or freezing the pasta: to cook the pasta immediately, bring a large pot of water to a boil and cook the pasta *until al dente*, 4-5 minutes. To dry, lay the pasta over a clothes drying rack, coat hanger, or the back of a chair, and let it air dry until completely brittle. Store in an airtight container for several weeks. To freeze, either freeze flat in long noodles or in the basket-shape on a baking sheet until completely frozen. Place it into an airtight container and freeze for up to three months. Dried and frozen noodles may need an extra minute or two to cook.

Once you've made your pasta, you can cook it right away, dry it, or freeze it for later. When you do cook it, remember that homemade pasta cooks quicker than the dried pasta you buy in stores. Give it about four minutes in boiling water, taste it, and keep checking in one-minute increments until the pasta is *al dente*.

The price for a pasta machine can vary between 25 € and 40 €, but if you like pasta you will find it is a good investment.

Here you can find two receipts to taste delicious dishes of pasta.



Fettuccine with chicken



Warm pasta salad with prawns



Notes: Dough recipe and method from Emma Christensen / Cooking lessons from the kitchen







Fettuccine with chicken

Success is guaranteed at the table. They say fettuccine was invented by an Italian cook who wanted to save his wife from anorexia. She recovered her appetite and the recipe was a must at his restaurant.

An excellent suggestion with lean chicken protein and the antioxidant benefits of olive oil.



(4 portions)

Ingredients

300 g of fettuccine
500 g of chicken breast, cut into pieces
2 tablespoons of olive oil
2 cloves of minced garlic
250 g roasted peppers
salt and pepper
chopped parsley to garnish
grated Parmesan cheese to decorate



Preparation:

Boil a large pan of water and cook the fettuccine according to the package instructions. Drain, wash with cold water and set aside.

Meanwhile, chop half of the peppers into small pieces. Put the rest in a food processor or blender and process until smooth.

Add the olive oil to a large, non-stick pan and cook the chicken for 5 minutes over medium heat. Season with salt and pepper.

Add the garlic and cook for about 30 seconds.

Add the chopped and processed peppers and mix.

Cook, stirring occasionally for about 10 minutes, until the sauce starts to thicken.

Add the fettuccine and parsley and mix very well. Sprinkle with Parmesan cheese.



Nutritional values per portion:

Calories	322 kcal
Fat	9 g
Sodium	412 mg
Carbohydrates	12 g
Protein	47 g
Phosphorus	334 mg
Potassium	476 mg



Tips for diabetic patients



We must remember that some foods raise glucose levels more than others. Compared to other nutrients in foods (proteins and fats), carbohydrates are responsible for a rapid increase in blood glucose levels.

Knowing which foods contain carbohydrates and how much is ingested at each meal helps to control blood glucose levels.

Healthy carbohydrate sources such as vegetables, fruits and whole grains (rich in fibre) are preferable to carbohydrate sources with added sugars, fats and salt.

Ask your doctor or nutritionist to help you control the amounts and create a feeding plan that fits your lifestyle.

Be aware:

- Enjoy several meals in appropriate amounts (set by your doctor).
- At each meal, eat a variety of nutrient-rich foods, including healthy fats, lean meats or proteins, whole grains and low-fat dairy products.
- Where possible, prefer foods rich in fibre, such as fruits, vegetables and whole grains (wheat bran, pasta and brown rice).
- Use sugar substitutes.
- Make meals with low salt content.



Warm pasta salad with prawns

This salad smells like summer. But the secret lies in moderation. A limited portion of prawns colouring the fresh pasta, with the oleic and anti-inflammatory acid from the olive oil. It's so good!



Ingredients

Prawns: 8 units
Mushrooms: 60 gr
Fresh pasta (eggs and spinach): 30 gr
Zucchini sticks: 15 gr
Vinegar: 2 cl
Olive oil: 2 cl
Butter: 1 teaspoon



Preparation:

Cook the pasta *al dente* and reserve.

Peel the prawns leaving the last part of the fin. With the other prawns, prepare an American sauce, without binding.

Fry the pasta in a pan with a bit of oil and a pinch of butter, season and serve in the centre of the plate.

Add the vegetables (previously blanched and fried zucchini sticks) and the fried mushrooms.

In the same pan, fry the prawns, season them and add the seafood and vinegar juice. Reduce.

Place the prawn tails around the pasta and sauce the whole set. Serve warm.

Nutritional values per portion:

Calories	368.55 kcal
Protein	51.03 g
Phosphorus	757.4 mg
Potassium	432.7 mg





Tips for to do your American sauce

Carrots: 50 g, Seafood: leftovers (skins and heads), Leek: 1, Rice: 40 g, Oil: 0.4 dl, Brandy: 10 ml, Onion: 1 small, Garlic: 1 clove, Ripe tomato: 1, Paprika: 10 g, Fumet or water

Cut the vegetables and and saute them in oil. Crush the remains of the shellfish, add the vegetables and saute for for 10 minutes. Add the paprika and the brandy, then the fumet or the water. When it starts to boil, add the rice and let it cook for 30 minutes. Place it in the mixer and then through the strainer, amend the salt. If you want a more blended sauce, reduce it.





Culture from Home

Now more than ever, it's so important to amuse ourselves at home. While in our "safe nest", we can entertain ourselves and go on "family cultural trips".

Visit virtual museums and monuments from the comfort of your home. Our suggestions:



SISTINE CHAPEL, VATICAN CITY, ITALY:

http://www.vatican.va/various/cappelle/index_sistina_it.htm



PRADO MUSEUM, MADRID, SPAIN:

<https://www.museodelprado.es/recorrido/visita-virtual/742f132f-8592-4f96-8e5a-9dad8647bc4c>



LOUVRE MUSEUM, PARIS, FRANCE:

<https://www.louvre.fr/en/visites-en-ligne>



BRITISH MUSEUM, LONDON, UNITED KINGDOM:

<https://artsandculture.google.com/partner/the-british-museum>



SALVADOR DALI MUSEUM, FLORIDA, USA:

<https://www.salvador-dali.org/en/museums/dali-theatre-museum-in-figueres/visita-virtual/>



SMITHSONIAN: NATIONAL MUSEUM OF NATURAL HISTORY, WASHINGTON D.C., USA:

<https://naturalhistory.si.edu/visit/virtual-tour>



SINTRA NATIONAL PALACE, SINTRA, PORTUGAL:

<https://artsandculture.google.com/partner/national-palace-of-sintra>



Velasquez Painting at Prado Museum, Madrid, Spain



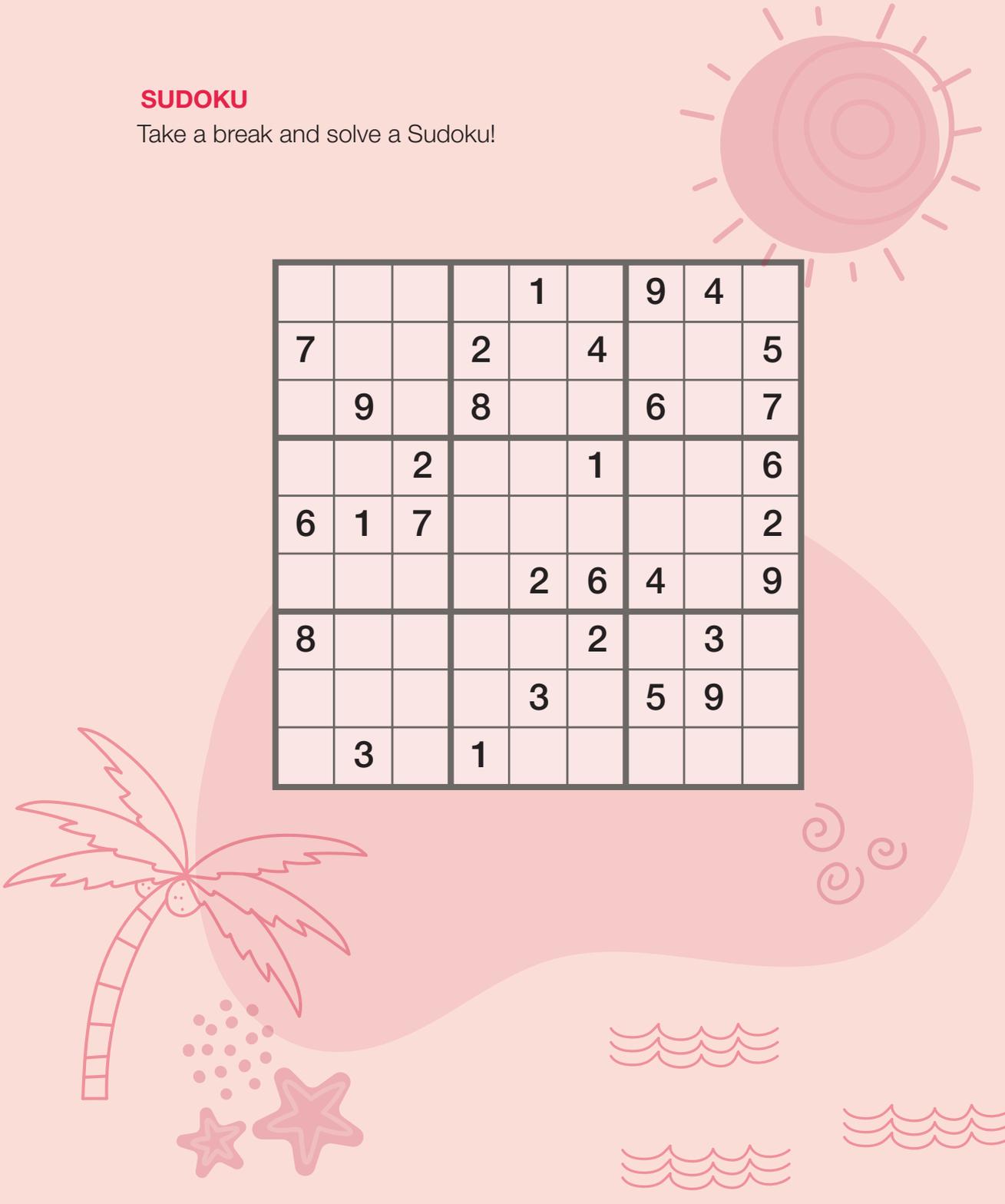
Louvre Museum, Paris, France



Brain Callisthenic

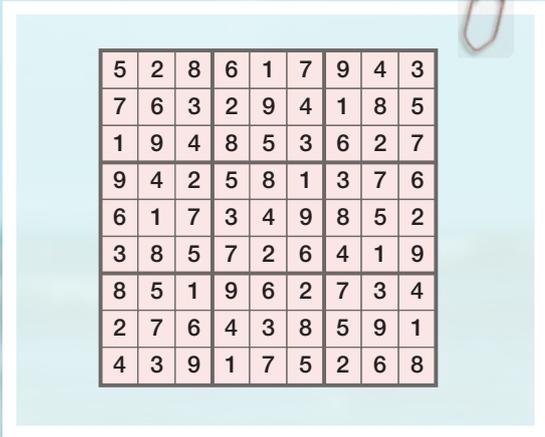
SUDOKU

Take a break and solve a Sudoku!



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

Brain calisthenics solutions



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



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