


Summer 2017

NephroCare

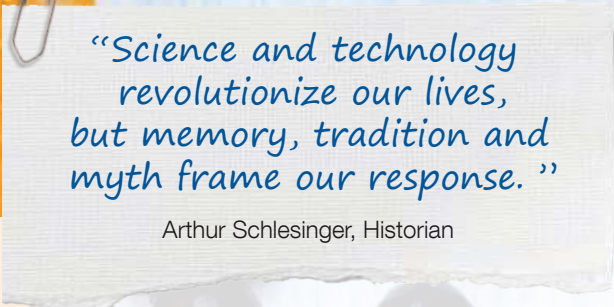
for me



Summertime is
ice cream time

Fruits of summer's
harvest

Silver surfers: how
technology enriches
seniors' lives



“Science and technology revolutionize our lives, but memory, tradition and myth frame our response.”

Arthur Schlesinger, Historian

Welcome!

Dear Readers,

Technology is all around us. In our cars, in our homes and, thanks to smartphones and other mobile devices, in the palm of our hands. It enriches our lives by giving us instant access to information and facilitating seamless communication with loved ones who live far away. Today, video calls are actually an everyday thing!

But technology, in particular the Internet, brings about challenges too, particularly for those who didn't grow up with it. In this edition of NephroCare for me, we present you with Internet and technology basics in our article **‘Silver surfers: how technology enriches seniors’ lives’**. Turn to page 30 to delve in.

Moving on, let's turn to something you likely did grow up with: frozen summer treats like ice cream. On a hot summer day, there really is nothing more refreshing, right? Whether a scoop of ice cream or a chilled soup, all taste delicious and are vehicles for summer's best flavours. In this edition of NephroCare for me, we explore **ice cream's history** and introduce a few of our favourite kidney-friendly frozen treats.

Finally, if you're looking to explore new corners of the globe, we are excited to introduce you to Africa's southernmost nation in **‘Experience South Africa’** (page 12). Discover what makes this beautiful and diverse nation so unique – and why you might want to consider planning your next holiday there.

These are just a taste of the exciting stories and information we have for you in this edition of our magazine. Enjoy exploring new territory and savouring the familiar. We wish you a lovely and healthy summer!

Your **NephroCare for me** Editorial Team



News from around the world

Giving patients a voice: NephroCare Patient Satisfaction Survey 4



Worth knowing in renal

Staying fit on dialysis 8



Different countries – different habits

Experience South Africa 12
Dedicated to our patients 16



Here’s to your health

Our daily bread – Diverse and delicious, Part 4 18
Fruits of summer’s harvest 22
Summertime is ice cream time 24



Recipes

Carrot ice cream with honey 26
Hungarian chilled sour cherry soup 28



Worth living

Silver surfers: how technology enriches seniors’ lives 30
Not just black & white 34



Inspiring

Brain calisthenics 38



Giving patients a voice: NephroCare Patient Satisfaction Survey

Week after week, you come to one of our centres for dialysis. And week after week, we at NephroCare are committed to providing you the best-possible care and support. To help ensure that the quality of care you receive meets our high standards, we regularly conduct the NephroCare Patient Satisfaction Survey. It's a unique chance for patients to give honest and anonymous feedback about their NephroCare experience.

For us to provide best-possible care, we need patient input and feedback. You are the one who knows first hand where we excel. You also know where there might be room for some improvement. Our NephroCare Patient Satisfaction Survey is the chance for patients to anonymously tell us their personal opinion of dialysis at NephroCare.

An essential survey

Today, quality is more important than ever in dialysis. This applies to the treatment you receive at our centre as well as related services, like the NephroCare for me magazine. One

very helpful way we measure the quality of our service is by asking patients to share their opinion of their NephroCare experience with us. Fresenius Medical Care has designed a special survey for such purposes called the NephroCare Patient Satisfaction Programme, which we have regularly used globally since 2008. It gathers both qualitative and quantitative responses from patients at our centres worldwide.

How it works

Before the survey takes place, staff at participating centres hang up a poster announc-





Patient Satisfaction Programme
Your opinion counts!

Many thanks for your participation!



ing the upcoming survey. At this point in time, patients can clarify any relevant questions with the nurses. Two key facts about the survey that everyone should know going in: it's completely voluntary and 100% anonymous. This means NephroCare does not record names with the responses. We encourage all patients to participate and truly speak their mind! Based on scientific analysis, we reduced the number of questions. Furthermore, we are now offering an online survey, in addition to the paper-and-pencil version. You can choose the option which suits you better. After the survey phase is over, external experts receive all completed questionnaires.

Then they input the data into a special database (German data protection rules apply) and analyse it. This process lasts around eight weeks, depending on the number of

participants. Finally, the experts compile a report with the survey outcomes and provide results to each participating country. The key findings of the report are summarised on a poster and hung in local clinics for all to see – staff as well as patients. This shows how patient responses are taken seriously and reach all levels of clinic staff.

Making real change

After the survey results are available, the NephroCare team meets to discuss the most relevant outcomes. The group studies and defines areas where patients (anonymously) have new requests. Top priority is given to topics related to the care provided at the centres. After a country has identified where it would like to make changes, it develops an action plan outlining the required steps. Once again, the responses and words of patients are taken seriously and acted on.



Positive & constructive

Looking back at past surveys, we are very pleased to report an overall upward trend in patient satisfaction. The same trend can be seen in satisfaction surveys of NephroCare peritoneal dialysis and home dialysis patients. Each time we conduct the Patient Satisfaction Survey, the entire NephroCare team is delighted by the wealth of constructive comments that pour in. Many patients may not realise that the words they write are key to sparking meaningful change at our centres.

We love hearing from you

Since starting our Patient Satisfaction Survey back in 2008, we have received over 150,000

completed surveys from nearly 30 countries. Twenty-six countries have conducted the survey more than once. The results show that the more people at a centre who participate in the survey, the more satisfied the patients are as a whole.

What does that specifically mean for you? If your centre is participating in this year's survey, you should participate! Join other NephroCare patients in helping shape the future of your dialysis care. This is your chance to give honest, anonymous feedback to the staff that is there for you each week.

Remember: your opinion counts!





Staying fit on dialysis

Many dialysis patients have questions about balancing physical exercise with dialysis. Our colleagues at NephroCare in Coimbra, Portugal, a beautiful city home to Portugal's oldest university, were curious to find out how physical activity affects patients undergoing treatment in their centre. So they decided to conduct an internal project. The results were clear: patients who participated in the exercise programme gained energy and improved their personal well-being.



How it all began

In 2014, nurse Pedro Martins was writing his master's thesis on nursing rehabilitation when he realised patients undergoing haemodialysis spent long periods of their day inactive. This led him to the idea of combining exercise with haemodialysis, something he thought would benefit patients.

"Similar programmes exist in other countries as an add-on to dialysis outside of the clinics. However, we decided to integrate it into dialysis treatment to avoid overloading patients' schedules," said Pedro Martins. "This way they avoid additional visits to the clinic and optimise the time they spend there." After a little refining, Pedro Martins's innovative exercise programme became available to 40 patients at NephroCare Coimbra.





From L to R: Rui Camisa, Soraia Dinis and Pedro Martins from NephroCare Coimbra, Portugal.

Programme basics

The personalised exercise programme is designed specially for dialysis patients. One side effect of dialysis treatment that many people face is decreased aerobic capacity. This means the heart, lungs and blood vessels are less good at delivering oxygen to muscles in the body. In consequence, patients may experience fatigue and shortness of breath while being physically active. With this in mind, the programme encourages people to cycle, an excellent aerobic workout that remains manageable for many on haemodialysis. Further, a regime of resistance training improves muscle strength, particularly in the legs.

The study measured the effects of exercise on haemodialysis patients. The results showed the exercise programme helped to increase dialysis patients

- mobility and walking.
- body composition.
- energy levels.
- overall well being.

Participation requirements

Patient safety during the exercise programme is a top priority. All patients on haemodialysis who wish to participate must first undergo a medical evaluation according to their nephrologist's indications: including an electrocardiogram, echocardiogram and a review of their medical history. In some cases, it may be advisable not to participate, but that's something for the treating nephrologist to decide.

Why exercise during haemodialysis?

The nature of treatment requires haemodialysis patients spend a lot of time away from home. Typically, they go in to a clinic three days a week for a treatment session that lasts at least four hours. That's not counting travel time to the clinic and waiting time in the dialysis unit. The time investment for treatment can affect patients' personal lives, careers, self-esteem and sense of autonomy.

Altogether these factors can make people less active, which often leads to a downward spiral. Being inactive makes people more fatigued





“Since starting this programme, my daily routine has improved.”

– Maria do Céu Sacadura, haemodialysis patient at NephroCare Coimbra

“I was always in favour of new experiences. As soon as I was presented with the opportunity to join this training programme, I wanted to participate. I thought it could be good for me. So I began cycling and lifting weights, and I’ve enjoyed it so much that I have even thought about buying some weights to use at home.

I feel much better. Before I lacked energy and felt very tired, especially after treatment. Now, sometimes, I even walk home. I am capable of walking for half an hour and I don’t find it difficult. Besides, the time in the clinic goes by faster while I exercise since I am distracted.” said Maria do Céu Sacadura.



Maria do Céu Sacadura

and that in turn decreases their activity level even further. This explains why staying physically active while on haemodialysis is so important. And since dialysis patients are already spending large parts of their week at the centre, the combination of treatment and exercise are a perfect match.

Looking into the future

Ultimately Pedro Martins’s hunch about exercise during haemodialysis was right. Thanks to his initiative and the openness of the NephroCare Coimbra centre to partici-

pate in the study, we know for a fact that being physically active benefits people on haemodialysis in a variety of ways. Proven to be successful, the exercise programme will now be offered to other NephroCare centres in Portugal.

Even if your centre doesn’t offer the programme yet, enquire with your physician or NephroCare team about how you can best incorporate physical activity in your daily life.

Here’s to staying active – for your health!



Experience South Africa

For us in the Northern Hemisphere, South Africa represents the ideal place to escape to when wintertime blues set in. No surprise, considering that it's around ten hours flight, with direct departing daily throughout Europe. Its high density of NephroCare clinics makes it an enjoyable holiday destination for dialysis patients as well. Let's delve into its wealth of spectacular landscapes, rich culture and diverse history.

The country is known for its amazing landscapes, wine and food as well as its tumultuous past, most recently during apartheid, which ended in 1994. Today visitors to South Africa are met with an amazing country that has so much to offer.

Captivating Cape Town

Visitors looking for hints of old European charm in this corner of the globe will be delighted by Cape Town, South Africa's second largest city, after Johannesburg, with 3.74 million inhabitants. Set against the backdrop of mesmerizing Table Mountain and opening up onto the Atlantic Ocean, the city wins big points for visual appeal.

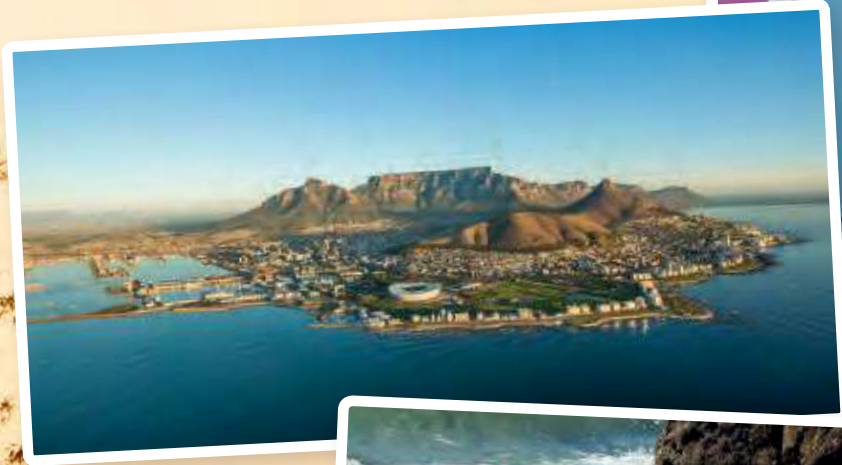
Take time to explore what remains of Cape Town's 350-year-old old town, strikingly juxtaposed next to a modern skyline teeming with high rises. Today, Cape Town's streets are lined with world-class boutiques and shops from famous brands. The city is equally known for its nightlife and laid-back attitude. If the city seems noticeably calm on a sunny day, chances are locals and tourists alike, quite possibly including celebrities, can be found lounging and playing on nearby beaches.

Off to the cape

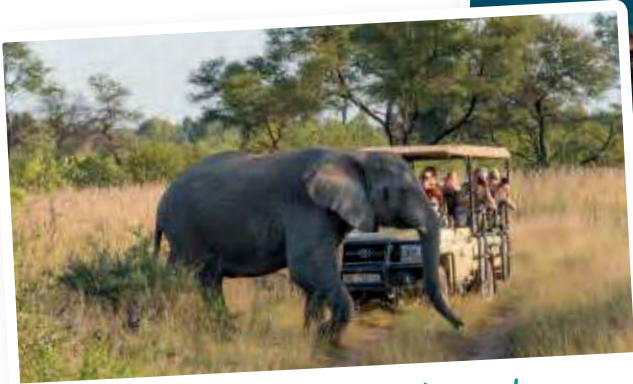
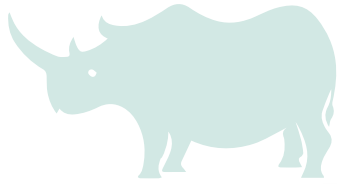
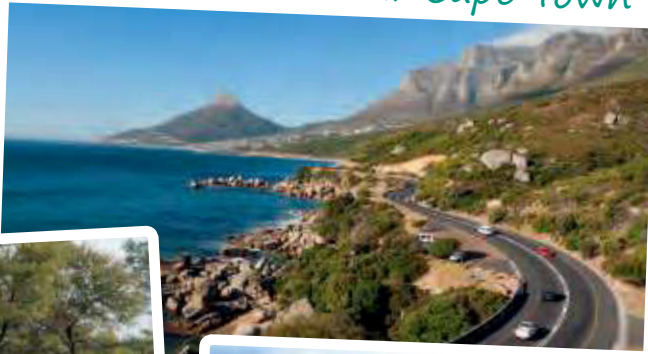
When you've gotten your fill, escape the city to take in the scenery in the vicinity. One must see: the stunning views from the scenic road along the Atlantic seaboard as you head south along the Cape Peninsula. Consider booking a guided tour that will ferry you to the region's most famous sights, including Cape Point on the Cape of Good Hope.

The heart of South Africa

Though it's easy to fall under Cape Town's charm, vibrant Johannesburg, beating with fervour and diversity, would be a real pity to miss. With a population hovering just under 10 million in the greater Johannesburg area, it's shooting towards megacity status. And its appeal is obvious to anyone who has set foot on the streets of the 'City of Gold'. Here, you can enjoy top-shopping, take in the ultimate in entertainment and nightlife and savour a breadth and depth of flavours in a metropolis known for its excellent multi-cultural cuisine. Museums paying homage to South Africa's turbulent past, such as the Apartheid Museum and Constitution Hill, are also worth a visit if you'd like to scratch below the surface of this lively, modern city with a turbulent past and a bright future.



Garden Route near Cape Town



Kruger National Park



Durban beach

Welcome to Eden

Possibilities abound in South Africa and if an adventure-filled tour rich in natural beauty is what you are after, the Garden Route is a dream come true. Known as South Africa's Eden, the popular Garden Route primarily runs along the N2 national road, beginning in the inland town of Heidelberg in the Southern Cape and continuing east to Storms River Village, located along the border of the Eastern Cape. Though no longer a secret, this amazing part of the country comprises ancient woodlands, opulent retirement communities, secluded hideaways in the mountains and breath-taking beaches.

Hire a car or book a tour to witness and explore this outstanding corner of the Earth with your own eyes. And when it's time for your next dialysis session, you'll be pleased to learn there's a NephroCare centre in the town of George, west of the Garden Route and in Jeffreys Bay to the east.

See the Big Five

For those who equate South Africa with safari, Kruger National Park should be at the top

of your agenda. Situated on an impressive plot of land encompassing nearly two million hectares with 16 different ecosystems, the park offers endless chances to witness a sea of wild animals in their natural habitat. Lions, buffalos, leopards, rhinos and elephants make up the so-called 'Big Five' – just a handful of the 147 different mammals who roam the territory. And don't forget the numerous varieties of trees, fish, reptiles, birds and amphibians that also call the park home. A great way to explore the park is by hopping in a 4x4.

After you've enjoyed this experience of a lifetime, our staff at the Phalaborwa Centre just outside the park will be happy to welcome you.

Beach bound

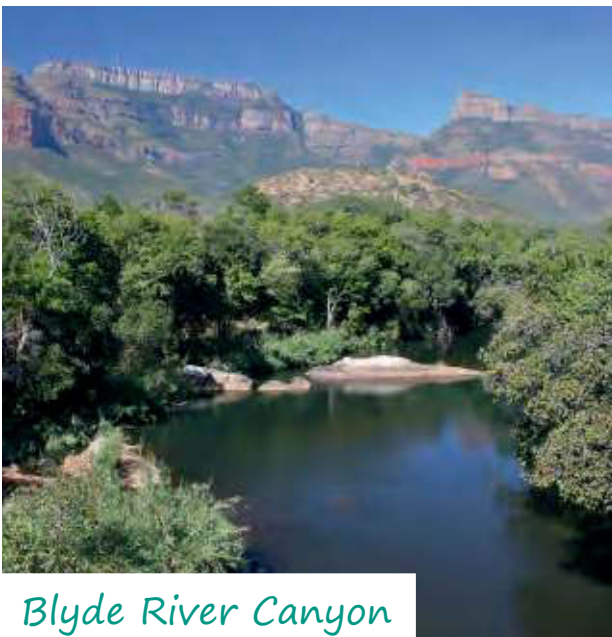
South Africa's sun is calling? Then head to the beach in Durban, known locally as 'South Africa's Playground'. It's the perfect place for a relaxing sun-drenched beach holiday, especially when temperatures in Europe are at their lowest. Here, there's something for young and old to enjoy, so why not ask the whole family to come along?



Spend your days beach combing along the Golden Mile (the long stretch of beach at the foot of the city), relaxing with a good book whilst overlooking the warm waters of the Indian Ocean or watching your grandchildren splash in the water. Who knows – maybe you'll even join in! Those seeking an adrenaline rush are invited to paddle out on a surfboard and catch the next wave. Just remember to practice good self care and stay in shady areas during the hottest times of the day. Alternatively, consider travelling during a season when temperatures are lower.

Off the beaten path

If you can't get enough of South Africa's natural beauty, head to Blyde River Canyon Nature Reserve. Enjoy a lovely scenic drive while taking in the awe-inspiring panorama of the pristine river that's cut through jagged rocks. Another place that's not to be missed is the Wild Coast. Located in the northern part of the eastern coast, the section of coastline is considered by many to be one of the wildest – and most beautiful – places on earth.



Blyde River Canyon

Beyond South Africa

Those looking to check out neighbouring countries should consider Swaziland, a small land-locked country to the northeast of South Africa, or Namibia, a big country to the northwest of South Africa. Swaziland is worth a stop to take in its variety of landscapes and abundance of cultural treasures. Head to Namibia for its long, wild coastline, around half of which is known as the Skeleton Coast; the Namib desert, the oldest desert in the world, and Etosha National Park where, with a little luck, you can see elephants, rhinos and other wildlife.

Can't wait to set foot on South African soil? We understand the feeling! Start planning your trip today by exploring our network of NephroCare centres in the region at NephroCare.com. We wish you safe and happy travels!

Fun facts about South Africa

Multilingual – 11 official national languages are spoken in South Africa, and most South Africans are multilingual.

Graveyard of ships – An estimated 3,000 shipwrecks, including a few famous ones, can be found off the South African coastline.

Capitalising – South Africa has three capital cities, each with their own function: Pretoria (administrative), Cape Town (legislative), Bloemfontein (judicial).



Dedicated to our patients

Recently, the first-ever NephroCare Patient Day was held at clinics throughout Spain. Professionals from our centres organised this extraordinary event as an occasion for patients to take centre stage. It was our way of showing how much our patients mean to all of us at NephroCare.

Every day, over 3,900 people walk through the doors of the 58 NephroCare clinics in Spain for dialysis treatment and share a significant part of their day with us. To show these people how important they are to us, we decided to dedicate a day to them and provide variety from their usual treatment routine. We organised activities and meetings to demonstrate how much we value our patients as people beyond the scope of their disease.

That's the spirit

Most clinics were specially decorated to reflect the spirit of Patient Day. Messages like 'Today is your day' or 'You're important' welcomed patients and their families, whom some centres invited to an open house. They took a tour of communal areas, treatment rooms and even the more technical spaces, such as the water treatment unit. Our aim was to help familiarise patients and their loved ones with dialysis treatment.



Full of creativity

Both staff and patients showed their creative side by participating in special activities and making decorations for the clinics. Actually, the decorations were so popular that some patients requested to keep them up during celebrations for celebrations throughout the year, such as Halloween, Christmas and Carnival.

Turning point

Everyone noticed the pleasant atmosphere that reigned free during our Patient Day. After the event, we conducted a survey of staff and patients and the feedback was overwhelmingly positive. This proved to us that Patient Day was an important turning point in the relationship between NephroCare staff and patients. By breaking free from the daily grind, we were able to find new ways to improve treatment and to enhance patients' knowledge of their disease and treatment. Overall, this helps patients gain independence in their daily lives.

Gathering feedback

In addition to offering tons of fun, Patient Day was also a chance to hear patients' opinions of our work, including concerns and suggestions. We received over 150 ideas on how to improve the information our patients receive about their disease and the treatment we provide. These include channelling information better and using treatment time to learn, share experiences and have fun. Staff at NephroCare Spain centres are already working on ways to fulfil these requests.

Getting involved

The heart and soul of Patient Day were the activities. Each clinic hosted their own versions of fun and games to get patients involved and improve their know-how. Here's a look at some favourites.

Food cards: All centres played a game with food cards, invented by the Cartagena Dialysis Centre staff. It's a visual way to show dialysis patients which foods to enjoy, eat occasionally and avoid altogether.

Quiz time: At the Córdoba-Pintor centre, two teams faced off to see who could answer the most dialysis-related questions correctly.

Helpful talks: Some centres offered talks on food and also shared recipes to make at home. In the clinic in León, patients learned about the benefits of honey in their diets.

Classic games: Games like bingo were a roaring success and in some cases unveiled people's hidden talents. One patient played bingo by memory, without writing down any of the numbers on their board.

Costumes: In Orihuela, cabezudos (traditional Spanish carnival costume figures with large heads) also popped in to say hello. Costume parties at other centres added a colourful note and allowed us to see how creative patients can be.

Overall, Patient Day was a resounding success for all parties involved. We look forward to next time – maybe in your country?



Our daily bread – Diverse and delicious Part 4

In this edition, we hop across the Atlantic to explore bread history and culture in North America. Come along to discover what people in this part of the world eat!

Very American

Although most people probably think of white, pre-sliced sandwich bread when someone mentions bread in the United States, the very first form of bread in this region was actually unleavened cornbread. Corn, a grain native to the Americas, also known as maize or Flint Corn, has long flourished on the continent.

Centuries before the first European settlers arrived, Native Americans made small individual cakes consisting of cornmeal, water, a kind of fat and perhaps salt, to which they sometimes added seeds, nuts or berries for added flavour and nutrients. Initially, Native

peoples fried them on hot rocks, switching to skillets only after Europeans introduced them to the handy pans.

In the decades and centuries that followed, cornbread, in many variations, evolved into a national staple – especially in the American South. In fact cornbread is such a strong part of Southerners' regional culinary identity that many have no idea that it traces its history back to pre-European Native Americans.

Types of cornbread

Cornbread recipes vary greatly by region. Some recipes for baked cornbread call for cooking cornbread in a cast-iron skillet over a



Southern cooking: beans and greens with cornbread



flame, a method that pre-dates ovens. Others use a baking dish and rely on the stable, consistent heat of the oven.

Generally speaking, cornbread recipes hailing from the American North contain more wheat flour, sugar and eggs, making the consistency more cake-like. People up North also prefer eating it with a smear of butter and honey. In contrast, the American South tends to follow more traditional recipes, which use little to no wheat flour, eggs or sweetener. Here, the bread is commonly eaten alongside soup, chilli con carne or Southern-style barbecue.

Renaissance of good bread

There's a widespread saying in American English, 'the best things since sliced bread'. For Europeans who grew up buying whole loaves of fresh bread at the bakery and slicing a piece at home to mark the start of a meal, this sounds rather confusing. For Americans, though, it's totally understandable. In the late 1920s, a bread-slicing machine was invented in the United States and with it came a huge movement towards pre-sliced, packaged bread. With time, 'the whiter the better' be-

came the motto as stark white breads with fewer nutrients and milder flavour infiltrated American homes. Recent years, however, have seen a shift away from sliced industrial bread. Many Americans have rediscovered the taste and value of good artisanal bread – the kind purchased unsliced in loaves and edible for just a few days, often inspired by French or Italian recipes.

Long live the bagel

Technically speaking, the bagel isn't originally from the United States. Evidence suggests that ancient civilizations around the Mediterranean enjoyed bagel-like baked goods; that is, a roll with a hole. Furthermore, the bagel itself was brought to the New World by Jewish Polish immigrants. They are the ones to thank for the technique that truly sets the bagel apart from other breads: first boil, then bake. More than just aesthetic, the unique cooking process keeps the baked treat fresher longer.

When exactly the bagel first set foot in the United States is unclear. But by 1900, there were 70 bakeries on New York City's Lower East Side selling bagels. Today, bagels are



Traditional bakery in America.



Bagel



widely consumed throughout the United States. Often sliced, they are smeared with cream cheese, topped with lox or made into a sandwich with a wide range of fillings. There is no lack of bagel varieties, either. In addition to classics like plain, onion, poppy or sesame seed, there are also whole wheat, blueberry, cheese and many other flavours to choose from.

Tortillas of Mexico

Invite Europeans over for dinner and tell them tortillas are on the menu, most will probably envision a meal featuring the typical Spanish potato and egg dish. In contrast, in North American circles, thoughts first go to the flatbread that is a staple in Mexican cuisine.



Filled tortillas

There are two kinds of tortillas eaten in Mexico: flour, more common in northern Mexico and corn, widely consumed throughout the rest of the country. Both kinds of unleavened flatbreads are pressed and then cooked in a hot skillet. They are enjoyed in many popular Mexican dishes, such as tacos and enchiladas. Luckily both corn and flour tortillas are easy to prepare from scratch and require just a few ingredients.

Other Mexican breads

While tortillas remain the bread staple overall in Mexico, the Spanish and other Europeans brought wheat and leavened bread to this part of North America centuries ago. Today, this fact is evident in the number of bakeries dotting the streets of every town. There you'll find large white sandwich roll, which are popular for making tortas, a Mexican-style sandwich stuffed with meat, vegetables and cheese. A classic street food, tortas are also best-loved at social events because they don't require a plate to eat.

From bagels, to cornbread, to tortillas, North America offers a wide selection of bread that can be part of a kidney-friendly diet.



Top that bread

Looking for some kidney-friendly toppings for your daily bread? Why not...

- 1 Top half of a bagel with mustard, alfalfa sprouts and slices of grilled chicken
- 2 Fry an egg and eat it on toast
- 3 Spread a tortilla with cream cheese, then top with shredded meat and iceberg lettuce

Remember to always ask your nephrologist or dietician which toppings are best for your needs.





Fruits of summer's harvest

Soon the bright, warm sun of summer will coax out beautiful hues in berries, stone fruit and more. We want you to enjoy the delicious flavours of some of nature's most precious gems. But we also want you to be kind to your kidneys and your body, since many fruits contain high levels of potassium.

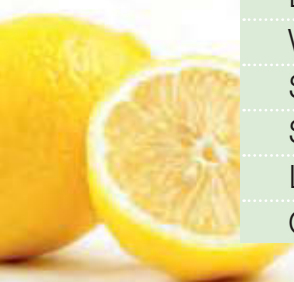
Let's start with the basics. Having chronic kidney disease means that your kidneys function at a decreased level. In consequence, they are not as efficient at removing certain nutrients from your blood. Because fruit is rich in nutrients, it is highly recommendable to limit your fruit intake to two portions per day (around 150 grams in total). Ideally, you split this into one portion of fresh fruit and one portion of fruit compote, without added fruit juice.

Selecting the best kinds of fruit

Many renal patients are told by their nephrologist or dietician to closely monitor their potassium intake. That said, choosing the right type of fruit and/or optimum fruit preparation method can make all the difference. Still, there are many fruits you can enjoy – especially in moderation and when prepared correctly. **Discover them below!**



For fresh fruit choose:	Enjoy cooked, soaked or preserved:	Avoid or limit to very small quantities:
Apple	Pineapple	Apricot
Pear	Blackberry	Avocado
Strawberry	Raspberry	Banana
Blueberry	Red currant	Honeydew melon
Lingonberry	Mango	Black currant
Watermelon	Orange	Kiwi
Sea buckthorn	Peach	Passion fruit
Sour cherry	Plum	Jackfruit
Lemon	Sweet cherry	Pomegranate
Cactus fruit	Grape	Dried fruit





Why potassium matters

You could say the mineral potassium is a star player in your body. It takes on a leading role in muscle contractions and nerve impulses. It helps regulate fluids in your cells and aids in producing proteins and breaking down carbohydrates. Potassium is found in nearly all foods of plant and animal origin, though the concentrations differ greatly. Fruits, vegetables and potatoes are all especially rich in the mineral.

However, when you have renal failure, potassium is no longer flushed out of the body via the kidneys, like in people with normal kidney function. This can lead to a high concentration of potassium in the blood, a potentially life-threatening condition. Keeping a close eye on your potassium intake and following your treatment plan can help prevent this from ever occurring.

What you can do to stay healthy

As someone on dialysis, you play an active role in your personal health and well-being. To a certain extent, the decisions you make every day can influence how you feel and your energy levels. By making smart, kidney-friendly choices, you can help increase your overall quality of life.

The overall message to keep in mind: you can enjoy delicious fruit this summer. Just be sure to make good choices when doing so! Reach out to your nutritionist or nephrologist if you have questions on which fruits are good for your needs.



Here are three rules of thumb to follow when it comes to potassium and fruit consumption.

➖ Consume less:

Select low-potassium fruits. This is especially important over the weekend or whenever you go longer between dialysis sessions. Always toss out the liquid from tinned fruit! Do the same with compote or preserved fruit. Treat frozen fruit like fresh and toss out the liquid from thawing.

➖ Reduce content:

Potassium is highly water soluble. The good news: by soaking, blanching or cooking fruit or by removing water from fruit, you can decrease its potassium content. An easy way to do so is by cutting fruit into small pieces and soaking them in a generous amount of (unsalted) water. Heat the water to 70°C if the fruit can withstand it. Change the water, remembering to pour the soaking water down the drain.

! Be cautious with juice.

Juice is a sneaky one. It's known by different names – juice, fruit nectar, fruit juice drink, lemonade – all of which may contain high levels of potassium. The general rule: the higher the amount of fruit juice, the higher the potassium content. If you do drink juice, dilute it with water.



Summertime is ice cream time

Nothing says summer like cool, refreshing ice cream. Classic vanilla, rich chocolate, fruity sorbet: the possibilities are endless. Get the full scoop on the warm-weather favourite. And learn how you can enjoy it in a kidney-friendly way.



Cloudy beginnings

Centuries ago, our predecessors discovered the delight we know today as ice cream. No one person can claim to have invented the popular treat. In ancient China and ancient Rome, people are said to have enjoyed confections made of flavoured ice or snow. Centuries later, Marco Polo is said to have brought a recipe for ice cream from China to Italy.

Historians estimate that ice cream as we know and love it today appeared across Europe sometime in the 16th century. However, the delicacy was reserved for royalty and other privileged members of society. The general public was not treated to a taste of this treat until around 100 years later. Thank goodness!

Varieties galore

Ice cream not only comes in countless flavours – from classic vanilla to rich chocolate to strawberry and more. It also comes in

different varieties, each with their own unique properties. Here's a quick guide to the most common ones.

Ice cream: Typically made of cream or milk, sugar or other sweetener, eggs and flavouring.

Gelato: Italian-style ice cream that is softer, denser and, arguably, more concentrated in flavour than traditional ice cream.

Frozen yoghurt: Tarter and tangier than ice cream or gelato, it contains milk, yoghurt cultures, a sweetener and flavourings.

Sorbet: Made without dairy or eggs, it's a sweetened, flavoured ice-based treat. Commonly contains fruit, though chocolate and champagne are also possible.

Italian ice: Often dairy and egg free like sorbet, and comes in a range of fruit flavours.

A kidney-friendly summer

There are so many ways to enjoy the quintessential taste of summer. Just remember to count the ice cream, sorbet or frozen yoghurt you eat towards your daily liquid or dietary allowance. Ask your dietician for advice if you have any specific questions.

Here's a great idea: why not make the frozen treat and invite grandchildren, friends or neighbours over to enjoy it with you? Turn to page 26 for kidney-friendly ice cream recipe idea and inspiration. Here's to a happy, healthy and delicious summer!



Cool treats

When the mercury starts to climb this summer, there is no doubt you will want to indulge in this evergreen frozen treat. But for good health, it is essential to consciously make kidney-friendly choices. By following our ice cream recommendations, you can savour the cool, refreshing flavour:

Make homemade kidney-friendly ice cream (it's easy!). Better yet, freeze small portions of it in an ice cube tray. This lets you track your liquid intake and enjoy small treats throughout the day.

Opt for nutrients. Choose ice cream varieties made with yoghurt, cream or kidney-friendly fruit over those just containing water and sugar.

Sweeten with honey or syrup if needed, instead of using pure fruit juice.

Choose the right fruits as a garnish. Pear, apple, raspberries, blueberries, strawberries and sour cherries are suitable. Ideally from a tin or jar, or as compote.

Avoid fruits high in potassium. This includes bananas, passion fruit, guava and most other exotic fruit.

Satisfy your sweet tooth. Top your ice cream with a small amount of chocolate sprinkles, caramel, crushed cornflakes or other crunchy, kidney-friendly treat.



Carrot ice cream with honey

This savoury-sweet frozen treat is both light and easy to make. The surprising blend of carrots and honey is blended with luscious cream. Perfect this summer as an afternoon snack, appetizer or dessert. And loved by young and old alike.

Carrot ice cream

Serves 10



Ingredients

400 ml carrot juice
250 ml cream
100 g sugar
50 g honey
2 tbsp lemon juice



Whip the cream with half of the sugar until it is nearly stiff. Stir together the remaining sugar with the honey, carrot juice and lemon juice until it has dissolved. Gradually fold the mixture into the cream. Freeze in an ice cream maker, if you have one. Alternatively, place the mixture in a sealed container in the freezer and stir at least once an hour for 5-7 hours to ensure that the mixture is smooth and has a consistent texture.

Garnish with orange slices or tinned mandarin oranges, and some basil or mint if you'd like. They will taste great together!

Nutritional values per serving:

Energy	142 kcal
Fat	8 g
Carbohydrates	17 g
Protein	874 mg
Liquid	56 g
Sodium	29 mg
Potassium	121 mg
Calcium	31 mg
Phosphorous	29 mg





TIP: you can use any juice or liquid to make this kind of frozen treat. Just remember to check the nutritional information on the packaging, as the values can vary widely.



Hungarian chilled sour cherry soup

Nothing is more refreshing than a chilled cherry soup on a balmy summer day. This one, inspired by a Hungarian classic, brings together sour and sweet flavours in one tasty bowl. Even better: it's a breeze to put together.

Sour cherry soup

Serves 10



Ingredients

Approx. 1.5 litres water
680 g jarred sour cherries
150 g sugar
6 cloves
1 lemon (sliced)
Salt
1 cinnamon stick
150 ml whipping cream (30% fat)
50 g flour



Drain the liquid from the jar of cherries. Bring the water and fruit to a boil. Season with sugar, cloves, lemon and a pinch of salt to taste and simmer for about 20 minutes.

Mix the flour and cream in a bowl until smooth. Add a ladleful of the soup and mix well (this prevents the mixture from curdling in the soup). Pour the mixture into the saucepan and simmer for another 3-4 minutes. Remove the cloves and slices of lemon before serving.

The soup can be eaten hot or cold, but tastes best cold in summer. So it's worth the wait to chill it before enjoying. Serve the soup on its own, or with whipped cream or vanilla ice cream.

Nutritional values per serving:	
Energy	184 kcal
Fat	5 g
Carbohydrates	32 g
Protein	1 g
Liquid	218 g
Sodium	30 mg
Potassium	81 mg
Calcium	32 mg
Phosphorus	25 mg





TIP: as a variation, you can also make the soup with fruits of the forest, strawberries or a mix thereof.



Silver surfers: how technology enriches seniors' lives

Technological advancements are rapidly changing many aspects of our society and lives. For the better! Thanks to the Internet, we can now stay informed and in touch more easily than ever. Today, a growing number of people over the age of 65 have also discovered the advantages of going online. Find out how you, too, can join the ranks of so-called silver surfers – and learn what you stand to gain.

Where do you catch up on the latest news? Where do you go if you need information for an upcoming holiday? What do you use to call family and friends? How do you communicate with people in writing? Where do you shop, do your banking and deal with service providers? In the past, most of us would have answered these questions as follows:

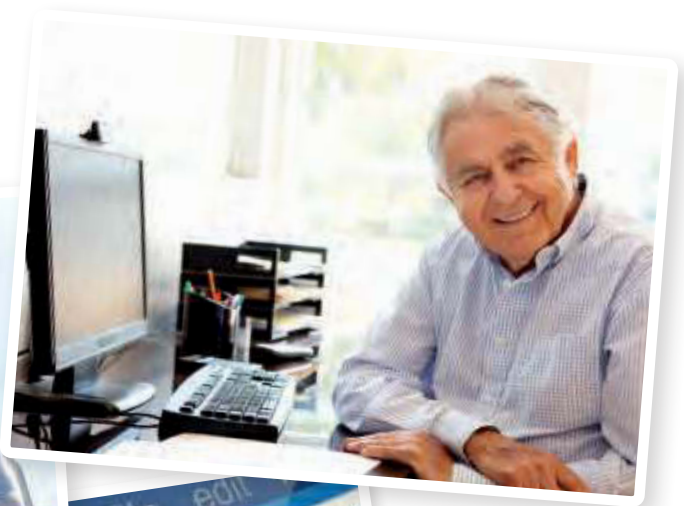
- I follow the news in the newspaper or watch the telly at a set time every day to watch the news.
- I get information for my holiday from a travel agent or from the library.

- I pick up my landline phone to call those close to me
- I compose letters and post them if I need to contact someone in writing.
- I shop in nearby stores, bank at my local branch and deal with service providers on the phone or in person at a local office.

Today, however, widespread internet access makes things look markedly different. Nowadays, people often read the latest headlines from online news sources on a computer or laptop. Or go online to book a holiday and learn more about a destination, or may make







video calls. Email enables millions each day to send written communication instantly – without waiting for the postman to come. Online shopping, online banking and service providers' online help desks make it possible to accomplish everyday tasks from the comfort of your own home. Applications, commonly known as 'apps', grant you direct access to information or functions on your smart device.

Embrace meaningful connections

Technology has made life more fulfilling for the silver generation by keeping them better connected to the world and to their loved ones. All you need to go online is a broadband connection and a computer, laptop or smart device, such as smartphone or tablet. Imagine how exciting it is to write an email to a relative or friend across the globe and they receive it a few seconds after you click to send it. If you have grandchildren or children living abroad or on the other side of country, video calls are a wonderful way to stay in touch and participate in each other's lives. It makes a difference when you can see their faces and speak to them in real time!

By keeping you easily connected to those near and dear to you, an internet connection can ease feelings of loneliness that can be common as we age. Online, you can also reconnect with people from your past, like old childhood friends or a former neighbour. Not only does the internet make it simple to revive past relationships, it also makes it easy to organise meet-ups or reunions because you can reach many people quickly, with minimal effort.

Discover social media

Social media is a catchall term for websites where people create the content, instead of a company or government agency, for example, who fill their websites with information about their products and services. 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.



1, 2, 3 – online!

Interested in exploring the Internet? Here's how to get started in three easy steps.

- 1 Get an internet-capable device** like a PC, laptop or smartphone. Select one that is senior-friendly. It should have a bright display, large icons and simple, easy to use features. Also, make sure the font size is set to large. An integrated camera is practical for video calls and comes standard on most of the latest generation of devices.
- 2 Find an internet connection.** You will need a stable internet connection to surf, search or play games comfortably without interruption. High speed broadband is recommendable if you want to make video calls. If you lack a connection, you can subscribe to one through a local Internet service provider. Grandchildren, children or neighbours who frequently use the Internet or are technology-affine should be able to assist you if you need help. Alternatively, you can ask a friend or neighbour with an internet connection if you can use theirs. Another option: drop by a café that advertises free Wi-Fi.
- 3 Surf away!** Now that you have a compatible device and an internet connection, you can begin exploring the World Wide Web. If using the Internet is completely new to you, consider taking a course at a local community or senior centre. Or ask someone close to you for help.

Set off on your journey

The Internet offers so much to discover. For instance, at nephrocare.com you will find a host of useful information about managing and living with kidney disease. From delicious kidney-friendly recipes, to inspiring stories from other patients, to everyday healthy lifestyle tips.

Until then, happy surfing!

www.NephroCare.com



Not just black & white

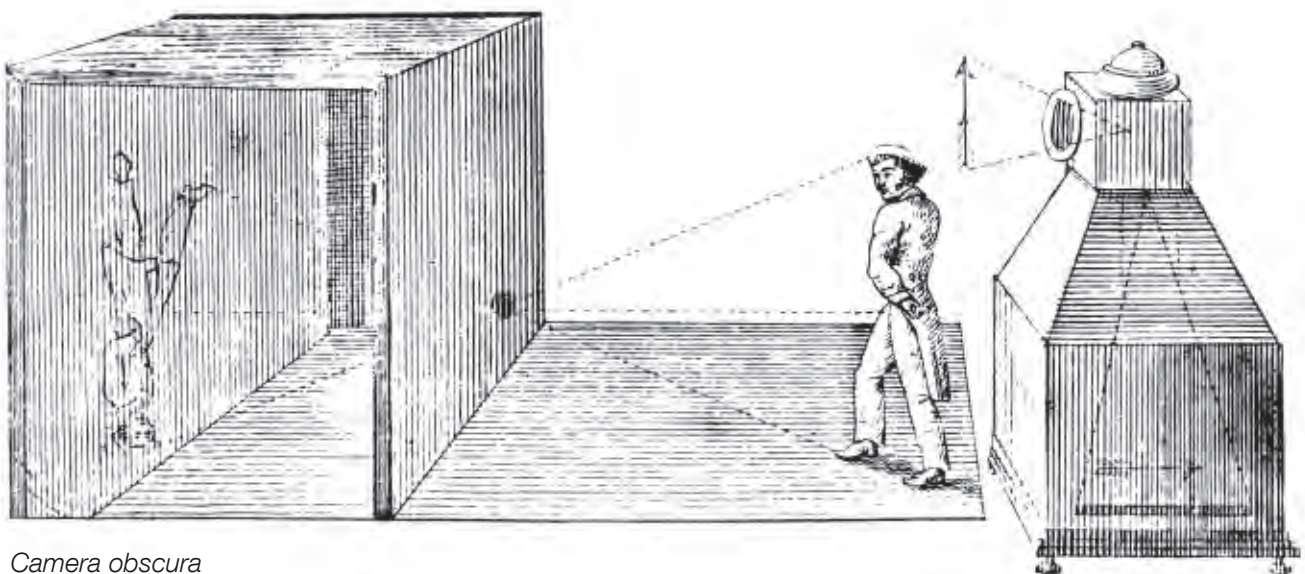
Photography is many things. An art. A way of preserving meaningful moments and memories. A passion for some, a profession for others. Join us on a journey through photography's past, present and future.

Today, we use our smartphones to take photos of everything. Our children. Our friends. The food we eat. Places we go. Things we need from the store. But photography wasn't always so easy and omnipresent. Before the digital era, taking pictures was reserved for special occasions: Christmas, family reunions, the first day of school. And before that, it was reserved for the upper echelons of society as a replacement for portraits.

But let's back up a little. Long before there were cameras, early photographers recorded images using what's known as a camera

obscura. It consisted of a dark room with a hole (the forerunner of the lens) in one of the walls. Images of objects outside the room were then projected through the hole onto the wall opposite it.

Sometime in the late 16th century, an Italian author and scientist experimented with a lens and a camera obscura. But this early version of photography relied on the artist's ability to draw: they had to trace the image project on the wall by hand to record an image. Some bright minds were convinced there must be an easier way.



Camera obscura





Photography in the 19th century

The age of experimentation

In the first part of the 18th century, a German professor had the idea to arrange silver salts into words and exposed them to sunlight to create an impression. However, these images faded quickly.

In the 19th century, an amateur inventor developed a method using sunlight to draw pictures, a process he called heliography. He had the great idea to combine heliography with a camera obscura. The result: the world's first actual photograph. An eight-hour exposure time was required to record an image of the nature around his home in the countryside.

Soon after, other inventors looked for ways to shorten exposure time. In the 1830s, one found a way to reduce it from around eight hours to just 30 minutes.

The next revolutions

An Englishman was the next to truly change the course of photography. In 1851, he introduced the world to his technique of using a

wet solution to make glass negatives. In the years and decades thereafter, many scientists and artists tinkered with the process, making small enhancements to optimise the process of taking pictures. Their contributions made taking pictures easier, more stable and more flexible.

Slowly but surely, photography infiltrated people's lives and private spheres. Photographers began to experiment with movement and colour. Portraits, of course, were a popular photography genre from the get-go. With the invention of dry plate in the 1870s, which eliminated the need for a portable darkroom, photojournalism and landscape photography took off.

From black and white to vibrant colour

One could say that the 20th century was the golden age of traditional photography. In the early years, black and white photos established a strong foothold and the technique was continuously refined, resulting in clearer snapshots. However, all of this didn't take place in black and white. With colour photo-



graphs, people could better record life vibrantly as they actually saw it. And as the century unfolded, a growing number of households owned a camera, which slowly ushered in photography as a pastime.

The first practical colour photography called autochrome appeared in France the early 20th century. By the mid-1930s, two Americans introduced the modern age of colour photography when they invented Kodachrome film. Until the revolutionary rise of digital photography, people developed ways to enhance the status quo in terms of colour materials and processes. Further, photographers tapped into new creative possibilities with the camera. Books and magazines with beautiful photo spreads familiarized us with other cultures and current events. Photos were everywhere.






Analogue goes digital

Sometime in the 1990s, digital photography began to crop up. First, among professionals who could now take a photograph and instantly view the results. It took over a decade for the digital photography craze to spread to the general public. The catalyst: the smartphone. When you think about it, it's obvious why the smartphone proliferated digital photography. Today, most of us carry our smartphone with us wherever we go. Lightweight, compact and always within arm's reach, we can easily snap pictures of everyday life. And since the photographs are digital, we simply delete the ones we don't want to keep.

Social media networks like Facebook and Instagram have also contributed to the widespread use of digital photography. People, especially Millennials, take shots of everything with their smartphones – their breakfast, their surroundings, themselves (known as 'selfies') – and post them on social media for their social network to see. **Go and take pictures!**

Three photography facts

-  Every two minutes we take more photos today than the entire world did in the 19th century.
-  The left side of people's faces looks more attractive in photos than the right side.
-  The first digital camera was invented by Kodak – way back in 1975!



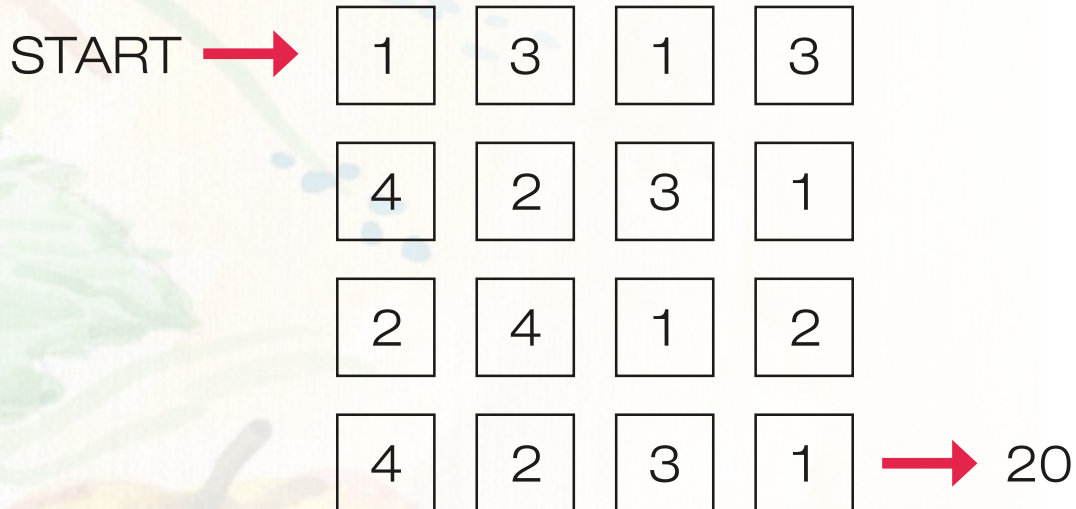
Brain calisthenics

Stretch your mind with these challenging brain teasers.

Whether you do them in a group or with others, remember the most important part: **having fun!**

Number maze

Follow the right path through the cells to end with a total of 20.



Mystery close-up

Somebody has been using a microscope. But what were they looking at? Can you tell?

1.



2.





Can you spot the eight differences between these two pictures?

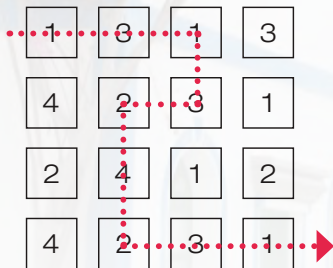


Preview of our next edition

Holidays to Canary Islands

NephroCare Patient App

Brain calisthenics solutions



1. Page 19
Cornbread



2. Page 25
Raspberries



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