

Winter 2017

NephroCare

for me



Winter vegetables -  
so delicious

Pass the cheese, please

Working while on dialysis



*“In seed-time learn,  
in harvest teach,  
in winter enjoy.”*

William Blake, English Poet

## Welcome!

Dear Readers,

When the last of autumn’s bright colours have given way to an austere landscape, we know **winter is here to stay**. Until spring, that is. If you haven’t swapped cotton t-shirts for woollen jumpers, it’s high time to do so. Now that you’re properly bundled up, let’s delve into our newest crop of articles and stories for the chilliest time of the year.

First up, an invitation to travel with us on a journey through the **tantalising sights and scents** of one North African nation in our piece ‘Inspired by Morocco’, page 20. Taking a look at a slice of life in Europe, we hear from one man who found living life to its fullest meant continuing **working alongside treatment**. Hear his motivating story on page 14.

Staying at home we dug up some **local gems** to enjoy in ‘Winter vegetables – so delicious’, page 30. Discover how surprisingly rich winter’s bounty can be and find kidney-friendly recipes to recreate in your own kitchen. After savouring a tasty, healthy meal, we have the **perfect indoor pastime** for you to take up: 3D puzzles. Learn all about these mini masterpieces and how to get started on page 38.

Of course, this is just a taste of the intriguing information and stories that await you in this edition of **NephroCare for me**. So we won’t keep you any longer from exploring and enjoying.

Here’s to an enchanting season!

Your **NephroCare for me** Editorial Team



## Fresenius Medical Care informs

Your go-to online resource: the NephroCare website ..... 4



## Worth knowing in renal

High blood pressure and chronic kidney disease ..... 8

How-to guide: needle removal and haemostasis ..... 12



## Different countries – different habits

Working while on dialysis ..... 14

A change in perspective: from patient to nurse ..... 18

Inspired by Morocco ..... 20

Kick back in the Canaries ..... 24



## Here's to your health

Pass the cheese, please ..... 26

Winter vegetables – so delicious ..... 30



## Recipes

Warm red cabbage salad with goat's cheese  
and capers ..... 34

Stuffed pancakes with cheese and honey ..... 36



## Worth living

Mini masterpieces: 3D puzzles ..... 38



## Inspiring

Brain calisthenics ..... 42



## Your go-to online resource: the NephroCare website

Where do you go online when you want information about treatment, care and thriving on dialysis? The patient area of the NephroCare website, of course!

Whether you are already a daily visitor or are completely new to our site, there is always a wealth of information to discover.

### **NephroCare.com – a brief history**

Our online presence has been around for a while, albeit it in different forms. By regularly expanding and enhancing our website we not only make the experience better for you but also offer new content on relevant topics. Wherever you reside, when you visit NephroCare.com today you can be certain to find high-quality, reliable information, articles, recipes and more, specially for people with chronic kidney disease and their families. We strive to always serve you better – at our centres and on the Internet!

Today and in the future, we continue to improve our online offer to better serve and inform you. Stop by regularly to see what's new and what has changed.

### **Local content tailored to you**

As mentioned above, in addition to our global NephroCare.com website most countries also run a country-specific site in the local language and with content relevant to people who live in the area.

This may include:

- @ Special features with patient stories
- @ Information and news from your local NephroCare organisation
- @ Local habits, practices and events

You can access your local NephroCare website by selecting your country from the 'Select Country' tab in the main navigation (the black tabs at the very top of the page) on NephroCare.com. Alternatively, go directly to your country's version by entering the web address (URL) in your browser.





Here are some NephroCare.com milestones at a glance.

**until 2012** – Our website already contains plenty of information about Kidney & Kidney Disease, Treatment Options and more.

**2012** – Re-launch of NephroCare.com. Now more user-friendly and with enriched content in the sections Kidney & Kidney Disease, Treatment Options, Help & Advice. Furthermore we enhanced the nutrition section with a wide range of kidney-friendly recipes.



2012



### Delve into more content

Got a question about kidney disease? Interested in our services? Looking for a new recipe to try? Need a break from the daily grind? You'll find patient-friendly answers to all these questions in the following sections on NephroCare.com. Here's a closer look at four of the sections.



**Kidney & Kidney Disease:** At the heart of our patient section is key information about kidney disease, written and structured for patients. Here you can learn kidney basics (including what your kidneys do, what happens when kidneys fail, who's at risk of kidney disease and symptoms); find out about the five stages of kidney disease; explore treatment options; and learn about comorbidities, other conditions that commonly occur along with or due to kidney disease.

**Services:** This is the place to go online for information and inspiration. Get advice on topics related to living with chronic kidney disease, from fistula care, to exercise, to medication. Also read moving stories from other patients. Hear the situations they have faced and the challenges they have overcome to help them live well, despite having kidneys that don't work as they should.



**2015** – The launch of the responsive version of NephroCare.com let people access great content on smartphones and tablets, including new sections like "My Disease Stage". The number of country-specific websites grows.

**2016** – A new year, a new look. We updated the website to reflect our new logo and brand design.

2015



2016



Find additional tips to help you make the most out of every day in the digital version of our popular patient magazine, NephroCare for me. Last but not least, the new Inspiration section is brimming with ideas to encourage you to live everyday life to its fullest.

**Nutrition:** If you have questions about what a kidney-friendly diet looks like or are looking for new ideas to spice up your cooking, you should definitely visit our Nutrition section. In addition to the "Good food recipe library", which is chock full of healthy and delicious recipes, you'll also find specific information about good nutrition for your type of treatment, whether peritoneal dialysis or haemodialysis. Our tip: Watch the educational videos in the subsections on topics like 'Energy', 'Liquids & salt' and more. And remember that despite what appears online, always follow your doctor's and dietician's orders!

**Holiday Dialysis:** Now and again we all need a break from the routine of everyday life. The good news: being on dialysis does not mean you can't get away from it all now and then. One benefit of being a patient at NephroCare is having access to our global network of centres, all of which offer a high quality of care you can trust. In our Holiday Dialysis section on NephroCare.com, you can explore your options, find centres in a foreign country or city across the country, and get the ball rolling to request and coordinate dialysis during your holiday.

We hope we've piqued your interest for the wealth of interesting information and content we offer on NephroCare.com. But don't take our word for it: go online now to discover it for yourself.

*Happy surfing!*  
**www.NephroCare.com**



## Common yet often unknown connection: High blood pressure and chronic kidney disease

Because of how our bodies are naturally engineered, blood pressure and kidney disease are closely intertwined. In fact, high blood pressure can be both a cause and a complication of kidney disease. Here's what you should know.

After the diagnosis of chronic kidney disease, you may notice that your physician closely monitors your blood pressure. Why, you might have wondered? It's because having high blood pressure, also known as hypertension, increases the chance that your kidney disease will progress and could potentially lead to heart problems. By keeping your blood pressure controlled you can help reduce the risk of developing such complications.

### Silent but serious

Too often, people who suffer from high blood pressure don't know they have it: it typically causes no symptoms. The only way to know if your blood pressure is too high is to measure it. That's why your blood pressure should be checked at every visit to your doctor or dialysis centre. For people with chronic kidney disease, your doctor may also test your blood to check your kidney function and









levels of other elements in your blood such as potassium. Since protein in the urine can signal a kidney problem, your physician may check that as well.

### **The kidney–blood pressure connection**

Over time, high blood pressure can damage blood vessels throughout your body. This can reduce the blood supply to important organs like the kidneys. High blood pressure also damages the tiny filtering units in your kidneys and as a consequence the kidneys may stop removing waste products and extra fluid from your blood. This can cause extra fluid in your blood vessels to build up and raise your blood pressure even more. High blood pressure can also be a complication of chronic kidney disease since your kidneys play a key role in keeping your blood pressure in a healthy range. If you have kidney disease, your kidneys are less able to help regulate blood pressure and as a result, blood pressure can creep up.

### **Stick to the plan**

Your doctor will develop a treatment plan for you if you are diagnosed with hypertension. It will likely include making lifestyle changes and taking medications. Remember to follow your physician's instructions and to report any problems or symptoms you have to your doctor. Even after your blood pressure reaches the desired level, it's essential to continue taking your medication as instructed unless your doctor tells you to do otherwise.

### **Educate yourself**

At NephroCare, we encourage you to learn all you can about high blood pressure and chronic kidney disease. As a well-informed patient, you can be directly involved in your care and long-term health. Also, encourage family members to have their blood pressure checked.



## Family involvement

Remember to involve the whole family in your care. It's much easier to make lifestyle changes such as following a healthier diet, exercising more and stopping smoking if you take these steps together or if you have the support of your family. Because high blood pressure often runs in families, some of your family members may also be at increased risk of developing high blood pressure and chronic kidney disease. Encourage them to learn all they can about high blood pressure and to have their blood pressure checked at least once a year.

Should you have questions or concerns about your blood pressure or treatment, reach out to the NephroCare staff at your next dialysis session.

*We always have  
an open ear for you!*



## BE SMART ABOUT BLOOD PRESSURE

- Keep all your scheduled appointments with your doctor.
- Ask your doctor how to take your own blood pressure at home.
- Record your daily blood pressure levels and show them to your doctor at each visit.
- Take your blood pressure pills exactly as prescribed by your doctor, even if you are feeling fine.
- Report any side effects from your medicine to your doctor. Never stop taking any medications without speaking first to your doctor.
- To help you remember when to take your medications, try one of the special pill boxes with small compartments labelled with the days of the week and the times of day.
- Alternatively, set an alarm or ask family members to help remind you to take your medications.
- Follow your diet and exercise plan faithfully.
- Meet with a registered dietician if you need help adjusting your diet.
- Don't be afraid to ask questions! Bring a list of them with you to your next appointment.



# How-to guide: needle removal and haemostasis

Each time you visit a NephroCare centre for treatment, our caring staff welcomes your active participation. In this helpful how-to guide, we show you how you can – if you want to – play an active role in needle removal and haemostasis.

Whether you are new to dialysis or have been undergoing treatment for a while, removing a needle is an important part of each session. It must always be done carefully to prevent a blood vessel from tearing. Correct removal also minimises access trauma and helps achieve optimal haemostasis. While a skilled nurse always performs haemostasis of the very first cannulation, you can get involved in future treatments. Here's an overview of how you can participate – if you would like to, of course.

## Your step-by-step guide

**STEP 1 – Prepare the materials.** A nurse always prepares the materials required for needle removal and stopping the blood flow. Patients who wish to participate must be able to apply pressure on the vascular access. If this isn't the case for you, a nurse will always take over. Assuming you can and would like to assist, the nurse will ask you to put on gloves during this step.

**STEP 2 – Remove the needle.** The nurse stabilises the needle and carefully removes any tape. This prevents excessive manipulation, which may damage the access wall and enlarge the cannulation site. If your skin is dry, the nurse will take great care not to damage it. The needle should always be withdrawn slowly,

maintaining the same angle of insertion until the entire needle has exited. Wait until the needle has been completely removed before applying pressure to prevent damage to the vessel wall. Take great care not to move your arm while the nurse is removing the needle.

**STEP 3 – Compress.** To help prevent bruising, compressing with two fingers is key. Place one finger over the external insertion site (your skin) and the second on the internal insertion site (the vessel entry), see Fig. 2. Apply pressure that is strong enough to stop the bleeding, but not so strong that it stops blood flow through the vascular access. Compression that restricts blood flow may cause the access to clot.



Fig. 1

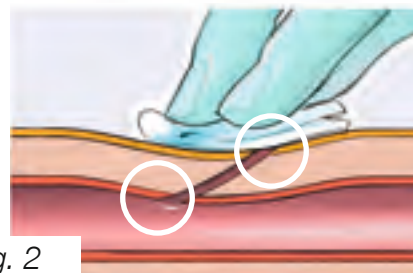


Fig. 2

*For haemostasis it's important to wear a glove and compress with two fingers.*

**STEP 4 – Check for thrill.** Thrill (a vibrating sensation) should be felt above and below the site of pressure. If thrill is absent, reduce pressure on the access until you can feel it. Why check for thrill above and below the pressure sites? To ensure compression is not restricting blood flow through the vascular access. The time required for haemostasis varies from patient to patient, but usually takes around 8–12 minutes. The process is complete when there are no signs of bleeding after releasing pressure from the site.

**STEP 5 – Apply a plaster.** Once haemostasis is completed the nurse will apply a haemostatic plaster or tape sterile gauze over the site. The tape should not be wrapped completely around the arm. Doing so can create a tourniquet effect, restricting blood flow. Thereafter, the nurse will check for your pulse above and below the dressing. When the plaster is in place, you can remove your glove. It's important to keep the cannulation site protected until a scab has formed.



### What is haemostasis?

It is the medical term for the stoppage of bleeding. For haemodialysis patients, haemostasis must occur after needle removal.

### The right home care

Bleeding at a cannulation site while at home is rare, but should it happen you should first apply pressure to the site like in the dialysis centre. Wait for at least five minutes, then check to see if it has stopped. If it has, apply a new plaster. If it is still bleeding, reapply pressure. Contact your dialysis centre if bleeding continues after 30 minutes.

*Thanks to all patients* who participate in the haemostasis, though there is no pressure to do so. If you are interested in learning about haemostasis and your treatment, please reach out to your nurse.

## DOs AND DON'Ts

Here are some essential Dos and Don'ts to remember when participating in haemostasis:



**DO** apply pressure by using two fingers, only after the needle has been completely removed.

**DO** hold for 8–12 minutes without checking.

**DO** allow the nurse to hold for up to 20 minutes without checking, after the very first cannulation.



**DON'T** forget to check for thrill above and below the site of pressure.

**DON'T** check too early: doing so breaks the forming clot and re-starts bleeding.

**DON'T** wrap tape around your arm.



## Working while on dialysis

For some dialysis patients, continuing to work despite the diagnosis of chronic kidney disease keeps them focused and grounded.

One such person is Frenchman Stéphane Percio (48).

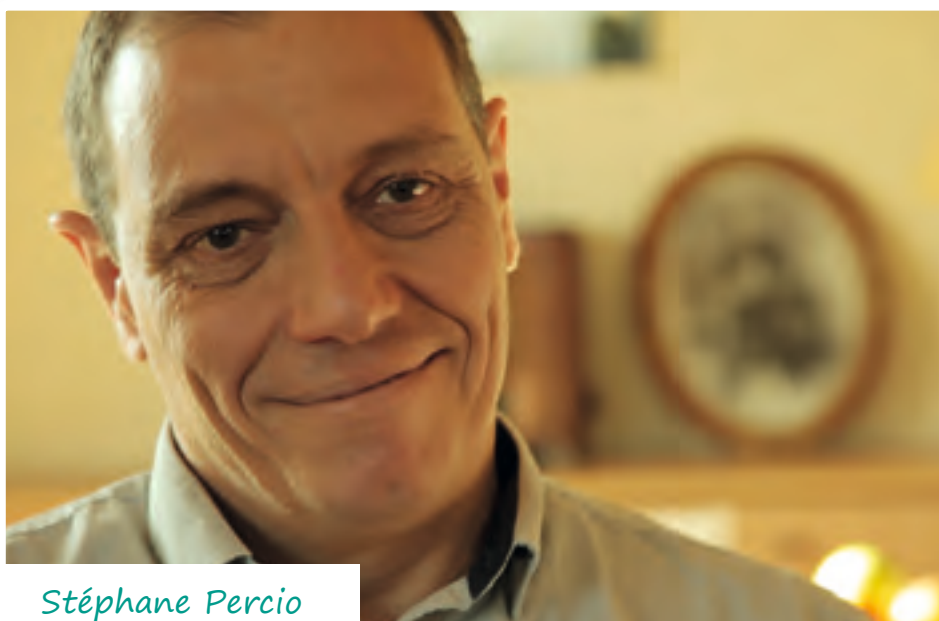
Here is his story.

Since September 2015, I have been a patient at the NephroCare Tassin-Charcot Centre, located in a residential neighbourhood in the beautiful city of Lyon, France. Starting dialysis was an easy choice really because my kidney failure had caused me to become a mere shadow of myself. You see, I suffer from polycystic kidney disease. From early on I decided that, despite my fate, I would continue working. Not everyone has this option – especially people who perform manual labour or have to be on their feet all day –

but in this case my desk job turned out to be a blessing.

### Preparing for treatment

Beginning dialysis came as no surprise to me. In fact, I knew in advance I would soon start dialysis, so I had time to prepare mentally. My nephrologist also helped me get ready by showing me around the centre and giving me a chance to speak with the nurses. Just as spring gave way to summer, I got my fistula. The time had come.



*Stéphane Percio*



### Dreaming of a new kidney

From the very start, I viewed dialysis as something temporary. After all, I was hoping for a donor kidney. I was thankful for treatment, but felt a transplant would be a better fit. With my nephrologist's assistance, I set the registration process for a transplant in motion and, after jumping through many hoops, my name was on the transplant list.

Actually, the process was not at all what I expected. I thought you just signed up and waited – sometimes for years. In reality, you have to follow a set of steps – like a trail – and at each fork in the road, if you're allowed to pass, you move on to the next step of the

journey. I also learnt that at any stage you could receive the difficult news that you're not a suitable candidate for a transplant, which can be hard to digest. Through all the uncertainty I often reminded myself there's always dialysis.

### Farewell, kidney!

One symptom of polycystic kidney disease is enlarged kidneys. The average, healthy kidney weighs around 450 grams. In comparison, mine weighed around 4 kilograms! Because my kidneys were taking up so much space, one of them had to be removed – a procedure called a nephrectomy – for me to qualify for the transplant list.







### Adjusting to treatment

From the beginning, dialysis greatly improved my quality of life. Very quickly, I felt like I was finally able to live again. Of course, there were moments of discomfort or frustration, but the benefits greatly outweighed those aspects.

For me personally, taking control of my disease had always been important, especially since I chose to continue working full time. But I was entering new territory and relied on the support of the NephroCare team. Today, I go to the clinic after work, start dialysis at 6 pm and finish at 1 am at the very latest.

### What others think

In other people's minds, dialysis is very simple. Many people understand the principle, but few know about its effects. I have explained and shared a lot with those close to me. My children, my wife and my parents have seen me connected to the machine. This helped them better understand what I go through during treatment, and helped demystify it.

### Living life to its fullest

I made a conscious decision to lead a normal life to the greatest extent possible, despite dialysis. That's one reason why I elected to continue working through it all. Having a job gives my day structure and meaning. It also gives my mind something to do. Traveling is also important to me. Last winter and again this summer I went on holiday. It does take careful planning and flexibility – you need a destination with a dialysis centre nearby – but it is possible. The effort is worth it because a change of pace and scenery are good for my mental health.

### On weight

Through the treatment and care I've received at NephroCare, I've discovered how important weight is. Over time – with plenty of trial and error – I have learnt to control my weight as best possible. I am very careful about what I eat and drink. Sometimes it's challenging to be so disciplined – especially because I regularly eat out at restaurants for work. But I've learnt the hard way that following kidney-friendly food habits is worth it.



### Thriving on dialysis

Dialysis certainly affects your life, but it doesn't stop you from thriving. It's become a normal part of every week and it's really not as terrifying as it first seems. We all have different fears and struggles we must overcome, but you can't let dialysis stop you from living a fulfilling life. Being diagnosed with a chronic illness also makes you appreciate people all the more. I am amazed and inspired by those people in my life who are constantly reaching out to me – messages, calls, visits – just to hear how I am doing. Their kindness is so important to me and helps me find the inner strength to persevere through it all.

*Thank you,* Stéphane, for your motivating and inspiring words. We wish you all the best to continue living an active and fulfilling life.



## A change in perspective: from patient to nurse

For a handful of people, kidney disease, dialysis and talk of a transplant shapes everyday life from a young age. One such man, José Luis Herrero of Valencia, Spain, was so inspired by his father's ability to help people as a physician, he pursued nursing as a profession.

José Luis Herrero came into this world a fighter with big dreams. The 26-year-old was born with Alport syndrome, a genetic disorder that affects the kidneys. His doctors, however, didn't diagnose it until he was four, suspecting it after he suffered repeated urinary tract infections from the time he was just three months old. He didn't know it at the time, but due to his condition, the tiny blood vessels of the kidney glomeruli were damaged and he was slowly losing kidney function.

"I had a limited yet stable working kidney until I was 10. But when my father died the disease spiked and they told me I had to start dialysis", José Luis says. His first dialysis session was scheduled on the 21<sup>st</sup> August 2001 but the day before having it he was called for a kidney transplant. "I was really scared because I was so young, but the operation went well".



*José Luis Herrero*

### A twist of fate

Soon after the transplant, José Luis was able to lead a fairly normal life. He went to school, hung out with friends, played football. But the hormonal changes during his teenage years triggered alterations in his body that damaged his donor kidney, causing high blood pressure.

"Creatinine increased, and my kidney slowly lost its function. When hypertrophy occurred in the left ventricle due to hypertension, the doctors decided to remove the kidney and start me on dialysis", explains José Luis. It felt like a huge setback for the 17-year-old who had just returned from a school trip to Granada.

"My school was great and the teachers helped me out a lot", he says. On his dialysis days, his classmates would send him the lessons and homework for him to complete.

### A special birthday gift

When 24<sup>th</sup> April 2008 rolled around, José Luis had one thing on his mind: celebrating his mother's birthday. He had no idea that he, too, was about to receive a gift. During the celebration, he got a call to say that a matching donor kidney was available. Excited, he went to the hospital for tests but was nearly ruled out as a candidate.

“I was full of fluid and the doctors were uncertain if they should carry out the operation or not,” recalls José Luis. Eventually they performed a double dialysis session and went ahead with the transplant.

At 1.68 m tall, his weight had dropped to 40 kg. “I spent my 18<sup>th</sup> birthday in hospital. I was able to take my exams when I got out, although I missed the university entrance exams. Luckily, I passed them later in the September exam session”, he explains. He is grateful to the Parque Colegio Santa Ana school where he studied. “The teachers agreed to test me separately”, he says, recognising that their support was crucial to furthering his education.



### The pathway to nursing

Originally, José Luis wanted to be a doctor like his father. When going to medical school didn't work out, he decided nursing could be an equally fulfilling profession. “I don't regret choosing nursing for a second. I love my work. Becoming a doctor takes so long anyway and I don't know how my new kidney would have coped”, José Luis says. After finishing his nursing studies in 2012, he began a master programme in Dialysis and Renal Transplants while also working as a substitute nurse at the Valencia NephroCare Dialysis Centre.

His perspective on his work and his patients is fascinating. After all, how does a nurse who has been a dialysis patient approach working at a dialysis centre? José Luis admits it was hard at first and he had to rely on support from the dialysis centre team while he worked through it. “It was difficult because I was very conscious of how dialysis patients feel. Now I've learned to not think about my own situation at work, but to focus entirely on my patients”, he points out.

### Support from mum

Today José Luis's future looks bright. “I take care of myself and have a good renal function. I do sport, I go out with my girlfriend and my friends. I lead a normal life”, he says. He has his mum to thank for his attitude and outlook on life. She's always been a real lifeline, spurring him on to fight and pursue his dreams. Now they are looking forward to his younger brother's graduation this year. His chosen career: nursing, just like José Luis!



*José Luis Herrero and his mother*

*Thank you,* José Luis, for sharing your personal story with us! We wish you all the best on your personal and professional journey.



## Inspired by Morocco

A visit to Morocco promises a rich bazaar of landscapes, scents and people. Come along on a discovery journey through the northwest corner of the world's largest continent.

From the deep blue waves of the Atlantic Ocean, to the calm, bath-water-like shores of the Mediterranean, from highest peaks of the High Atlas Mountains, to the hot deserts of the north-western Sahara, Morocco bursts with spectacular diversity. Today, the country of 35.2 million is a melting pot of Arab, Berber, European and African influences. Unsurprisingly, if you walk the streets or visit a local souk you will hear a colourful mix of Arabic and Berber, the country's two official languages, as well as French and Spanish. Here, the people and the cities are as diverse as the landscapes.

### From high peaks to the desert

Far up in the High Atlas Mountains, hours away from the boisterous metropolises, lie some of North Africa's most remote villages.

Since antiquity, the Berbers have lived on this terrain in the shadows of some of the continent's highest peaks. Mount Toubkal, for example, stretches a whopping 4,167 metres into the sky. To reach this corner of Morocco, travellers and locals alike must cross an old, windy mountain road with heart-stopping views of the area. Should you find yourself here, hire a driver and cross the pass in the daylight, so you can take in the surroundings.

Starting in spring and stretching into autumn, trekkers flood the area seeking to cover this corner of Moroccan terrain by foot. After the first snow of the season (yes, there's snow in Morocco), winter sport enthusiasts sweep in to enjoy the slopes. More than just catering for sport lovers' wants, the mountain range also serves as a natural weather barrier between the milder Mediterranean climate to the north and the sweltering, rural Sahara to the south.



Atlas Mountains



Sahara



Cross over into the desert landscape and you will find great Saharan ergs, the infamous shifting sand dunes. Two of the most talked-about in the area are Erg Chebbi and Erg Chigaga. The former is a spectacular example of breath-taking Moroccan desert landscapes. This part of the country is only accessible by car or bus, making it truly off the beaten path. Each year, thrill-seekers travel to the area in hopes of witnessing a famous desert sandstorm – from afar, of course.

### Bedazzling Marrakesh

Moroccan cities are as inspiring as the country's landscapes. Marrakesh is a beguiling, lively city that beckons travellers to explore and uncover its secrets. The inside of the medina – the ancient city walls – is home to a maze of streets dotted with souks and their rainbow of colours. Don't bother looking for street signs or taking along a map should you wander through Marrakesh's narrow, pastel-washed alleyways called derbs: they are notorious for being unmarked.



Djemaa el-Fna, Marrakesh

For an unforgettable show, head to Djemaa el-Fna, Marrakesh's main square, which the UNESCO declared a 'Masterpiece of World Heritage' in 2001 for its ability to bring urban legends and oral history to life. Here, night after night storytellers, acrobats, buskers and comedy actors perform a dazzling street carnival for the general public to enjoy.

### Car-free in Fès

Did you know that the city of Fès is the world's largest car-free urban area? Stroll along the streets without worrying about motorists zipping by while you take in the elaborate architecture of mosques and madrasas (schools). Get lost and find your way home in the old medina Fes el-bali, famous for its labyrinth of streets. High-quality leather goods look back on a long history in Fès and an afternoon at the iconic Chaouwara tanneries is worth a trip.

At the end of a long day, visit a hammam and enjoy a relaxing massage.

### Captivating Casablanca

Hollywood may have made Casablanca a household name, but the city's beauty and modern slant has earned it a place in contemporary Moroccan society. With examples of art deco, modern, and traditional Arab style, Casablanca is home to world-class architecture that expertly blends cultures and the old and new world. The Hassan II Mosque, one of the largest mosques in the world, which was built in the 1980s and early 1990s, enriches the city with a contemporary monument. The intricate masterpiece, which took over seven years and the manpower of up to 10,000 artisans to complete, demonstrates remarkable craftsmanship.



*Hassan II Mosque*

For those who simply want to take a stroll, absorb the sights and tuck into a delightful meal, Casablanca offers a booming art and culture scene and incredible restaurants along the beautiful waterfront boulevard, La Corniche. However, should you come to Casablanca looking for traces of the eponymous movie, you will go home disappointed: it was all filmed in a Hollywood studio.

### **Beachside getaways**

With its long stretches of coastline along the Atlantic and Mediterranean coasts, Morocco also attracts throngs of tourists from abroad looking to enjoy sand and surf. Especially the ocean breezes can provide a refreshing relief in the sweltering summer months. Along the southern Atlantic coast, Agadir is one such popular coast getaway that is particularly popular among European tourists. It boasts modest beaches, golf courses and resorts on or near the seaside. Further north on the ocean, Essaouira offers kilometre-





long sand beaches alongside jaw-dropping fortifications. In the lovely old town, the medina is bursting with narrow alleys and picture book, blue and white houses.

### **Culture & culinary traditions**

Moroccan hospitality is legendary and the people here are proud of it. Engage with the locals and you may find yourself invited to a lavish meal at someone's home, possibly a beef or chicken tagine. And no trip to Morocco is complete without tasting traditional sweet breads and delectable mint tea.

Throughout the diverse country, magical argan oil is said to make everything better. It is used in spa treatments, cosmetics, hair-care and food. The precious oil, which is chocked full of vitamin E and fatty acids, is extracted from nuts of the argan trees that grow in southwestern Morocco.

### **Did you know?**

-  Morocco is a kingdom? A literal translation of its Arabic name means "The Western Kingdom". This refers to Morocco's location as the westernmost country in the Arab world.
-  At its closest point, in the Strait of Gibraltar, Morocco is just 13 kilometres away from Europe.
-  White is the colour of mourning in Morocco.
-  Traditionally, the liver, not the heart, is considered the symbol of love in Morocco.



## Kick back in the Canaries

Located in the Atlantic Ocean off the northwestern coast of Africa, the Canary Islands are known for their year-round mood-boosting climate. Fresenius Medical Care recently acquired three holiday dialysis centres across the archipelago – a boon for dialysis patients worldwide looking for a sunny, relaxing place to escape daily life.

When the cold sets in and days grow shorter across central and northern Europe, many of us yearn to be in a warmer, brighter place. The Canary Islands has long been a prime destination for snowbirds and sunshine lovers. Since November 2016, dialysis patients have been able to more easily enjoy the pace and perks of island life – thanks to three centres on the islands that we recently added to our care network. All are focused on providing holiday dialysis and are dedicated to meeting the specific needs of international patients. Let's explore the ins and outs of all three centres.



Gran Canaria

### If you're on Gran Canaria...

The Maspalomas Dialysis Centre is waiting for your arrival! Located in the residential area on the southern part of the island, you'll

enjoy peace and quiet during your time in the area. The popular Maspalomas Beach is just a pleasant five-minute walk away and in the urban centre of Playa del Inglés you'll find everything your heart desires.

### If you're on Fuerteventura...

With views of the expansive white sand beaches of Jandía, the Jandía Dialysis Centre comprises a healthcare centre and holiday accommodations in one. You and your travel companions can stay onsite in one of our centre's apartments, complete with patios, a swimming pool and gardens with sweeping ocean views. The centre is located on the island's south side in Morro Jable. While you're there, be sure to visit the nearby beach of the same name, home to an iconic lighthouse.



Fuerteventura



### **If you're on Lanzarote...**

Like Jandía, the Lanzarote Dialysis Centre offers you the best of both: excellent care and in-house residence where you can stay for the duration of your stay. The surroundings are ideal for kicking back and relaxing with your loved ones. Our centre and accommodations are located just a stone's throw away from the local beaches and from Lanzarote's laid-back tourist centre, Puerto del Carmen.



*Lanzarote*

### **Discover a European paradise**

The Canary Islands – also known as the Fortunate Islands and the Islands of Eternal Spring – are an archipelago situated just off the southern Moroccan coast. Their unique geographic location provides a comfortable tropical climate all year long, with an average temperature of 22°C. Despite being close to the equator, temperatures are never too hot. Also, the trade winds prevent clouds from forming, making it an ideal place for stargazing.

### **Count on us**

At all three centres, you have the peace of mind that our centres provide the expertise you expect for away-from-home treatment,

including high-quality dialysis equipment and a highly-specialised, multi-lingual staff. Our local team have extensive experience taking care of international patients like you. We are pleased to help coordinate and support your stay on the islands by assisting in procedures like sharing your medical records and your therapy plan. We also offer additional services, such as blood analyses, physiotherapy, transportation coordination, advice on accommodations, and a translation service and interpreters are also available should you require them.

The fact that 12 million tourists flock to these enchanting islands of volcanic origin each year speaks for itself. The islands boast an extraordinary wealth of flora and fauna which you can experience first-hand in its national parks, natural reserves and World Heritage Sites.



*Holiday Dialysis centre in Jandía,  
Fuerteventura*

**Your contact for Holiday Dialysis  
in the Canaries**

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## Pass the cheese, please

In many countries of the world, cheese is a dietary staple. Grated, melted or sliced, any way you cut it cheese is a culinary delight.

Cheddar, Brie, Gorgonzola and Munster. These are just four of the estimated 3,000–5,000 types of cheese available today. Some are soft, others hard, still others have pungent blue veins. While the number of cheeses continually grows, cheese-making techniques look back on an approximately 4,000-year-long history. However, no single person or culture is accredited with inventing cheese.

According to one legend, an Arabian merchant once put milk into a satchel made from a sheep's stomach. During his journey, the rennet, milk and warmth from the desert

sun caused the milk to curdle and separate into liquid and solid parts. That evening, the lucky man tucked into a delicious dinner of cheese and whey.

But separating fact from fiction in the history of cheese is nearly impossible. What we do know: at some point cheese-making was brought to Europe where the mighty Roman Empire adopted the art. As the Romans spread out and conquered new turf, they introduced cheese-making to many corners of Europe where it became part of local culture and remains so today.







1 Coagulation



2 Curds & whey



3 Salting



4 Shaping



5 Ageing

### The art of cheese-making

All cheese starts with milk, commonly from a cow, but also from sheep, goats, ewes and buffalo. Around 4–16 litres of milk are required to produce just one kilogram of cheese. Cheese-making usually consists of five basic steps:

- 1 Coagulation – Starting agents like lactic acid or rennet are added to milk to help turn it from a liquid into a solid and form cheese curds.
- 2 Curds & whey – Using a rake-like tool, the cheese-maker cuts the cheese curds into smaller pieces, thereby drawing out the whey.
- 3 Salting – To flavour and preserve the cheese, salt is added. Alternatively, cheese wheels may be left to soak in a bath of brine.
- 4 Shaping – Cheese is shaped using a mould or basket.
- 5 Ageing – Also called ripening, this involves storing cheese at the correct temperature and humidity level and closely monitoring it.

With the exception of fresh cheeses like cream cheese or cottage cheese, all cheeses must ripen. During the ripening process the cheese develops its typical aroma and appearance. Some types of cheese are oiled, washed with brine or alcohol, or turned during the ripening process. The length of time a cheese needs to ripen depends on the type of cheese and desired taste. Blue cheeses like Stilton or Gorgonzola are injected with blue mould spores which add depth of pungent flavour and create blue veins throughout the cheese wheel. Others like Brie are rubbed with a white mould which creates its rind.

### Cheese nutrition

Cheese consists of dry matter (proteins, fats, carbohydrates, vitamins and minerals) and water, which partially evaporates during the ageing process. The type of cheese – soft, semi-soft and hard, to name three examples – influences a cheese's water content. A word of caution to kidney patients: hard cheese, some semi-soft cheeses and all processed cheeses contain **high levels of**



**phosphate.** Avoid consuming all processed cheeses and any cheese products with E 339–343 or E 450–452 on the ingredient list. If you enjoy processed cheeses, visit your local speciality foods store and ask if they stock processed cheese that uses citrate (E331) instead of phosphate which you can eat.



### How to enjoy cheese

Cheese is a good source of energy and protein, though you should take care to limit your cheese consumption. The most kidney-friendly cheeses are soft-ripened natural cheeses as they are lowest in phosphorus. Cheeses in brine like mozzarella can be soaked in water before consuming. This step helps remove some of the salt and potassium – just remember to dispose of the water afterwards.

**Our advice:** Choose a small piece of cheese to slowly savour with bread instead of grating

a heap on pasta where the taste is diluted. Be sure to always check the labels before purchasing or consuming because some cheese products may have higher phosphorus levels than others. You can always ask your dietician for advice on how much cheese you can consume.

### Three fun facts

- 1 Cheese-worthy: Some regional banks in Northern Italy accept whole wheels of Parmigiano-Reggiano cheese as collateral. The cheese is stored in climate-controlled vaults during the length of the loan. One bank, Credito Emiliano, claims to have around 400,000 wheels under lock and key.



- 2 The un-cheese. Tofu could be considered the Asian equivalent of cheese. The bland, tasteless foodstuff is made with curdled soymilk, then pressed into blocks.
- 3 The golden ratio. Researchers at the University of Bristol discovered the ratio of tomatoes, mayonnaise, bread and different types of cheddar required to make the perfect cheese sandwich.



## Winter vegetables – so delicious

When the cold weather blows in, the selection of vegetables can appear less abundant than summer's endless bounty. Still, there are plenty of great-tasting winter vegetables to enjoy.

At first glance, the farmers' markets, the vegetable stand and the produce section of your local supermarket may seem dull and lacklustre after the rainbow of colours in summer and early autumn. Look closer, however, and you will discover that there are many tasty vegetables that either come full bloom in cooler weather or store well throughout the winter months. Here's a look at the who's who of winter vegetables.

### Cabbage

The winter-loving cabbage family is extremely rich in variety and includes white cabbage, red cabbage, Brussels sprouts, kale and

savoy cabbage. Rich in vitamin C and A, cabbage also contains minerals such as iron, calcium, magnesium and potassium. Make cabbage kidney-friendlier by soaking it first in water to draw out potassium, then cook in a generous quantity of water. If consuming sauerkraut from a tin, rinse well before preparing. Remember: you can enjoy some cabbage, but in limited quantities and prepared in a kidney-friendly way.

**Try:** Warm red cabbage salad with goat's cheese and capers. Find the recipe on page 34.





Beetroots

## Root vegetables

From leeks to carrots, from parsnips to beets, root vegetables flourish in winter. And don't forget jet black salsify, also known as winter asparagus, and those lovely swedes. Peel, cube, soak, boil and puree for a delightful root vegetable side dish. Due to their high potassium content, many of these roots, such as carrots, should always be soaked before preparing into a meal.



*Root vegetables*

## Belgian endive

Prepare this crisp wintertime treat in a wide variety of ways – such as steamed or fried – or eat it raw. Originally the roots of Belgian endive were used to make chicory coffee, an alternative to the caffeine-laden drink made with coffee beans. According to legend, Belgian endive was 'discovered' when farmers stored the chicory roots in a greenhouse over the winter where, low and behold, edible leaves sprouted.

What makes Belgian endive unique: the roots grow leaves when not exposed to light. What's more, exposure to light causes the leaves to develop a bitter taste. The rule of thumb is the greener the leaves, the bitterer the bite. Try to avoid cooking Belgian endive in a pan or pot made of iron or aluminium. Doing so will cause the leaves to turn black because of a chemical reaction.



*Belgian endive*



**Try:** Fried Belgian endive with salmon fillet.  
Find the recipe on [NephroCare.com](https://www.nephrocare.com)

## Purslane

Often mistaken for a pesky weed, purslane is not only edible and delicious, it is also a real jack of all trades in the kitchen. Use the thick annual succulent with slightly nutty leaves to season dishes and kick up salads. It's equally tasty as a vegetable side dish with meat, poultry or fish. As a rule of thumb, treat purslane like you would spinach.



*Purslane*





## Sunchokes

This root vegetable from the sunflower family also goes by the name Jerusalem artichoke. It has a hint of sweetness and is reminiscent of artichokes and potatoes. Sunchokes are also very versatile whether you eat them in salads, cook and puree them like mashed potatoes or slice and fry them like chips. Good to know: sunchokes contain high levels of inulin which helps keep blood sugar stable. This makes them a good alternative to potatoes for diabetics.



Sunchokes

## Pumpkin

More than just lovely to look at around Halloween, pumpkin is tasty to eat and extremely versatile in the kitchen. Boil, steam, fry or bake, however you prepare the luscious gourds, the result is certain to be a treat. In the USA sweet pumpkin pie is a Thanksgiving staple, but the possibilities are endless, from soup made with the flesh to dried and toasted seeds.



Hokkaido pumpkin



**Try:** Pumpkin quiche.  
Find the recipe on [NephroCare.com](https://www.nephrocare.com)

## Fun pumpkin fact:

In 2016, a Belgian man, Mathias Willemijns, set the world record for the largest pumpkin. It clocked in at a whopping **1,190.5 kilograms**, 150 kilos more than the previous world record holder.



*Be inspired by these often-underestimated vegetables and enjoy them in delicious kidney-friendly dishes that will brighten up your winter dinner table!*



## Warm red cabbage salad with goat's cheese and capers

In this fresh yet homey winter dish, bright goat's cheese meddles with savoury red cabbage salad while capers add a delicious briny note.

Serve it as a meatless main dish or as a side with your favourite meat or poultry recipe for a hearty-meets-healthy meal.

### Warm red cabbage salad with goat's cheese and capers

Serves 2



#### Ingredients

- 150 g red cabbage
- 2 tbsp. olive oil
- 1/2 red apple, grated
- 3 tbsp. raspberry vinegar
- Salt, pepper
- Sugar
- 2–4 slices of goat's cheese (in all 60 g)
- Thyme
- 1 tbsp. honey
- 2 tsp. capers



Cut the red cabbage into fine slices and fry in olive oil.

Place in a bowl, mix with the grated apple and raspberry vinegar and season to taste with salt, sugar and pepper.

Put the thyme onto the goat's cheese and gratinate in the oven at 200 °C for approx. 5–8 minutes until lukewarm.

Arrange the warm goat's cheese on the red cabbage salad, put the honey on it and sprinkle with the quartered capers.

Nutritional values per serving:	
Energy	276 kcal
Fat	17.9 g
Carbohydrates	21.8 g
Protein	6.08 g
Liquid	143 g
Sodium	645 mg
Potassium	314 mg
Calcium	194 mg
Phosphorus	204 mg

**Enjoy!**





**TIP:** Soak the cabbage strips before frying or blanching in order to reduce the potassium. Capers are very salty. If you have to watch your salt intake, you can reduce the amount or omit the capers. The salad also tastes great without capers.





## Stuffed pancakes with cheese and honey

This delicious twist on thin, crepe-like pancakes is equally delicious for wintertime breakfasts and dinners. Your family and friends of all ages will delight in this ultimate comfort food that marries the natural sweetness of honey with the savouriness of cheese.

### Stuffed pancakes with cheese and honey

Serves 2



#### Ingredients

50 g butter  
200 ml milk  
75 g flour  
2 eggs  
1 tsp. sugar  
1 pinch of salt  
200 g soft cheese  
4–8 tsp. spicy honey (e.g. chestnut honey)  
A little extra butter for the pan



Melt the butter at a low heat. Beat the milk and flour until smooth then add eggs, sugar and salt and mix together.

Finally mix in the lukewarm butter. Leave the dough for approx. 20 minutes. Cut the cheese into thin slices.

Froth a small amount of butter in a pan, add 1/4 of the dough. While adding the dough, toss the pan to spread the dough evenly.

Fry the pancake until golden yellow, turn over and put 1/4 of the cheese on it. Fry the second side until golden yellow, place the stuffed pancake on a prewarmed plate, fold it up and pour 1–2 tsp. honey over each pancake.

Serve immediately!

Fry four stuffed pancakes one after another in this way.

#### Nutritional values per serving:

Energy	473 kcal
Fat	31.3 g
Carbohydrates	29 g
Protein	19.1 g
Liquid	103 g
Sodium	532 mg
Potassium	240 mg
Calcium	281 mg
Phosphorus	302 mg





## Mini masterpieces: 3D puzzles

Up, down, side-to-side, 3D puzzles literally give puzzling an entire new dimension. From famous ships to staggering structures to fantasylands, these disassembled works of art are a chance to recreate iconic places and objects at home – and have fun along the way!

When was the last time you put together a jigsaw puzzle? If you're a puzzle fan, maybe the answer was last night or last week. If your puzzling skills are rustier, maybe years have passed since you last delved into a sea of notched pieces. Whichever group you belong to, or if you fall somewhere in between, here's an idea that breathes new life into the century-old global pastime: 3D puzzles!

### What are 3D puzzles?

In contrast to traditional jigsaw puzzles, which are typically made of cardboard and assembled flat, 3D puzzles are constructed three-dimensionally. This means you have to assemble pieces into sections going in different directions: up, down and even sideways. By nature, 3D puzzles are more complex than their two-dimensional counterparts, but the resulting mini masterpiece is attractive and rewarding.







### **Past meets present**

Originally, 2D puzzles were made by painting a picture – of a scene in nature, a building or a design, for example – then cutting it into small pieces with a jigsaw. This specialised table saw contains a fine blade used to cut curved lines in different types of materials. It's also where the name jigsaw puzzle, first commercialised in the mid-18<sup>th</sup> century, stems from.

Today, computer software has given rise to three-dimensional puzzles which create a standing structure when assembled. 3D puzzles first appeared in the 1990s and quickly grew in popularity in the United States. Rather than cardboard, 3D puzzles are often made of foam, allowing the pieces to be assembled without glue. Some manufacturers number the back of the pieces to make

the task a little easier, should you care to take a peek. It's no surprise that the selection of structures, scenes and objects is constantly growing. Many are real eye-catchers that you'll be proud to put on display when completed.

### **Great brain calisthenics**

Studies show that a key way to stay mentally fit at any age is by challenging your brain. Putting together a 3D puzzle engages the body and mind, fostering fine motor skills and mental sharpness. If you haven't put together puzzles in the past, you may feel hesitant or uncertain at first about your abilities. However, after a little practice you will find yourself growing quicker and more confident. Practice may not make perfect, but it will make you better at it. Plus, your body and mind will thank you.





### Strategies for solving

If you've shied away from 3D puzzles in the past because they've seemed too daunting, here's some good news. Yes, they can be challenging, but they are really doable if you follow the right strategy. The secret to solving a 3D puzzle – which can range from easy with less than 100 pieces to very challenging with over 2,000 pieces – is to think of it as multiple traditional jigsaw puzzles you put together separately. Later, after all the smaller puzzles are complete, you assemble them into one three-dimensional structure.

### Where to buy

Brand-new 3D puzzles encased in plastic are readily available for purchase from online retailers or at local stores that sell games. One especially affordable place to look for puzzles is at second-hand stores or garage sales.



### How brilliant: a puzzle competition

3D puzzles are a great activity for cosy winter nights at home – but they are equally fun with a crowd. Here's a great idea: why not initiate a 3D puzzle competition at your NephroCare centre? You and other dialysis patients could gather together and spend an afternoon puzzling and chatting.

## HERE ARE SOME MORE EXPERT 3D PUZZLING TIPS:

- ❖ First sort the pieces, like you would for a 2D puzzle, by colour or design to identify the different puzzle parts.
- ❖ Next, divide the sorted groups by type of piece (look for edge pieces), also like you would for a 2D puzzle.
- ❖ Helpful hint: Edge pieces can be flat or have square notches.  
  
Once you have all the edge pieces, start fitting them together like you would for a 2D puzzle.
- ❖ After finishing one puzzle section (all edges should be smooth or have square notches), put it aside and work on another section.
- ❖ When all sections have been put together, you can assemble them into the final three-dimensional masterpiece.
- ❖ Ask for another set of hands to help you do so, if necessary.

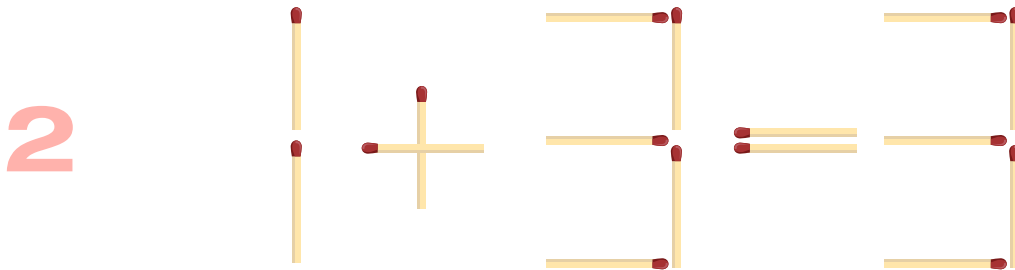
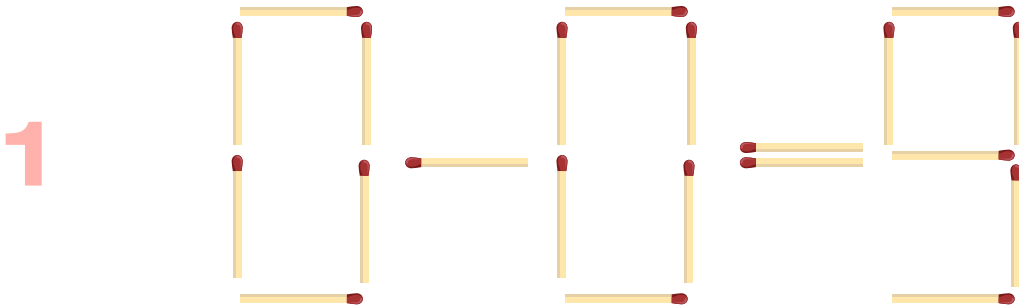


## Brain calisthenics

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!**

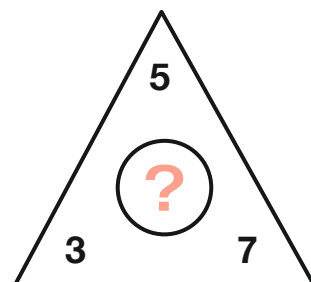
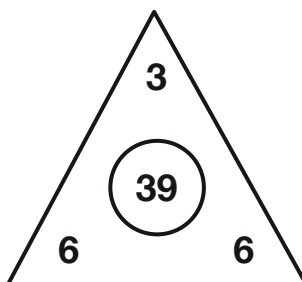
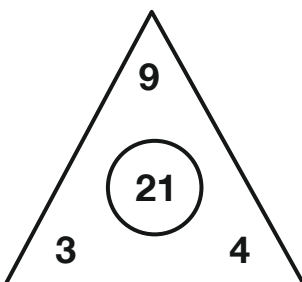
### MATCHSTICKS

Move just one matchstick to make the equation right.



### NUMBER QUIZ

Can you figure out what the mystery number is?



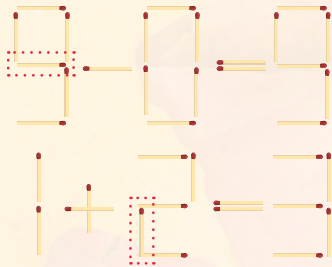
## PUZZLE PIECES

Which two puzzle pieces are the same?

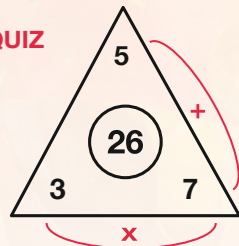


## Brain calisthenics solutions

### MATCHSTICKS



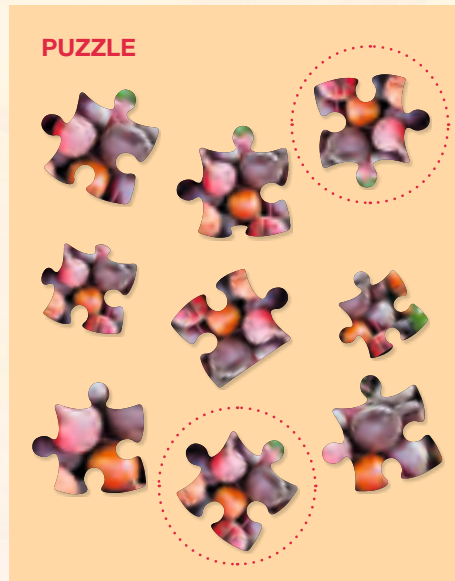
### NUMBER QUIZ



$$3 \times 7 = 21$$

$$21 + 5 = 26$$

### PUZZLE



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