Summer 2018

-OR

NephroCare

Reflections on a kidney transplant



What's for breakfast

Test your knowledge

"Hope is the only bee that makes honey without flowers."

Robert Green Ingersoll, American politician and orator known as "the great agnostic"

Welcome!

Dear Readers,

Happiness and summertime – two things that go together, don't you agree? At that time of the year when the sun shines more often, everything seems warmer, brighter and more colourful. With the sun comes the heat, though. Since we want you to enjoy the summer to the max, we have gathered together some refreshing tips for you: "Feeling the summer heat? Take a refreshing dip in the water!"

To provide some further interesting facts worth knowing on the topic of renal, we fill you in on what you should know about **kidney transplants**. And we have also put a quiz together for you that allows you to **test your knowledge**.

Will you be able to travel during your summer holidays? As always, we have a country portrait for you to inspire your wanderlust. This edition takes you to **Israel** – a country in which there is much to discover!

If you can't get away, come on a journey together with us! Our article "**What's for breakfast?**", in which we look at what is traditionally served up on different countries' breakfast tables, takes us almost all the way around the world. Our breakfast recipes can also help you to bring some variety to your own morning choices.

Speaking of recipes: in this edition you can meet "**The woman behind the recipes**", who tells us a bit about the leisure interests she enjoys when she isn't putting together all those tasty and healthy recipes for you.

Much strength and confidence can be drawn from stories about fellow patients. In two moving portraits, we meet the President of the Polish Transplant Sports Association and a lady who makes springtime amulets.

Enjoy the summer! May the summer sun strengthen you with its warmth and light. Until the next time,

Your NephroCare for me Editorial Team

GR W

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Reflections on a kidney transplant

Many patients suffering from chronic kidney disease (CKD) may sooner or later have to think about a kidney transplant as one of several treatment options. Contrary to popular assumption, receiving a new kidney is not a cure for kidney disease, but a treatment. In order to decide what is best for you, though, you will want to give it time and thought. Comprehensive information on this complex subject is key.

A kidney transplant is a surgical procedure to transfer a healthy kidney from a living or deceased donor to a person with chronic kidney disease. Many patients with chronic kidney disease are suitable candidates for transplantation, but not everyone is. So if you would like to look into transplantation as a treatment option, to discuss your personal situation with your nephrologist should be on top of your list. He or she will base a recommendation for you on a number of aspects of your overall health and kidney condition.

If your nephrologist comes to a positive conclusion, you will need to go through a number of examinations and tests. On the basis of these results your doctor can place you on the national transplant list. It will now be a matter of time to find a compatible kidney from a deceased individual, or find a compatible live donor.







Preparing for a kidney transplant

For successful transplant, the recipient and the donor must be compatible with each other. To determine whether a kidney is suitable for you, several tests must be completed surrounding blood and tissue typing. A crossmatch of your and the donor's blood is performed, too. Other factors to be considered may be the matching of the age, organ size and the infection status.

For a kidney transplant, different types of donations are possible. If you are on the transplant list, you need to wait for a deceased donor. Waiting times vary from months to several years according to the country/ region and availability of donors, compatibility with the donor, time on dialysis etc. The specific time can't be planned, as donor availability is the major factor.

Living donations can be arranged in advance, which is ideal for the patient, the donor and

the medical staff. The donor may be a family member or a friend with a high compatibility. This is essential for a successful transplantation. The higher the compatibility, the lower the risk of the recipient's body rejecting the donor kidney.

Deciding to donate a kidney requires careful thought and consideration. The donor should be aware of the risks associated with the operation to remove the healthy kidney and to know that monitoring is required postoperation to ensure that the remaining kidney is adequately filtering out the body's wastes.



While living donations can be planned, you should expect a call from the transplant team at any time, if you are on a waiting list. You will be given clear information on what to do. You should for example make sure the transplant team always has the latest information on how to reach you.



It is also indispensable to have a hospital bag packed beforehand with all necessary items. The most important prerequisite will be to always be prepared.

Getting a new kidney

During a kidney transplant, the new organ is placed in your lower abdomen, usually leaving your kidneys in place. Only in the case of a medical indication will the native kidneys be removed. The arteries and veins are then attached to the blood vessels in the lower abdomen and the ureter is connected to the bladder, or in some centres, to the native ureter.

The success rates for kidney transplants are very good and have improved in recent years. A donor kidney lasts an average of 10-15 years, as the function of a foreign kidney slowly decreases over time. Yet, there is always the option of going back on dialysis. Or you may opt for a second donor kidney, provided that you meet the required medical criteria. The process will then start all over again as described above.

After your transplant

New kidneys start making urine immediately, sometimes while you are still in the operating theatre, although this may also be delayed for several days. In any case, you will face frequent checkups during the first few weeks, including blood tests and regular drug adjustments. Anti-rejection medication has to be taken according to the physicians prescribed therapy. Immunosuppressants may increase the risk of some infections, which is why you are well-advised to discuss possible vaccinations and other precautions with your transplant physician. A new organ always takes some getting used to. Actively collect information about your realistic recovery time after your operation, as this will help you to have realistic goals and expectations. Support groups can also help you to cope with common problems. You may also keep in touch with other transplant patients so as to exchange experiences. It is always a good idea to ask what kind of social support is on offer in your region and to try to get as much information about your transplant as possible.



Get also inspired by the experiences of Krystyna Murdzek, co-founder and President of the Polish Association for Sport after Transplant. She is currently waiting for her second donor kidney and shares her inspiring story with us. (See p. 20-23)

Whatever your questions or thoughts on kidney transplant are, know that you have the full support of your NephroCare team! We not only want to provide the best quality dialysis care, we also offer you assistance and advice related to transplantation.



Test your knowledge

There are certain things you should take into account as haemodialysis patient. Do you know how to take proper care of your fistula? What can you do in order to prevent infections? Are you aware of the things you should seek out or avoid regarding your nutrition? Take this quick quiz, test your knowledge and see whether your knowledge is up to scratch.

Placing the hand on the fistula in order to check the palpation of the fistula for a rhythmic vibration/ buzzing should be done:

- A Once a month
- B Only by the nurses in the clinic
- By me, every day, and by the nurses before every treatment

2 Your fistula arm should be washed with soap and water:

- A Only when it is dirty
- Every day
- C Every day and before each dialysis session

To protect my fistula:

- I should avoid coughing or sneezing in the direction of the fistula
- I should avoid the sauna, steam baths and very hot places, and I should wear appropriately warm clothes on cold days
- I should avoid using my fistula arm for carrying heavy things
- All of the above

4 Is a high phosphate diet important for dialysis patients?

- No, a high phosphate intake is not a problem
- B No, higher doses of phosphate binders easily compensate for the phosphate intake
- Yes, but not crucial, as there are no short term consequences
- Yes, the phosphate intake should be limited, as prescribed by your physician



5 Carbohydrates supply your body with energy. Complex carbohydrates are absorbed more slowly and should be preferred whenever possible. Which of the three answers lists complex carbohydrates?

- A Sugar, white bread, sweets, soda
- B Vegetables, legumes, brown rice, whole grains
- C Meat, olive oil, green vegetables
- 6 Salt binds with water and therefore increases your sensation of thirst, but your fluid intake should nonetheless be limited. Which of the following is the wrong approach?
- I replace table salt with a low-sodium salt preparation, as higher amounts of potassium don't have any implications for me.
- Instead of adding salt to my food during its preparation and at the table, I use herbs and spices. This will reduce my thirst and therefore the accumulation of water in my body.
- I keep track of my daily fluid intake and know exactly which foods count as fluids. If I am thirsty, I have learned some techniques to reduce the sensation.

Which foods contain the greatest amounts of potassium and should therefore be restricted?

- A Dried fruit, nuts, avocado, banana, fruit juice
- B Fruit and vegetables that have been chopped and soaked in water before preparation
- C Fruit and vegetables from a tin can in comparison with their fresh counterparts

Being on dialysis alters your vitamin and mineral metabolism. What is the correct approach?

- A Since my levels of vitamins and minerals have decreased, I should simply take a regular over-the-counter preparation to make up for it.
- B Certain vitamins are depleted while others tend to build up. It is therefore important not to buy or take any preparation without seeking advice first.
- My friend recommended me a certain product. I think it will be fine for me as well.

Solutions: see next pages. For more valuable information please visit our website

www.NephroCare.com



Test your knowledge **Solutions**

Did you get the correct answers? It's good to know how to take care of yourself and how to act in certain situations. On these pages, you won't just find the solutions to our questions from pages 8 and 9, but also some valuable advice. So read on!

1 C:

Don't forget that your fistula needs checking every day. The vibration/buzzing sensation means that the fistula is working and your blood is flowing. If you feel any unexpected changes, contact your dialysis unit immediately.

2 C:

Ensuring the proper hygiene of your fistula arm is the key to preventing any migration of bacteria from your skin to your blood circulatory system, which could lead to an infection. Don't forget to wash your fistula arm every day and before each dialysis session, and also wash your hands before and after each treatment.

3 D:

All the answers are correct. It's very important for you to pay personal attention to the protection of your fistula. Keep your fistula protected against possible contamination, keep it at a constant temperature, avoid using your fistula arm for carrying heavy objects, and protect it against cuts and scratching.

4 D:

The removal of phosphate with the typical 3x 4-5 hours/week dialysis schedule is considered to be inadequate. A combination of a low phosphate diet, phosphate binders and dialysis is necessary to prevent hyperphosphataemia.

Solutions

Solutions

5 B:

Vegetables, legumes, brown rice and whole grains are examples of complex carbohydrates. They take longer to be broken down by your body and absorbed, and therefore provide energy over a longer period of time. They should be preferred whenever possible over simple carbohydrates like sugar, sweets or soda, as these are absorbed quickly and cause a rapid increase in your blood sugar level. Meat and olive oil are not considered to be carbohydrates.

7 A:

Dried fruits, nuts, avocados, bananas and fruit juice contain elevated levels of potassium and should be restricted. Since potassium is present in almost all organisms, it is very hard to avoid. Choosing the right kind of food and preparing it properly, such as soaking vegetables thoroughly in water, also helps to reduce the potassium content. You should also look out for signs that your potassium levels may be high, such as a tingling sensation in your legs or fingers.

6 A:

The wrong approach to reducing your thirst is to replace table salt with a low-sodium salt preparation. Most salt substitutes contain potassium instead of sodium and should therefore be completely avoided. Salt binds with water, and a high salt intake may result in health problems. A good alternative to table salt is using herbs and spices to add flavour to your meal. You should also keep a close track of your daily fluid intake.

8 B:

Your dialysis means that some of your vitamins are depleted while others will build up. It is therefore important for you to avoid simply buying and taking a regular over-the-counter preparation to compensate. Not all of your vitamins and minerals will have been depleted and need to be replaced. Your medication will affect your needs and your metabolism will also be altered and may respond a little differently. It is therefore important that you ask your physician for their recommendations rather than simply buying an over-thecounter product.



The woman behind the recipes

Have you ever wondered who chooses the mouthwatering recipes for NephroCare for me? Nicole Voigt, 37, puts her heart and soul into her work for our patient magazine. Nicole studied home economics, specialising in nutrition and household management, and joined Fresenius Medical Care in 2003. As a nutritional expert, her responsibilities include the development of kidney-friendly recipes. Nicole also works on the NephroCare for me editorial team. We asked her to tell you a little bit about herself.



Nicole, how do you choose your recipes?

A focal point of my work is looking for recipes that fit the articles in NephroCare for me, either thematically or seasonally. That is guite a challenge, actually, as I have to think about wintertime recipes in the summer months and summertime recipes in the winter months. Once I've found the suitable dishes, I have to recalculate the ingredients to adapt them to the requirements of haemodialysis patients. I may also have to substitute certain ingredients or make adjustments to the preparation. I do that for our patient magazine and also for the online nutrition section on the NephroCare website. For the holiday season, for example, I like to choose something festive and traditional. For my Easter selection this year, I came across a

Polish Easter cake. As you can imagine, the original recipe contained a lot of chocolate. I had to change that and still make it taste yummy. It is fun, but a challenge at the same time.

What do you like best about your work?

Nutrition and the right diet are very important to me. I have always been fascinated by the huge influence food has on our bodies, and, of course, by the accompanying economic and global factors. This applies all the more to people with a chronic disease like kidney failure. I really like the idea of my thoughts and choices of recipes being read all over the world, and that the patients like what I suggest. I hope that I can also contribute to improving their diet by making a difference in the food they choose, the recipes they cook, and how they experiment with new dishes. When I get positive feedback or suggestions for future topics from colleagues or readers in different countries, it really makes my day.

What is your preferred dish? And what things don't end up on your table?

Well, in my profession, I should of course say that I only prefer fruit and vegetables (laughs). But to be absolutely honest, I love nibbles,

cakes and ice cream. Thank God for my voice of reason inside! It makes sweets an exception, fruit and vegetables a constant, and cereals with oat milk my choice for breakfast. I don't like liquorice or anything with aniseed, but apart from that I eat almost everything. I try to make sure that my food comes from regional sources and sustainable, organic cultivation. I avoid convenience food wherever possible. I eat the odd burger or a pizza, but prepare most of my meals using fresh ingredients.

Tell us something about your hobbies. What do you like to do in your leisure time?

I spend a lot of time outside with my dog or hiking, because I enjoy walking in the open air. I also love travelling and was lucky that my parents took me to several different countries and continents when I was a child. I feel comfortable in many different places. Although I don't **1** Is there anything you would like to have a preference for just one country, in the last couple of years I have really enjoyed spending time in Denmark. We, my partner and I, like the dune and coastal landscape there, and walking at the seaside with our dog.



Nicole and her dog Luna

My second home is Sardinia, where I spend a lot of time pursuing my other hobby of parachuting. I do formation skydiving and train students. It is a wonderful feeling when you plan a dive with your team and all the jump configurations work out. I came across parachuting

several years ago because of my fear of heights. I am a big fan of confrontation therapy and always try to climb up a tower if I see one. My fear isn't completely gone yet, but it is much better.



particularly recommend to our readers?

Yes: an adapted and sensible diet can have a big impact on your wellbeing. Even minor changes can make a difference. This is also true of other areas. I like to encourage our readers to get on their feet as often as possible, and to spend time out and about in the fresh air. It does a world of good and keeps the spirit healthy, even if it's only a few steps. It is also a good idea to really think about your diet and approach the clinical staff if you have any questions or doubts. It is worth the effort!

Thank you for your time, Nicole.

We are looking forward to your next piece of kitchen magic. Discover Nicole's tasty breakfast recipes on page 28 and page 30.

Find more kidney-friendly recipes on our website www.NephroCare.com



Israel - more than a tourist destination

Israel has evolved into a scintillating country of many facets that attracts tourists from all over the world. Many want to expand their knowledge of the region's history, while others want to understand today's social–political issues.

For many people all over the world, however, Israel is the Holy Land. Over the centuries it has therefore been a magnet for pilgrims, to whom it offers a wide range of travel opportunities. A trip to Israel can therefore take place for a variety of reasons that extend far beyond straightforward tourism.

A kaleidoscope of scenic impressions

This country may be relatively small, but its scenic diversity is enormous – from the breathtaking beauty of its hills and valleys, to the eerie stillness of the Negev desert, the peaceful borders of the Sea of Galilee and the ancient walls and pathways of Nazareth and Jerusalem.

Known as a place of Christian pilgrimage but also the largest freshwater lake in the country, the Sea of Galilee features the spectacular backdrop of the Galilee Mountains and the Golan foothills. It is possible to visit the holy sites in vessels constructed just like their ancient wooden counterparts. Visitors can cross the Sea of Galilee to Tabgha, where the Biblical loaves and fishes miracle took place, and to Capernaum, where Jesus is said to have lived and taught. From there, they can also visit the Mount of Beatitudes, the site of the Sermon on the Mount. The lake is also surrounded by attractive beaches, and a variety of water sports are on offer.

Don't miss visiting the world's most saline lake: at 431 metres below sea level, the Dead Seas also situated at the lowest natural point on the Earth's surface. Its waters have a salt concentration of 34 percent, which is why many people who suffer from skin complaints travel to Israel to bathe in the Dead Sea. Yet the word "bathe" does not begin to describe the unreal feeling of weightlessness when floating in the water, which has a constant temperature of around 40 degrees.



Church of the Beatitudes



The Dead Sea



Jerusalem – a melting pot of ethnicities and religious rites

"Next year in Jerusalem" is the wish that concludes every Seder, the feast that marks the start of the Jewish Passover holidays. The city of Jerusalem is a holy site for Jews, Christians and Muslims alike. The division of the old walled city into its Jewish, Muslim (Arab), Armenian and Christian quarters makes it all the more fascinating. Like beads on a chain, the historic and religious sites sit side by side. The Mount of Olives is the perfect place to take it all in, and to enjoy a peaceful atmosphere far away from the bustling streets.

Nestling on the Temple Mount is Jerusalem's landmark, the breathtaking Dome of the Rock. With its mysterious octagonal base in shades of turquoise, the shimmering golden cupola gives Jerusalem its unique city silhouette. The construction work on the Dome first began some 1,300 years ago, and it is one of the holiest Islamic edifices.



Few of Israel's many holy sites are holier than the Church of the Holy Sepulchre, where Jesus was crucified and buried. It is one of the most spiritual places imaginable. Endless processions of pilgrims solemnly wander through the aisles by candlelight to worship and pray. For centuries, Jews have visited the Wailing Wall to pray and bemoan the destruction of the First and Second Temples. The large stones seem to have a kind of magnetic power, attracting believers' hands and brows in their quest for a deep and direct connection with God. Many leave little pieces of paper behind containing written prayers.



The Bible as a guidebook

The Holy Land has been coveted and fought over for centuries. Jewish and later Christian pilgrims have been making their way on foot to the Holy City of Jerusalem for more than 2,500 years. This tradition was reinforced among Christian pilgrims during medieval times. This, where Jesus was born in Bethlehem, grew up in Nazareth, was crucified in Jerusalem, is the birthplace of Christianity. Pilgrims from all over the world seek to retrace the events described in the New Testament by walking in the footsteps of Jesus and his disciples.

Many visitors indeed decide to take the idea of "walking in the footsteps of Jesus" literally. And although their plans to go hiking in Israel may elicit a surprised "Here?" from the border officials, it is a rewarding experience. Pilgrims as well as lovers of nature visit from all over the world to hike through the valleys and forests, Jewish and Arab villages, desert oases, passing ancient churches and mon-



asteries, encountering different people, sampling the local cuisine, and enjoying the silence of nature.

An Israeli trademark: life on a kibbutz

Around 270 of these residential communities continue to exist in Israel. They were founded at the beginning of the 20th century with the socialist vision of a better and fairer world in mind. Even though many things have changed since then, and more and more inhabitants have left the kibbutz to live in towns or cities, the sense of community remains. The inhabitants still try to live and practice unconditional equality. Visiting a kibbutz in Israel offers a unique insight into the foundations of the State of Israel, and the special social conditions which the kibbutz created.

Time to party: nightlife in Tel Aviv

For many visitors, their journey starts and ends at Ben Gurion Airport in Tel Aviv. There is, of course, plenty to see and do in Israel's capital! A little over a century ago, Tel Aviv consisted mainly of sand and dunes. Its beaches are still worth sunbathing on, but with its excellent nightlife, these days, Tel Aviv is also a magnet for party people. As a general rule, many bars only get busy around midnight, and some clubs only begin to fill up at around 2 am. For this reason, the bars in Tel Aviv frequently stay open until dawn.



Next door to Tel Aviv, the historic centre of Jaffa is also worth a visit. The ancient port town is around 4,000 years old, and many different ethnicities have left their traces here. It therefore comes as no surprise that Jaffa features almost as many historic references as Jerusalem. The blend of different ages, styles and elements creates its own charm and character. And as most journeys start and end here, why not stay in Jaffa for one more day – or night?



Did you know?

- Israel means "God's fighter" or "he wrestled with God". The official name of the state is Medinat Jisra'el.
- Israel is located on a land bridge between Asia and Africa, yet it borders three continents: Africa to the south, Asia to the east and Europe to the west. Therefore, geographically, it is part of the Middle East, while its location on the African tectonic plates means that in geological terms it is part of Africa.
- In Israel, even the glue on the stamps is kosher.

Discover more on the local website www.NephroCare.co.il



A gift of flowers

When spring blossoms in our hearts again and again ...

Its setting is akin to a fairytale. At the former location of the ancient Roman fort of Drobeta in the city of Drobeta Turnu Severin, the modern dialysis centre nestles on the left bank of the Danube, where the river emerges from the gorge in the Subcarpathian valley of Topolnita. And just like in a fairytale, the patients have radiant faces, thanks to the diamond sparkles reflected by the greeting cards they have received or by the Romanian NephroCare patient magazine "pentru tine" they are reading. Manciu Ioana (Ioni, as her friends call her) is one such patient. Many times, her battle against the disease made her lack the energy to go on, but the "Gifted Hands" project made her aware of her value and her inner strength. The support of her family and friends and her positive attitude played a key role in her



Manciu Ioana

acceptance of dialysis as part of her everyday life. Today, dialysis is not the end of the road for her, but a new beginning. She has finally rebuilt her self-confidence and realised how valuable she is, and she wants to give something back. That is why, wanting to put a smile on everybody's face, she has drawn up a plan: next year, on 1st of March, the sun will shine ...

She thinks of wintertime, when everything seems still. The windows are covered with frosty patterns. When she closes her eyes, there's a field of glittering pearls in front of her. The winter wind seems to whisper a story:

"Once upon a time, there was a widower who lived with his two daughters, both very smart and curious. The girls always asked him many questions. Sometimes he had answers for them, sometimes not. As he wanted to give them the best education, he sent them to the house of a wise man for their holidays. The wise man always had answers to their questions.

One day, one of the girls decided to deceive the wise old man. To this end, she brought a blue butterfly. "What are you going to do?" her sister asked. "I shall hide the butterfly in my hands and

ask the wise man whether the butterfly is dead or alive. If he says it is dead, I shall open my hands and let it fly away. If he says it is alive, I shall close my hands and crush it. So, whatever he answers, he will be wrong."

The two girls immediately went to see the wise man and found him meditating. "I have a blue butterfly in my hands," the girl began. "Tell me, wise man, is it alive or is it dead?" The wise man smiled serenely and told her: "It depends on you... as it is in your hands. Our life, our past, present, and future, are just like the blue butterfly. It depends on us to choose what we do with it!"

On 1st March, the fresh blades of grass are yet to have emerged and joined nature's dream. And Ioni began to make her dream become a reality. At Christmas, although she knew it might not turn out right, she started to draw sketches for her big plan. By the turn of the New Year, she had already created many different shapes and drawings for her March amulets. With her imagination and creativity, she designed templates for two unique March amulets, and created them with her hardworking and gifted hands.

On the fifth day of January, she started to make them in the little workshop she had arranged for herself in her living room. Day after day, in every free hour, Manciu Ioana sat there, modelling snowdrops, butterflies and flowers. During each dialysis session, she counted the ever growing number of little envelopes. For her big plan, she recruited other patients as well: Răducu Mirela, Cioculescu Ion, Secu Daniela, Ciocan Nicoleta. With a lust for life that only spring can evoke, they all transformed the quilling strips with eager hands.



Secu Daniela

Every year, the March amulets are a source of deep emotion and joy for everyone. They mark the beginning of spring and a time when a change blossoms in all of us. For a moment, we are all touched by the March amulets around us as we pause to admire them. Anca Abănăriței, senior nurse at the centre, has done more than just admire them. She has joined in with the creativity by buying ladybirds and little butterflies to make her own amulets.

Loredana Popescu, psychologist Fresenius Dialysis Centre, Drobeta Turnu Severin, Romania



Thank you, Loredana, for sharing these poetic words with us! We wish you and those around you great joy in creating many more wonderful amulets at your centre.



My life, my adventure

"I don't regret being ill. It is thanks to my illness that I have met so many wonderful people." – Krystyna Murdzek, President of the Polish Transplant Sports Association (Polskie Stowarzyszenie Sportu po Transplantacji).

A young athlete

Starting with her physical education (PE) lessons at school, Krystyna always liked to exercise and run. She began training in cross-country skiing and responded well to the hard training regime. Nothing told her that her kidneys weren't working properly.

First symptoms

During her first year at university, Krystyna suffered from pyelonephritis, a urinary tract infection, for the first time, but did her best to ignore it. After her graduation, she started working as a PE teacher and cross-country skiing coach.

"When I was first told that I would need dialysis in the future, I was 31 years old. That was in 1984." However, her condition remained stable for another 10 years, and Krystyna was able to follow her dreams of being a coach. She became a coach and coordinator for cross-country skiers with slight learning disabilities. One of her athletes



POLAND

adidas

won a silver medal at the championships in Sweden. After this success, Krystyna started to train six skiers who were preparing for the Paralympics in Nagano in 1998.



"At that time, my creatinine level was 4.12 mg/dl. But I didn't care: I was more focused on the Paralympics and other upcoming events." In March 2000, her creatinine level nearly reached 8.00 mg/dl, so her doctors carried out a surgical procedure to create an arteriovenous fistula.

Dialysis

"My first dialysis took place on 2nd January 2001 – at the very beginning of the 21st century." Krystyna explains that she had to be started on dialysis because she was very ill. Her face and her legs were swelling up. She had trouble getting out of bed and occasionally experienced bleeding from her mouth. At first, she was devastated and afraid of the new way of life, but after just one month of dialysis, Krystyna got used to her new situation. She knew that she would still be a coach and she developed a new routine, integrating dialysis into her schedule. She kept going on this basis for 11 months.

Kidney transplant

"I was hoping for a transplant from my very first dialysis session. It was my biggest dream." Her transplant surgery took place in a clinic in Warsaw in November 2001. The principal surgeon was Andrzej Chmura, MD, PhD. For Krystyna, it was a time to stop and think about her life. "I was given a second chance, but only because somebody else had lost their life." Krystyna is grateful that through this suffering she was able to receive the most precious gift that anyone can share with another human being. She is well aware that she was extremely fortunate to receive a transplant after just 11 months of dialysis. Some people have to wait several years for a new organ.

Association

The Polish Transplant Sports Association was established in 2005. Its main founders were Prof. Andrzej Chmura, surgeon and transplant specialist, and Master's graduate Krystyna Murdzek. Before this, also in 2005, they had worked together on organising the first worldwide sports event for children following a transplant to take place in Poland. The association promotes organ donation and encourages physical activity among people with transplants and those who are on dialysis. "Our main activities include sports, recreation and physical therapy. We do our best to break down the social and psychological barriers." The association's athletes have already won 449 medals at the World Games. Its greatest



achievement was organising the 8th European Transplant and Dialysis Sports Championships in Krakow in 2014. Of the 22 competing countries, the team from Poland came second.

Dialysis for the second time

A transplanted organ doesn't function forever. Sixteen years after her surgery, Krystyna had to start dialysis again. In August 2017, she was admitted for treatment at the Fresenius Medical Care Dialysis Centre in Krosno. She began preparing for a transplant immediately, and after a month and a half she was on the waiting list. "I am waiting, I am working in the Association, and I am training. It isn't easy, as I'm 17 years older than I was the first time around, but I won't give up." During each dialysis session, Krystyna exercises with dumbbells, working on her legs and arms to be stronger after the procedure. She shares her knowledge with the other patients at the centre in Krosno. Her goal for the future is to prepare the team for the European Championships in Cagliari, Italy, and to organise sports events in Poland.



"I am following my dreams: my book, Moje drugie narodzenie (My Second Birth) was published in 2005, I took part in the Paralympics in Nagano in 1998 and in Vancouver in 2010. I have been awarded the Knight's Cross of the Order of Polonia Restituta for my achievements in the world of sport with disabled people. I have represented Poland seven times and won 45 medals in athletics, swimming, tennis, shooting events, darts, skiing and biathlon. In 2005, I was crowned world champion in long jump at the World Transplant Games in Canada.



From 2005 to 2010, I was a member of the Presidential Committee of the European Transplant and Dialysis Sports Federation. Sport has given me the opportunity to visit many interesting countries."

Thank you, Krystyna, for sharing your amazing story with us. You are an inspiration to all of us who have to overcome challenges to achieve our goals.



What's for breakfast?

Breakfast is said to be the most important meal of the day. This is supported by old sayings such as: "Have breakfast like a king, lunch like a prince, and dinner like a pauper", to quote just one of many. But is this a myth or a fact?

Strictly speaking, that's not what we want to decide today. Rather, we want to look beyond our horizons and see what different nationalities choose as their first dish of the day. Whether you prefer hot, cold, spicy or sweet, around the world you can find anything from fat to low-carb, from varied to monotonous, from hearty and princely, to simple and very frugal.

Quick and sweet

France and Italy feature among those countries with the most simple of breakfasts. This might come as something of a surprise, as both countries are famous for their excellent food. "Le petit déjeuner", the little lunch, as the French call it, consists of coffee or tea, served with a croissant or baguette which is eaten with butter or jam. And many French people like dipping their bread into their coffee.

The Italian "prima colazione" is similarly simple. Many Italians have their breakfast on their way to work, in passing, or standing at the bar, as being served at a table is more expensive in Italy. They take their coffee seriously, preferring espresso or cappuccino, the famous coffee with frothed milk, accompanied by a sweet crescent-shaped pastry known as a "cornetto". Although this frothy beverage has become a huge international success, the civilized Italian only drinks cappuccino for breakfast, and only before 10 o'clock.







Most Europeans like it savoury

The Spanish, by contrast, tend to avoid eating sweet pastries for breakfast. "Pan con tomate", or toast with grated tomato spread, is their choice for a simple, savoury breakfast.

The typical German breakfast tends to be down-to-earth and nothing fancy. It is, of course, served with a hot drink, normally coffee, although tea is increasingly popular. Most Germans still eat fresh bread in the morning, with butter and either cold meat and cheese, or jam and honey.

The typical Hungarian breakfast, meanwhile, is quite similar. It consists of freshly baked bread served with sausages, bacon, cold meat, cheese, pâté and eggs, which can be scrambled, fried or boiled. And a variety of fresh vegetables may also be served. A sweet and simple breakfast consisting of a slice of bread with jam or honey is also very popular, however.

A hop across the Channel brings us to England, and a wide variety of breakfast traditions. The "full English breakfast" is popular throughout Britain and Ireland. Nowadays, it isn't eaten every day and often replaces lunch, as the word "full" not only refers to the wide range of food, but also the state you reach if you manage to eat all of it. The full English breakfast consists of bacon and eggs, sausages, grilled tomato, sometimes even hash browns, baked beans and fried mushrooms, together with toast and even jam. A reduced version of this can be found on Polish tables, where a traditional breakfast consists of scrambled eggs topped with kielbasa, a traditional sausage, and potato pancakes.

Porridge or pancakes?

The British also love their porridge for which oats are heated in either milk or water. They share this tradition with many different countries all over the world. Hot cereal or porridge is also very popular in South Africa, where it is often prepared from corn and called "Putu pap" or "Krummelpap". The Russian version of porridge is called "kasha", a nourishing broth made from oatmeal, grits or buckwheat, and cooked with butter, milk and sugar.

One man's porridge is another man's pancake? Although part of some breakfast



combinations, pancakes seem to have lost their appeal as the main component. The USA instantly comes to mind, where they are frequently served with maple syrup or bacon. The American breakfast has traditionally been very simple, however, consisting of cereals and fruit or fruit juice. Where else can we find pancakes, then? In Russia griddle cakes or blini are very popular. Russians also like to eat "syrniki", more dumplings than pancakes, made of cottage cheese, eggs, flour and salt or sugar, and eaten with either jam or sour cream, or both.

Some like it hot

To introduce you to some typical hearty breakfasts with a wide variety of spicy dishes, we have chosen Mexico, Turkey and Japan. It seems extraordinary what some nationalities put on their breakfast table. Mexicans have "chilaquiles", tortilla chips simmered in mole, for their first meal, which are said to be delicious and well worth trying out. "Huevos rancheros" are fried eggs served on lightly fried corn tortillas. They come with a tomatochili sauce and several side dishes, such as refried beans, Mexican-style rice, and slices of avocado or guacamole. These rancher's style eggs got their name from being served at mid-morning on rural Mexican farms.

Breakfast tables in Turkey can feature a variety of different dishes. Alongside bread and butter, jam and honey can be feta, tomatoes, cucumber, olives, eggs, and "sucuk", a spicy Turkish sausage. Turkish tea is the most popular drink at breakfast time.

A Japanese breakfast, in contrast, is as different as a change of continents could be. It traditionally includes miso soup, steamed rice, pickled vegetables, plenty of boiled fish and "tamagoyaki", a Japanese omelette. With all this sounding so healthy, it is easy to imagine people from Europe or America pulling their hair out at a meal that misses out on anything fried and substantial.

A breakfast trip around the globe wouldn't be complete without a trip "down under". In Australia, toast is frequently served with a thick, black spread made from leftover brewers' yeast extract, which is happily consumed by many. It contains eight percent salt, and various vegetable and spice additives are part of the recipe. Its taste is described as being salty, slightly bitter, malty, and rich in umami, a flavour similar to beef bouillon.

Which is your favourite country for breakfast? Perhaps our world tour has given you some ideas for your next breakfast or your next holiday.

You may also want to have a look at our breakfast recipes on page 28 and page 30 and on our website **www.NephroCare.com**

Fun facts:

- The world's biggest breakfast on record was served to 27,854 people in Germany on 29 May 2005.
- The biggest bowl of porridge weighed 865 kg and was made in Tula, Russia, on 10 September 2011.
- The world's first breakfast cereal was created in 1863 and needed soaking overnight to be edible.



Breakfast porridge with yoghurt and honey

Porridge is a very popular breakfast-time dish all over the world. Served hot, it makes for a healthy and strengthening start of the day. Enjoy!

Porridge

Serves 2



Ingredients

50 g oat flakes 250 ml water 100 ml cream (30% fat) 2 tbsp. Greek yoghurt (10% fat) Pinch of salt 2 tsp. liquid honey

Nutritional values per serving:	
Energy	282 kcal
Fat	20 g
Carbohydrates	21 g
Protein	5 g
Liquid	178 g
Sodium	128 mg
Potassium	185 mg
Calcium	81 mg
Phosphorus	134 mg



Mix the oat flakes with the water and cream in a bowl and add a pinch of salt. Heat the mixture in a pan, allowing it to simmer for approximately 5 minutes. Stir gently to prevent the oat flakes from sticking to the bottom of the pan. Remove the pan from the heat, and let it stand for another 2 minutes, allowing it to cool.

To serve, pour the porridge into two small bowls, adding one tablespoon of Greek yoghurt to each serving and then decorating each with a teaspoon of honey.

A pinch of cinnamon will complement the dish and give a well-rounded taste.

Traditionally, porridge is prepared with a mixture of milk and water. To reduce the phosphorus content, in our recipe we use a mixture of cream and water.

TIP: To vary, we recommend grating half an apple and decorating the porridge with it, which gives a tasty, fruity touch and a mild sweetness. You can also use other fruit such as raspberry or wild berries.



Farmer's breakfast omelette

Do you like something hearty in the morning? Then you might want to try out our colourful omelette. It is a feast for the eyes and the tongue!

Omelette

Serves 6



Ingredients

small carrot (approx. 60 g)
potatoes (approx. 150 g)
small pepper (approx. 100 g)
spring onion (approx. 30 g)
g of diced, cooked ham
eggs
ml milk
tbsp. chopped chives
salt
pepper
nutmeg

Nutritional values per serving:

	_
Energy	189 kcal
Fat	11 g
Carbohydrates	9 g
Protein	13 g
Liquid	111 g
Sodium	313 mg
Potassium	331 mg
Calcium	60 mg
Phosphorus	225 mg



Peel the potatoes and carrot before finely dicing them; also dice the pepper. Next, simmer the potatoes, the carrot and pepper in a saucepan (approx. 10-15 minutes until tender, depending on their size.)

Wash the spring onions and chop them into fine rings. Heat 2 tbsp. of oil in a pan and fry the previously boiled and diced potatoes, carrot and pepper with the spring onions and diced ham over a medium heat.

Meanwhile, finely chop the chives, and then whisk the eggs together with 50 ml milk, a pinch of salt, pepper, nutmeg and the chives. Pour the mixture over the vegetables and allow it to set a little. Allow to cook for a little longer until done before dividing into portions and serving on plates.

Cooking the vegetables in plenty of water without salt will remove more potassium than cooking the vegetables directly in the pan.

If you also want to reduce the intake of phosphate, cholesterol and calories, you can separate the eggs and use only the white (of one or more eggs, depending on the desired amount).

TIP: The ingredients can also be varied according to personal preference – how about some tomatoes or mushrooms (tinned) or a little leek with quark and horseradish dip?

X

From ambrosia to superfood: honey

It is sweet, has healing power and never spoils: honey was originally the luxury food of sovereigns and gods. It was in the New Stone Age, some 12,000 years ago, that man first developed a taste for this sweet liquid. And even today, with honey being an affordable product widely enjoyed by the masses, it has lost nothing of its fascination.

In Ancient Egypt, honey was the most popular medicine of all, with a pot of honey costing as much as a donkey or a cow. The Officials in the Court of Ramses II were paid some of their wages in honey. In addition to its economic value, it also had religious significance. Honey was the food of the gods and considered to be the materialised tears of the Sun God Ra. In the eleventh century, honey was in such high demand for its beersweetening properties that German peasants were required to offer their feudal lords payment in the form of honey and beeswax. In this day and age, more than 1.5 million tons of the viscous gold are produced worldwide every year – collected from the industrious little creatures that are less than two centimetres in length.

The fascination of beekeeping

These days, the profession of beekeeper seems to be becoming extinct. It held its own fascination over many centuries, being much more than keeping bees to collect honey. The honey industry, by contrast, has steadily flourished, and the popularity of honey shows no sign of decreasing. The bee mortality rose to alarming figures in the year 2000, when bee





colonies around the world were affected. Along with the increased use of pesticides, the main threat was infestation by the Varroa mite. When the Asian honeybee was introduced to several countries on several continents, the Varroa mite spread with it, resulting in disastrous infestations of European honeybees in particular.



Nowadays, urban beekeeping is quite a hobby. Given the fascinating and exciting nature of keeping bees and the concern for their current plight, increasing numbers of city dwellers have taken to setting up beehives. Many people have chosen this hobby to support bees and increase pollination in their area rather than for the honey alone. Pollinating insects, bees in particular, are known to respond positively to urbanisation. Many towns and cities encourage hobby beekeepers, in the interests of helping to stem the tide of collapsing colonies and raising awareness for this issue, not to mention producing delicious honey for their borough.

Honey can be used in various ways

Honey has been used as both a food and a medicine since ancient times. It contains life-

sustaining substances such as proteins, vitamins, minerals and water. Some people use honey as a cough suppressant when having a cold. And did you know that honey can also be used extra-orally? When applied to the skin, honey may soothe burns, wounds and many other skin conditions. Some women like to use it as a skin mask for its antiinflammatory and antibacterial benefits. However, there is also another side to it. Studies have found that honey can also increase blood sugar levels, although not as much as refined sugar. So, while honey may be "less bad" for you than refined sugar, you should nevertheless consume it with caution.

From all the products of the beehive, propolis has the highest antimicrobial activity. Propolis is a resinous material that bees use for sealing small cracks in their hive. They make it in a very complex process of different steps. First they collect resin from trees and other sources and transport it back to the hive. Being such a heavy load for bees, they often need help of other bees to remove the sticky resins from their hind legs. In order to be used by the colony, it is then mixed with different compounds, such as waxes, essential oils and pollen.





Not all honey is the same

There are two categories of honey. Raw honey is honey in its pure state, having kept all of its natural properties. Pasteurized honey, in contrast, has been processed in order to kill bacteria or reduce crystallization. However, pasteurization also destroys enzymes that occur naturally in honey. You may obtain raw honey in good quality from a local beekeeper. He can provide precise details about the production process. There is one thing you should remember though: honey should never be given to infants under one year of age, as it may contain spores of the bacteria called clostridium botulinum. They release traces of toxins which are harmless to toddlers and adults, but can be dangerous to babies.



More than 300 varieties of honey are known in the world, as bees make honey from almost every type of flower.

Most countries have their favourite type of honey, depending on the indigenous flowers and plants. With violet floral carpets being typical in the south of France, for example, many French people prefer honey harvested from lavender flowers; lavender honey has a rather intense smell and flavour. In Greece, people tend to be keen on honey produced from the wild thyme plants that cover large areas of the country. Manuka honey is harvested from the Manuka tree, which primarily grows in Australia and New Zealand. It is said to be the most powerful healing honey in the world, featuring unique antibacterial compounds that are not found in other types of honey. There has recently been a surge in the popularity of Manuka honey, mainly due to its purported health benefits. However, it also tends to be expensive.

One of the most popular varieties of honey is the bright yellow and mild tasting sunflower honey. Forest honey, made from different types of pine, cedar, or fir trees, has a very dark colour and a rich, aromatic taste.

At this very moment, honeybees all over the world are making honey just as they were some 150 million years ago. And their golden yellow liquid, with its tasty and healing properties, remains as popular as ever.

Did you know?

- Archaeologists found some 3,000 year old honey in an ancient Egyptian tomb. It hadn't spoiled and was still edible.
- To make a single teaspoon of honey, at least eight bees would have to work for their entire lifetime.
- A queen bee can lay up to 2,000 eggs per day. Yet only the fertilized eggs develop into female worker bees. Unfertilized eggs become male drones.



Feeling the summer heat? Take a refreshing dip in the water!

Water attracts people of all ages and physical conditions, especially during the summer. This shouldn't be surprising: "water is the driving force of all nature", as Leonardo da Vinci described it. Here are some suggestions for you on how to cool down in the water – and a few recommendations that you should also take into account as a dialysis patient.

What level of exercise do you prefer?

Do you like to get in the water and enjoy that almost weightless feeling? Then you might like to give water aerobics a try. Most holiday resorts and public swimming pools offer regular water aerobics courses. The music lifts your mood, while you burn some calories and do your cardiovascular system a favour – and it is all the more enjoyable if the sun is shining. A superb combination! Do remember to bring a lightweight shirt with you, though, to prevent you from getting sunburn on your arms and shoulders.



If you enjoy that weightless feeling, you might also like snorkelling, another recreational way of enjoying the water. Snorkelling has a great appeal to people of all ages, especially at tropical resort locations, as the opportunity to see life under water in a natural setting is special. There is a lot to be said for watching the world below the surface of the water without the hassle of the equipment or the training necessary for scuba diving. However, you'll still need to make some preparations beyond bringing your swimsuit or swimming trunks. A pair of flippers, a diving mask and the snorkel are the key requirements for enjoying this fascinating experience.



Would you prefer not to take to the water quite so literally? Kneipp activities are a huge pleasure, too. Strolling or walking in cold water up to your calves or knees helps you to cool down during hot spells.

You don't have to get in!

Just visiting the waterfront can be lots of fun. Many waterside activities involve extended timeframes. We aren't just thinking about fishing here, although its devotees will swear that there is no better way of spending time at or by the water. But diving in the water for a cool-down won't bode well with the fish – or their devotees!

Canoeing is a very relaxing activity. Whether it's touring, camping or for general recreation, the bliss of gliding over the surface of the water in a canoe with few movements of your own is indescribable. Just you, perhaps your fellow paddlers, and the surrounding nature. And canoeing is something you can do at your own pace. Enjoy your peaceful surroundings and the great outdoors. Just don't forget your hat for protection from the sun.



Last but not least, here is a very simple summer treat that has been tried and tested by both young and old: take an ice cube and allow it to slowly melt in your hand or on your body. Oh, the joy of those cooling droplets running down your skin...



So go for it: enjoy and refresh yourself.

Please note the following recommendations if you decide to get in the water:

- If you have a catheter (tunnelled or not), you shouldn't participate in water sports or swimming. Getting the catheter wet will increase your risk of infection.
- Patients with any type of vascular access should avoid swimming in lakes, rivers or non-chlorinated pools as well as taking hot baths.
- If you have a fistula or a graft, you should only participate in water sports with a completely healed vascular access. If in doubt, please consult your healthcare team.
- Avoid extreme temperatures and quick changes between hot and cold, as differences in temperature can quickly cause your vessels to dilate or constrict and change the blood flow in your fistula/graft.
- You'll also want to avoid making strenuous use of the arm used for vascular access, for example, using a paddle when going canoeing. Just go easy!
- If you have a peritoneal catheter you should ask your physician about your planned activities. Most physicians discourage swimming, although some allow swimming in the sea or a very chlorinated private pool for patients with special exit site dressing.
- Your peritoneal catheter exit site must be fully healed before you can swim.
- Change into dry clothes after going swimming and complete your regular exit site care.



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!**



Mystery close-up

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







Can you spot the nine differences between these two pictures?





Brain calisthenics solutions









1. Page 26 Russian version of porridge is called "kasha"

2. Page 32 Flower with bee



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