Winter 2015

NephroCare

Christmas in the Southern Hemisphere Celebrating Christmas south of the equator

NephroCare patients visit Pope Francis The power of faith

Hand washing A simple step to good health



Edna Ferber, American Novelist

Welcome!

Dear Readers,

In the Northern Hemisphere, Christmastime equals **warm parkas**, snow-covered outdoor markets, and mugs of hot, **spicy tea** to warm from within. Things look markedly different, however, when we glance at our neighbours on the southern half of the globe. There Christmas equals the start of summer. In this issue, in the article **'Christmas in the Southern Hemisphere'**, we travel due south to discover what's special about Christmas in places like Australia and South America.

Back here, north of the equator, the months surrounding Christmas are perfect for baking. To inspire you to fire up your oven, we have devoted the **Here's To Your Health** section to **bread** and **all its glory**, from its history, to baking tips, to kidney-friendly recipes. You'll also find a wide selection of kidney-friendly recipes for Christmas and wintertime in our Good Food Recipe Library on **nephrocare.com**.

But before you put on our apron, make sure to wash your hands. No matter where you live, no matter the season, good hand hygiene is a crucial part of staying healthy and preventing the spread of illnesses – especially for renal patients. Even if you've heard it all before, a short refresher never hurts. Take a few minutes to read through **'Hand washing – A simple step to good health'**.

We wish you all a festive season and new year filled with laughter, cheer and good health!

Your NephroCare for me Editorial Team



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Hand washing – A simple step to good health

It's so easy yet it so often gets overlooked. Simply washing your hands is one of the best ways to prevent the spread of infection – and stay healthy.

Every day we come into contact with millions of germs. Most are harmless, but not all – especially for people with a chronic illness like kidney disease. By washing your hands correctly and regularly, you can help keep yourself healthy and help prevent illness from spreading.

Why is hand washing so important?

Our surroundings are full of millions of microorganisms. For the most part, those on our body are helpful. But there are some harmful ones, most of which our highly intelligent bodies are able to keep in check. However, if we fail to follow hand hygiene procedures, there is a risk that harmful microorganisms could lead to infections or diseases.



Skin – a natural barrier

Typically our skin helps keep germs at bay. But small openings in the skin, like in the case of the needle insertion points, can allow harmful germs to enter our bodies, and possibly cause an infection. That is why people undergoing dialysis treatment must take extra care to clean their hands properly.

Sterile vs. clean

Sterile means something is 100% free from microorganisms and germs. The presence of just one microorganism causes an object to be deemed contaminated. Sterilising equipment and objects in a healthcare setting helps prevent harmful microorganisms from entering the body.

Clean, in contrast, means microorganisms are still present. Your hands are clean after washing them but some microorganisms remain on the skin. Disinfectants can further help inhibit bacterial growth or destroy bacteria present on your hands or near your fistula.



Hand hygiene before haemodialysis treatment

Following good hand washing practices is the best way to reduce the number of germs on your hands, and help prevent infection. Health care providers recommend washing for at least 60 seconds, with running water and a liquid antibacterial soap, to remove obvious visible dirt along with invisible germs.

Remember your hands are clean after washing, not sterile (see "Sterile vs. clean"). Don't forget to wash both before and after dialysis treatment.

Your nurse will instruct you on cleansing around your fistula before inserting the needles for dialysis. This, too, is an important part of preventing infections and complications.

Furthermore, you should be familiar with the signs and symptoms of infection, such as

- Redness
- Fever
- Swelling, warmth to touch
- Pain
- Exudate

If you experience any of these and believe you may have an infection, contact your healthcare professional immediately for treatment. Always keep in mind that prevention is always the best cure, which is why proper hand washing is critical.

Did you know ...?

The importance of hand washing was first discovered in 1846 by a Hungarian obstetrician called Dr. Ignaz Semmelweiss. While working in maternity wards, he noticed the infant mortality rate for those cared for by doctors and medical students was up to three times higher than infants in wards looked after by midwives.

Why? Because students were coming straight from the pathology lab without washing their hands, spreading infections from the lab to their patients. When students began washing their hands with a chlorinated solution before attending to women in labour, the mortality rate dropped from 13%-18% to less than 2%. What a life-saving discovery!



Dr. Ignaz Semmelweiss * 1818 - † 1865



The right way to wash

To effectively rid your hands of harmful bacteria and germs that can lead to infection, follow these 5 easy steps whenever you wash your hands.



1. Wet your hands with clean running water.

Warm or cold water will do.

2. Apply soap and rub your hands together.

Lather soap all over your hands: on the backs, between fingers and underneath your fingernails.





3. Now scrub your hands.

Don't be shy – 20 seconds of good scrubbing is necessary for a thorough clean.

4. Turn the tap back on and rinse well.

Like in step 1, the water must be clean and running.

5. Using a clean towel, dry your hands.

Alternatively, you can let them air dry.







A symbol of generosity and hope: first good Samaritan kidney transplant in Italy

Simona Losito, 53, from Naples, Italy is a clinical pathologist with a keen thirst for knowledge and a great passion for life.

When Simona was thirty she was diagnosed with a rare form of renal amyloidosis which causes progressive renal failure. Despite painful symptoms, two hip replacements and immunosuppressive treatments, Simona continued to lead a normal and fulfilling life, studying, working and travelling the world.

Starting dialysis

During one of her trips abroad Simona was involved in a car accident, suffering serious fractures which required many hours of surgery. Sadly this led to the irretrievable loss of her residual renal function and she had to begin dialysis treatment. Starting dialysis, albeit HighVolume**HDF** with all its benefits, marked a considerable change to her life, but Simona didn't let this get her down and she continued to work at the G. Pascale National Cancer Institute in Naples, and with her husband pursued her love of travel.

Signing up to the transplant list

With the help of the doctors and nurses at her NephroCare dialysis centre, in 2009 Simona's name was put on the transplant lists in Salerno and Milan. In 2012, she transferred to another NephroCare centre in Naples where her new medical and nursing team enthusiastically continued to support her transport goal.



Simona Losito (3rd from left) together with Medical Director Roberta d'Amato (4th from left) and staff of the NephroCare medical and nursing team in Naples.

A long wait ...

Time passed, months became years, and the wait for a compatible kidney became increasingly unbearable. Together with her Nephro-Care team Simona began to explore the possibility of live donor transplantation. A 55-year-old cousin from Puglia offered to give Simona a kidney, and although their blood groups didn't match the NephroCare team started organising the pre-renal transplantation tests. As it turned out Simona's cousin was a suitable donor, but she was not compatible with Simona from an immunological point of view.

The crossover programme

In the Spring of 2014, encouraged by her NephroCare team, Simona joined the crossover programme of the Tuscany region. This involves an exchange of organs between different families, provided the donors' relatives are immunologically compatible with the recipients. Five families were studied for the donations and transplants, but once again luck wasn't on Simona's side as not a single donor was compatible with her, in fact there were only possible recipients for her cousin's kidney.

Good news at last!

But then at the end of February 2015 news arrived that a lady from outside the programme wanted to donate a kidney to a total stranger – the first good Samaritan kidney donor in Italy!

Italy's first Samaritan donor

In Italy, Samaritan (or altruistic) donation was only made possible a few years ago, and until now a donation had never been made. But history was about to be written - thanks to the Samaritan donor's generosity and the resulting domino effect, on April 6, 2015, five patients who had been on the transplant list for years received kidney transplants in Siena and Milan. Finally, Simona had her long yearned for new kidney!

Simona is now recovering well and is enjoying her new life with the same fighting spirit as always but feeling stronger than ever before!



Simona and her husband Michele on holiday in August after her successful transplant.

A few words from Simona about organ donation:

"Ideally Italy needs more people to participate in a donor campaign to increase the number of transplants from deceased donors. At the same time great benefits are to be gained thanks to this new law and the priceless generosity of extraordinary people who are willing to donate one of their kidneys, motivated by the knowledge that their generous act will help another human being to a new start in life."



NephroCare patients visit Pope Francis

On March 21st 2015 Pope Francis paid a pastoral visit to Pompeii and Naples in the Campania region of Italy. It was the first time a Pope had come to the region since Benedict XVI in 2007, and the first ever visit for Pope Francis. He is the fourth Pope of modern times to visit Naples.

There was immense interest in this highly anticipated event throughout the region and beyond, with an estimated three million pilgrims flocking to the two cities for the occasion.

A packed itinerary

The Pope's visit began in Pompeii, famous around the world for the UNESCO archaeological site of the ancient city which was destroyed during the volcanic eruption of Mount Vesuvius in AD 79. Pope Francis' visit however centred on the Sanctuary of Our Lady of Pompeii, a traditional stop for pontiffs when visiting the Naples area. After visiting Pompeii Pope Francis' itinerary took him to Naples where at various locations throughout the city he met with large groups of young people, families, sick people, the poor, as well as prison inmates.





Pope Francis celebrated mass on Napoli's impressive Plebiscite Square, an event which was attended by around 60,000 people.

A special service for the sick

In the afternoon his tour took him to the Church of the Gesù Nuovo where he was to meet with an audience of sick people. Given the limited spaces available in the church the chances of participating and meeting the Pope were not high. But to have such a historic event take place in Naples was an opportunity not to be missed, and, well aware of the deep importance of the Catholic faith for many of the patients in their centres, the NephroCare staff in Naples had decided to take the initiative well in advance of the event.



Church of Gesù Nuovo interior

A letter to the Pope

In January they sent a personal letter directly to the Pope in which they explained the strong belief among the medical staff of the importance of taking care of the whole "person" and not just the disease. With the letter they also sent along newspaper articles telling the stories of Maria Rosaria Tammaro, Adèle Fumo and Emanuela Saglioccolo (our special transplant patient and the two lovely centenarians whose stories you can read about in issues Winter 2014 and Summer 2015 of NephroCare for me respectively), and kindly requested Pope Francis to receive these patients at the Church of Gesù Nuovo in Naples during his visit.

To everyone's delight the request was granted, and so a small group of NephroCare patients and their doctors were among the lucky few able to secure a place in the Basilica and participate in the ceremony. There were around 1000 participants at the service, 800 sick people, some in wheelchairs or beds, as well as physicians, nurses and members of the Red Cross.

Pope Francis' words of comfort and thanks

In his address to the congregation Pope Francis encouraged the patients to face their illness with faith, and thanked the doctors and nurses for carrying out their profession, and for doing it with the best interests of the patients at heart.

The NephroCare patients taking part were incredibly thrilled to be involved in this very special historic event, and were deeply moved by the profound words of the Pope's speech which touched the hearts of everyone present, patients and medical staff alike.



The power of faith

Faith is a very personal, but very essential part of human life. It centres around our confidence or trust in someone or something, and gives us a great sense of serenity, peace and happiness. It provides us with something to rely on, a solid foundation, a comfort, a refuge, both in times of difficulty but also in the little ups and downs of our everyday lives. When things get tough, faith is what makes the impossible become possible!

Faith manifests for each of us in different ways, but for many people it is connected with their religious belief. Throughout the world there are many religions, and whichever one you identify with is the right one for you. What all religions have in common is that they provide us with spiritual companionship and a space for spiritual growth.

At times, facing a chronic illness can be a difficult emotional journey. Many patients derive great comfort from their faith to help them navigate any ups and downs. Whether you follow a religion or simply have faith in yourself, your family, friends, doctors and nurses, it will help make all aspects of your life that little bit easier and happier!

> "Faith is like Wi-Fi: you can't see it but it has the power to connect you to what you need!"



Church of Gesù Nuovo

The Church of Gesù Nuovo was originally built as a palace for the Prince of Salerno (Roberto Sanseverino) in 1470, but was sold to the Jesuits in the 1580s who transformed it into a church. To this day it still maintains its unusual façade which was part of the original construction of the palace.



Turkish delights

East meets West, the mountains meet the sea: Turkey is a country of incredible diversity and history, of spectacular sights, sounds, tastes and people. Read on to learn about some top attractions and best-kept secrets. As well as the Fresenius Medical Care centres available for holiday dialysis.

Whether it is Istanbul's cosmopolitan flair you are after, a relaxing beachside stay in the tourist centre of Antalya, or a historical and cultural tour and hot air balloon ride through Cappadocia, there is something for everyone in Turkey.

And thanks to Fresenius Medical Care's excellent NephroCare dialysis centres available throughout the Mediterranean wonderland – including in popular tourist regions – you can enjoy a relaxing holiday here with the peace of mind that your level of care will be of the same standards and quality as at home.

Magical Istanbul

Strategically located on the Bosphorus – the strait that officially divides the continents of Europe and Asia – Istanbul is placed in a breath-taking setting entirely surrounded by water. Traces of each of its three empires are scattered through the city in the form of palaces, castles, mosques, churches, synagogues and monuments.

The city's famous sights

The Hagia Sophia, a building that served as both a church and a mosque throughout its centuries-long history, is considered one of the city's most beautiful architectural constructions. Nearby is the famous Blue Mosque with its eye-catching roofline. The structure was originally constructed to rival the Hagia Sophia.

Many visitors to Istanbul indulge in an afternoon of pure relaxation at one of the famous Ottoman bathhouses. Of course, a visit is not complete without wandering the city's maze of colourful streets and bazaars, and taking in the exciting mix of sights, smells and tastes. If you get hungry, be sure to try some fried anchovies (hamsi), simit, a ringshaped bread covered with sesame seeds, as well as a best-loved meze, small plates similar to tapas.







Spotlight on: NephroCare in Antalya

Ideally located on the Turkish Riveria, Antalya is a year-round hub for many Europeans visiting the region. Here's a look at what you can expect from our dialysis centre in Antalya.

- Situated in one of Antalya's elegant residential neighbourhoods
- Features three dialysis rooms on two floors with beautiful views of the pool
- Specifically designed for holiday dialysis in a relaxing environment
- English, German, French and Russian speaking staff.

Lovely Antalya and surroundings

Home to many popular seaside resorts along the Turkish Riviera, Antalya, the name of both the area's capital city and the region, offers a lovely mix of historical charm, stunning mountains and perfect beaches. Visitors to the city of Antalya looking to do more than just relax will appreciate a stroll through Kaleiçi, the city's historical centre. One popular attraction and landmark: an old stone clock tower from the Ottoman Empire. Hadrian's Gate, named after a Roman emperor, is a triumphal arch called "three gates" in Turkish and is another beautiful sight with ornate detail and a fascinating history. Aspendos, 8 km east of Serik is an ancient city with a beautiful Roman theatre which is known for being the bestpreserved theatre of antiquity.



Holiday dialysis

From Antalya and Istanbul, to Cappadocia and Izmir: Fresenius Medical Care runs over 40 dialysis centres in Turkey – all of which provide you with the high-standard of medical care you expect and know from us. Our local teams would be delighted to assist you in reserving a spot for holiday dialysis. Moreover, they can also directly contact your health insurance company to take care of reimbursement.

Off to the seaside

Just as the country of Turkey appeals to a wide range of tastes, the region of Antalya offers a beach for everyone.

The tourist hub called Lara beach

Those looking for a bustling resort area, complete with amenities, restaurants, beach clubs and entertainment 24/7 will love the famous Lara beach. Hotels here are fun for young and old: many are replicas of worldfamous sights, including the Kremlin and Venice. This sandy beach is the perfect place for strolling, playing a wide variety of sports and people watching.

Patara – Turkey's longest strip of sand

Away from Antalya's main tourist areas are many secluded beaches. 18-kilometre-long Patara beach, the longest beach in all of Turkey, is a natural gem located in a national park. The soft sand and shallow water are the perfect breeding ground for an indigenous species of turtle that lives and nests there. Since the turtles have become endangered, strict rules have governed the beach's use and limit development, thereby preserving this spectacular natural sight.

Otherworldly landscapes in Cappadocia

In a landlocked area of central Turkey known as Cappadocia, meaning "land of the beautiful horses", are some of the country's most famous and spectacular tourist sights. Here surrealistic landscapes like nowhere else on earth abound – making a detour here is worth the trip. The terrain is not always easy for walkers or low-key hikers, so do like many tourists do and board a hot air balloon to take in the spectacular fairytale landscape from above.



Many underground cities are also sprinkled throughout the region. The deepest one, Derinkuyu, descends a remarkable eight stories below ground level. Göreme, Avanos, and Ürgüp are the authentic towns where "fairy chimneys" are located among many nice hotels.

Happy travels in Turkey

This is just a small taste of the variety and wonder that await you in Turkey. Visit your travel agent, local bookstore or library, or search online to learn more and plan an unforgettable holiday.



Put on your baker's hat – Today we're baking bread!

Hands-down there is no smell more enticing than the scent of freshly baked bread wafting from the oven, especially on winter's chilliest days. Though the thought of baking bread at home may seem daunting at first, it is actually quite easy – particularly with a few expert bread-baking tips.

Selecting a recipe

White flour, water, salt, yeast – you can't go wrong with the four ingredients found in classic French bread. Yet there are plenty of recipes out there that call for other types of flour, such as spelt or whole wheat, seeds such as sesame, flax seed or sunflower seeds, or fats such as olive oil or butter. Baking for yourself? As someone with renal failure, always keep your nutritional needs and the Good Food Routines in mind. When in doubt, refer to our Good Food Recipe Library on nephrocare.com or ask your dietician for ideas.

Pop it in the oven

Professional bakers use special bread baking ovens that maintain the ideal temperature and humidity for the specific kind of bread they're baking. However, home ovens work just fine. For round, free-form loaves or flatbreads, one trick is to purchase a pizza stone or a food-safe terracotta tile. Let the oven preheat with the stone inside and then place the dough directly on the stone to bake. The stone retains heat to ensure baking consistency and a crisper crust. Don't have a stone? A standard baking sheet or loaf form is perfectly fine.





Bread machines - friend or foe?

Some people swear by bread machines and there is no doubt they are convenient. Simply add the ingredients, push a few buttons and the device does everything from mixing and kneading to rising and baking. If you prefer loaves in shapes other than loaf form or like a more traditional crust, select the dough cycle on the bread machine. It takes care of the mixing, kneading and rising, then you shape it as you like and bake in the oven. Remember: follow a recipe intended for bread machines if you go this route.

What you'll need

There is absolutely no reason to run out and buy fancy equipment to bake up some bread! More likely than not, you already have the basics at hand. Here's a list of essential bread-baking supplies.

- Oven or bread machine
- Baking sheet or loaf tin
- Apron
- Flat surface to knead dough
- Ingredients for the recipe you've selected
- Timer



Homemade loaves - the perfect gift

Looking for a unique, delicious and meaningful gift to give to your nearest and dearest? Whether the celebratory occasion is Christmas, Hanukah or a birthday, or you require a gift to bring to a host or hostess, a loaf of homemade bread is always a winner! Wrap it in a pretty towel and tie it with a bow for an elegant, festive touch. If you make homemade jam or marmalade, include a jar along with the loaf for a delicious and memorable present.



Insider tip:

Think bread is just for toast or sandwiches? Discover our inspiring bread-based recipes in the Good Food Recipe Library on **nephrocare.com**. Some of our favourites? French toast and panzanella, an Italian-style bread salad.



Baking bread ...

... is such a lovely activity. Each step of the process is gratifying, maybe even therapeutic – from measuring to kneading to baking. Looking for a bread recipe? Turn to pages 26-27 for some kidney-friendly ones to try at home.



Stage 1: Making the dough

Measure the amounts called for in the recipe (we recommend using a digital kitchen scale), then combine the dry ingredients in a mixing bowl. Make a well in the centre.

Pour the liquid ingredients into the well. Mix together, adding a little more water if necessary. Tip the dough onto a flat surface.



Knead the dough until smooth and silky feeling.



Stage 2: Proofing the dough

Place the dough in a well-oiled bowl. Cover and leave in a warm, draught-free spot for around one hour or until doubled in size.

> Shape the dough as desired. Cover and let it rise again as above.





Stage 3: Baking the bread

Preheat the oven (including the pizza stone if applicable). When the oven has reached the desired temperature, slip in the loaf. Close the oven door and bake. Avoid opening the oven door to check on the bread: this lowers the temperature and can affect the baking process.

Remove when done, place on a wire rack to cool. Even if it's hard to resist, let the bread cool before cutting into and enjoying it.



Diverse and delicious Our daily bread Part 1.

Bread, Brot, pain, pane. With butter, layered with ham, smeared with quark, or made into a delicious sandwich. Whatever you call it, however you eat it, bread is one of the most widely consumed – and delicious – foods on the planet. In our new series on bread we explore all there is to know about this versatile food, from its history to local specialties around the globe.

The craft of bread baking is one of the oldest in the world. Already in the Stone Age early people made cake-like patties that served as the predecessors to today's loaves. Later, bakers in ancient Greece, Rome and Egypt provided hungry citizens with their daily bread to eat.

Early breads

When most of us think of bread, typically leavened varieties come to mind: loaves made with yeast dough that grow in volume and take on a lighter texture during the rising process. But the first breads were unleavened and flat, as the name 'flat bread' suggests. Jewish matzo, Armenian lavash, and Indian chapatti are all examples of unleavened flatbreads still commonly enjoyed today.

Different countries, different breads

Take a trip somewhere – even to a neighbouring country – and you quickly notice bread has a strong regional identity. In general, French and Italians prefer whiter, lighter breads. German speaking and Scandinavian countries gravitate towards darker versions, even frequently tossing seeds into the mix. Let's take a closer look at the bread culture of three European countries known for especially delicious bread: Germany, France and Italy.



Germany – home of Brotkultur

Welcome to the land of bread and butter! With over 300 kinds of bread and an estimated 1,200 varieties of rolls and other small baked goods, Germany is home to a one-ofa-kind *Brotkultur*, German for bread culture.

Historically, the bread eaten in Germany greatly depended on the region and its respective climate which affected the grains that grew in the area. Wheat, for instance, is not easily cultivated around Berlin, so breads here were traditionally made of rye and spelt. Further south, in and around the cities of Munich and Stuttgart, wheat flourishes in the countryside.



Proud of their craft, bakers from village to village often differentiated by baking slightly different recipes. Over time, the selection of bread grew to create the incredible variety found in German bakeries today. This includes everything from rye, to pumpernickel, to whole grain, to sunflower seed, to spelt and many, many more.

Eat bread like a German

Both breakfast and dinner are centred around bread rolls or slices of dark bread. In the morning, Germans slather a piece with butter or quark before adding a layer of jam, cheese or cold-cut meat or sausage. Also, the snack children take with them to school has a breadcentric name: Pausenbrot, meaning "bread break".

France – baguettes and beyond

Without a doubt the baguette has become the international symbol for French bread. But visit any bakery in France and you will see that a baguette is not just a baguette. There are normal baguettes, industrially made baguettes, rustic baguettes dusted with flour, baguettes with raisins and walnuts, sesame seeds and whole grains, with sourdough or normal yeast. But France offers more than just its beloved baguette. There is also the long, lean ficelle, the circular couronne, the round pain de champagne, or the ball-shaped boule – each with its own unique shape and taste.

Eat bread like the French do

Bread is a permanent part of the table in France. Today the French prefer bread made





of refined wheat flour, and eat slices of it as an accompaniment to their multi-course meal. One exception: breakfast. Here slices – often yesterday's bread crisped up in the toaster – are lathered with butter and jam, and enjoyed alongside a cup of steaming hot coffee or tea.

Italy - more than just pasta

The land of world-famous pizza (actually a leavened flatbread) and pasta also knows how to bake up delicious loaves of Italian style bread. In fact, bread has long been a staple in the Italian diet and even modern-day Italians consume around 200 grams per day.

White bread's history may have its roots here. Evidence suggests that the milling technique required for refined white flour originated in Ancient Rome, later spreading to neighbouring countries such as France. Depending on the region, today flours such as corn or mixed grains may also make an appearance.

Regional variation

Similar to Germany, Italy boasts great regional bread variety. Currently, an estimated 250 kinds of bread can be found throughout Italy. Italy's northern half is home to many worldclass breads like focaccia and grissini. Focaccia, a yeasted flatbread, has wells on its surface made by the baker's fingertips. Olive oil on top keeps the bread moist in the oven. Grissini, or bread sticks, are also an international favourite. Piadina, a flatbread that is stuffed with sliced ham, sausage, cheese and vegetables and was originally a poor person's food, is enjoyed throughout Italy today.

If you make it far south to Bari, you simply must try pane di Altamura, a traditional bread from Puglia. Around Rome, pane di Genzano, a bread with a hard, dark crust and soft, chewy middle, is very popular. It is the only bread marked with the Indicazione Geografica Protetta, meaning only bread produced in the region may be called as such.

More than the sum of its ingredients

Bread is so much more than just a magical mix of flour, water, yeast and salt. It is a study of culture, climate, history, geography and more. Why not bake your own delicious and healthy bread at home? Check out our recipe on pages 26-27 to get started.





Delightful recipe for the home baker

Inspired to bake bread at home? We have a delicious potato bread recipe for you that's suitable for people with kidney disease. Dense and chewy, this bread is delicious served at breakfast, lunch and dinner, and will quickly become a new favourite in your repertoire.

Hungarian potato bread

(serves 10)



Ingredients for one loaf (10 portions) **Sponge:** 1 cube of yeast (alternatively a packet of dried yeast) 100 ml lukewarm water 50 g flour

Dough:

200 g potatoes (starchy) 2 tsp. salt 2 tsp. sugar 550 ml water 1 kg flour

Nutritional value per unit:

-
377 kcal
1.65 g
76.3 g
13 g
62.8 g
83.4 mg
252 mg
21.2 mg
152 mg



Crumble the yeast into the water and mix with the flour. Let the mixture prove at room temperature until it has doubled its volume.

Boil the potatoes in unsalted water, leave to cool slightly, peel warm and purée.

Mix the salt and sugar with the water and knead a bread dough with the potatoes, the sponge and the flour.

Let the dough prove in a bowl in a warm place for approximately 60 min.

Preheat the oven to 230°C (circulating air 220°C) (put a bowl of water into the oven as well; this will make the dough more fluffy). Shape the dough into a round loaf and bake it in the preheated oven for approximately 60 min. until the dough is baked (wooden pick test).

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TIP: Reduce the potassium content of the potatoes by soaking them in water beforehand.

Whether you're a novice or expert in the kitchen, in our Good Food Recipe Library at **nephrocare.com** you'll find other recipes perfect for home bakers, such as butter stollen and so-called Rahmschuxen. Happy baking!

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Fresh fish for dinner

For some inexplicable reason, many people shy away from making fish at home. In reality preparing fresh, or previously frozen fish is easy and, with a reliable recipe and a few tips, nearly foolproof. Here we show you how to make a lovely, renal-friendly cod dish, served with root vegetables.

Codfish with vegetables





Ingredients for 4 portions 1 lemon 4 pieces of cod fillet, each approx. 160 g 2 tbs. clarified butter 800 g carrots 800 g salsify 2 spring onions 2 tbs. butter 150 ml vegetable stock

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Wash the lemon and cut it in half. Cut off 2 thin slices and juice the rest. Baste the fish with 1 tsp. juice, leave for 5 minutes, pat dry and then roast on both sides in the hot clarified butter; then take it out of the pan.

Thoroughly wash the carrots and salsifies, peel them and cut them into strips.

Blanch the salsifies in boiling salted water for approximately 3 minutes, pour out and drain. Wash the spring onions, clean them and cut them into rings.

Heat the butter in the pan and braise the vegetables lightly in it, pour in the stock and the rest of the lemon juice, put the fish on top and fill with 1/2 lemon slice each and braise for approx. 8 minutes until crisp. Put on a plate and serve.

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TIP: To reduce the potassium content of the carrots and salsifies, you can put them in water after cutting them into strips, and you can also reduce the quantity of lemon juice.

Nutritional value per unit:		
Energy	309 kcal	
Fat	11.7 g	
Carbohydrates	13.5 g	
Protein	35.7 g	
Water	502 g	
Sodium	319 mg	
Potassium	1.65 g	
Calcium	248 mg	
Phosphorous	548 mg	

Motivated to try other fish recipes? In Good Food Recipe Library on our website you'll find additional ones, such as carp in beer batter. Enjoy your delicious and healthy home-cooked meal!



Gone fishing!

Young or old, summer or winter, fresh water or saltwater – fishing is a versatile outdoor activity that is as peaceful as it is rewarding

Originally an act of necessity to put food on the table, today fishing is a favourite pastime, often with delicious results. Most of us don't have to look far to find a suitable place to cast a line, sit down and relax while we wait for a fish to bite. Sea, ocean, river, lake – even the pond down the road is potentially a paradise for fisherman and fisherwoman alike.

Easily equipped

Part of fishing's appeal is that it doesn't require a lot of expensive, fancy equipment. A rod, some fishing line, a hook and bait sum up the essentials. Start off with an optimistic



attitude and take along a container to store and transport your catch in. Especially in summer, a portable ice-chest with frozen ice packs is recommended.

Those of you fishing for the first time should consider asking fishing-enthusiast friends, family or neighbours to loan you their equipment for a few days. This way you can try out fishing and see how you like it before purchasing your own rod and co. Alternatively, look for used fishing gear for sale – either online, or on notice boards at the supermarket or in your community centre.

Fishing basics

Learning how to fish is not especially difficult at any age, but it does require a little practice, and a lot of patience. Casting – throwing a line out into the water – is the first technique to learn. Another important skill: how to handle your rod and line so the fish will want to bite the bait. Assuming you do hook a fish, you also need to know the best way to reel it in to shore. Catching and releasing is also a common practice among anglers, and something good to know how to do. Now that you know the essentials, here's a look at a few popular types of fishing.

Saltwater fishing

Whether from the shore, a pier, or a boat, saltwater fishing is a blanket term for fishing in



Dress right for your health!

As a person with kidney disease, it's highly important for you to dress appropriately when outdoors in the wintertime. In particular, remember to keep your feet warm! If you have a fistula, be sure to protect your fistula arm from cold and frost in the winter and from direct sun in the summer.







salty ocean waters. The ideal bait for this type of fishing depends on the type of fish you aim to catch. Commonly sought after fish on saltwater fishing expeditions include cod, flounder, grouper, halibut, snapper and tuna. Because these fish can be large and heavy, using the right fishing knot is particularly important. Failing to do so means you risk loosing the fish while reeling it in.

Freshwater fishing

By definition, freshwater fishing can take place in anything from a lake and a stream to a river and a pond. The water can be naturally occurring or manmade and stocked with fish. What's the biggest difference between saltwater and freshwater fishing? The species of fish, of course. That and the fact that nearly everyone has access to freshwater fishing locations, unlike saltwater fishing which is reserved for those living in or on holiday in





costal areas. Try fishing from a boat or a kayak in lakes or rivers to gain access to areas impossible to reach from the shore. Just remember: wear a life jacket!

Ice fishing

Brrrr, ice fishing makes us cold just thinking about it! Still it remains a best-loved pastime in some of the Earth's coldest corners and is a great reason to head outdoors when the temperatures drop below freezing point. Ice fishing is a slightly different game than its freshwater and saltwater counterparts. For one, it requires finding a body of water, commonly a lake, that's frozen solid and then making a hole in the ice. The hole must be large enough to reel in a fish through, but not so large that you risk falling in.

Staying warm is a big priority while ice fishing – and this is especially true for persons with kidney disease. If you do venture out in the



cold, take extra precautions to keep yourself, your feet and your fistula arm warm, and avoid taking any unnecessary risks.

3 reasons why you should go fishing

Time outside Take in a deep breath of fresh air. Fishing is an outdoor activity – and with it come the benefits of being out underneath the deep blue sky. Savour the peace and quiet – until a bite comes!

Socialise Fishing can be a solitary activity, or one with a friend or in a group. Taking fishing mates along with you allows you to spend time with people you care about or to make new friends. Novices in your group? No problem! Seasoned fishers can lend a hand – and share a few words of wisdom. Successful fishing can be a group effort!

Delicious rewards As the famous quote, often attributed to Confucius, goes, 'Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime.' Here the meaning is literal: learn how to fish and enjoy eating your tasty catches for years to come.

Cooking up a feast

With a little luck, a day spent fishing will provide you with the day's dinner. Most fish are delicious grilled, and require minimal preparation. Simply clean and scale the fish, stuff with fresh herbs and place on a hot grill. Serve with your favourite seasonal side dish for a satisfying meal. Need some inspiration? Have a look at our fish recipe on page 28-29 or online in our Good Food Recipe Library!



Christmas in the Southern Hemisphere

Frost on the trees, a cold bite to the air, steamy mugs of hot tea on the table – this is how the Northern Hemisphere imagines the Christmas season. But what about the millions of people south of the equator who celebrate Christmas, such as Australians and South Americans? Let's find out what it's like to celebrate this magical holiday at the height of summer, when the days are longest and hottest.

Santa on a surfboard down under

Even though December temperatures in Australia range from low low 20's to mid 30's, the strong link to Great Britain heavily influences how people here celebrate Christmas. Meals commonly include roasted meat and puddings – no different, really, than in Europe – but unbearable heat can lead many Aussies to serve the meat cold. Some locals stray from tradition entirely, instead embracing seasonal and regional foods such as prawns and oysters and a variety of fresh summer fruits.

Come December in Sydney, visitors and residents alike take pleasure in a best-loved annual Christmas carolling event called Carols by Candlelight – a tradition reminiscent of Christmas time in North America or Europe. Many homes are also decorated inside and out with festive details in the form of Christmas ornaments, ribbons, bows and lights.

Free-time fun

When 24 December rolls around children are already enjoying their six week-long summer holiday. Australians young and old love to spend their free time playing sport and engaging in outdoor activities, be it swimming, surfing or fishing. On Boxing Day, 26 December, many families pack a picnic and head to the beach or go boating. Others prefer an entirely different tradition: watching a cricket match or following Australia's biggest yachting event of the year, the Sydney to Hobart yacht race.

Santa, Aussie style

Of course, Santa Claus carries out his duties in the Earth's lower half. But in Australia, the children's favourite Christmas hero abandons his reindeer, instead relying on kangaroos to pull his sleigh full of gifts. He also changes from his hot, sticky red and white suit to attire more suitable for summer.







A South American Christmas

During all of December the Christmas spirit runs wild through South America. Here the holiday is remarkably colourful and bright. Especially wealthy families decorate their homes in styles common to the Northern Hemisphere, with some even painting or making fake snow to emulate cold weather.

Christmas trees are rarely conifers in this corner of the Earth. Indigenous trees often stand in for firs or families buy artificial Christmas trees. These are often made of plastic and, according to widespread belief, must be replaced every seven years. Argentineans even believe it's bad luck if you fail to do so!

Another unique tradition in one Argentinian city outside of Buenos Aires: people invest a

lot of time and effort into building gigantic doll-like puppets made of paper and cardboard. Locals compete against each other to create the most remarkable ones, often with political or controversial themes, then, come New Year's Eve, they ignite them and let them burn in a fiery, high-profile event.

Traffic jams in Brazil's megacities

Funnily enough, Christmas time in São Paulo and Rio are marked by streets filled with ... cars. Why? Are people going Christmas shopping? No, there's an unusual tradition in Brazil of driving through the city centre to admire the wildly popular display of Christmas trees and holiday decorations. Different countries, different traditions, right?



Feliz Navidad – Feliz Natal

Christianity and the Christmas celebration were brought to South America by Europeans. Today each country and region has their own special way of celebrating the annual event. Some closely resemble traditions in the Northern Hemisphere, such as re-enacting the nativity scene. Others, such as dancing, fires and chants, echo pagan traditions, or represent a blend of the two.

People of South America tend to be very devout and there is a clear focus on Christmas' origin as a religious celebration. Entire families, young children included, attend midnight mass together on Christmas Eve. Afterwards presents are opened before everyone steps outside to take in the elaborate firework shows. It's not unusual for this to turn into a genuine street party with the neighbours that lasts well into the morning hours. After all, it's summertime here – even Santa comes in flip-flops!

At the Brazilian table

Get invited to celebrate Christmas with a Brazilian family and the turkey at the table's centre is likely to steal the show. Even though the bird is familiar, the local preparation comes with a lovely – and tasty – tropical twist. As per tradition, Brazilians marinate their Christmas turkey either in sparkling wine or cachaça, a Brazilian liquor made from sugar cane, then stuff it with a mix of local exotic fruits and yucca root flour and bake it in the oven. Yum!

Christmas on the southern part of the Earth is a delightful blend of the familiar and the unexpected. Here customs of European origin meet local traditions and tastes. No matter the weather and no matter where, the Christmas spirit always shines through when people come together and enjoy living.





Brain calisthenics



Can you turn the triangle upside down? You only have to move three of the baubles to a new position. See if you can choose the right ones and make the tip of the bauble triangle point upwards!





Mystery close-up

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









Can you spot the 10 differences between these two pictures ?



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