

Summer 2016

NephroCare

for me

**Planning an inspiring holiday.**

Get out and see the world.

**Eating right on holiday.**

Kidney friendly food when you are away.

**Visiting the land of fairy tales.**

Happy travels in Czech Republic.





“Laughter is  
an instant vacation”

Milton Berle, American comedian and actor

## Welcome!

Dear Readers,

How time flies! Once again summer is knocking at our door. It's high time to decide where travels will take you if a summer holiday is on the horizon. Start by reading '**Planning an inspiring holiday**' in our Worth knowing in renal section. Here you'll find a number of tips to help ensure your break from everyday life is a success. Also, get practical, no-nonsense advice on eating away from home in our article '**Eating right on holiday**'.

Looking for inspiration for a holiday destination? Look no further than our special report on **Czech Republic**, with its sprawling countryside dotted with castles and historical cities like Prague. Or on nephrocare.com in the Holiday Dialysis section, you can explore other locations in the vicinity of Fresenius Medical Care centres throughout Europe and worldwide.

Summer's tastiest dishes are best accompanied by **freshly** baked bread. In this issue we return with part two of our journey through bread's history – this time with focus on Eastern Europe and the Middle East. After learning about **local traditions** in places like Russia and Turkey, try baking one of our kidney-friendly recipe at home. You don't want to miss out!

As always, this magazine is a place for other kidney patients to share their personal stories of **overcoming challenges** and loving life. In our Different countries – different habits section, Portuguese artist Dulce Viera shares her perspective on art, illness and joy. We also hear from Turkish **mother and daughter** both living with kidney disease.

May you enjoy the year's warmest, sunniest days in good spirits – and good health.

Your **NephroCare for me** Editorial Team





## Worth knowing in renal

Planning an inspiring holiday ..... 4



## NephroCare People

Behind the scenes: A day in the life of a nurse ..... 8



## Different countries – different habits

Visiting the land of fairy tales ..... 12

Two women, one fate: How a mother and daughter bonded over dialysis ..... 16

One man, many words:  
An interview about home haemodialysis ..... 20

Keep on painting, keep on loving life ..... 22



## Here's to your health

Diverse and delicious: Our daily bread Part 2 ..... 26

Eating right on holiday ..... 30



## Recipe

Ramazan Pidesi - Turkish Pita ..... 34

Fattoush salad ..... 36



## Inspiring

Brain calisthenics ..... 38



## Planning an inspiring holiday

Just because you're on dialysis doesn't mean you can't get out and see the world. In fact, travelling can be healthy for the mind, body and soul. Here's what you need to know before you set off on a healthy holiday this summer.

Planning a holiday is exciting! Whether you prefer returning to places you know well or exploring new terrain, we at NephroCare want you to have an enjoyable and relaxing break from everyday life. All it takes is the right information and some careful planning.

### Choosing a location in our NephroCare network

You don't have to travel far or even leave the country for a holiday to be great. Consider going by train, bus or car – you have so many options to choose from! Wherever you are, you are in good hands with our competent, friendly NephroCare staff.

One piece of advice to put your mind at ease: book a holiday in the vicinity of a NephroCare centre. This way you won't need to make a long journey every other day to a dialysis clinic for treatment – a short taxi ride will usually do. Moreover, you'll have peace of mind about the standard of care you'll receive. Get an overview of all our centres on a map and search for them by country online at [nephrocare.com](http://nephrocare.com). There you can also browse through patient stories and country specials for inspiration.

### Always plan ahead

While you certainly can treat yourself to a







PASSPORT



holiday, bear in mind that some preparation and organisation is required before you go. Next time you're at your local centre for dialysis, speak to the staff about your interest in holiday dialysis. They can help arrange your treatment within our network of centres, or advise you who to contact to do so. Please remember that you are solely responsible for booking your holiday, including transport and accommodation.

### Be realistic about your health

Most people on dialysis are fit enough to escape from the daily grind for a few days or maybe even weeks. But depending on your specific condition, you may need to limit certain activities. For example, if you have a fistula, it's essential to avoid exposing your

fistula arm to heat. Similarly, if you're dreaming of a beach holiday, by all means book one! That said, because you can't drink large amounts of liquids, it's smart to avoid travelling to extremely hot places like the desert. Speak to your physician if you have questions about what is advisable for you.

### The logistics

Some, but not all, of our centres offer a transfer between hotels in the region and the dialysis centre. Clarify this before you go: if no transfer is available, you'll need to organise one on your own. In this case, your options may include taking public transport or a taxi, or hiring a car. You can always contact your hotel to enquire if they offer a transfer service, for which they may charge a fee.





### What to pack

Alongside weather appropriate clothing (remember to bring layers) and comfortable shoes, there are a number of things you'll need to take with you, such as:



- Medical information
- EHIC card or insurance information
- Medication for the duration of your stay, plus a few extra days' worth in case of travel delays
- Dialysis patient emergency card, filled in by you

### Money matters

Before you go, inform yourself about paying for holiday dialysis. If the NephroCare centre at your holiday destination accepts EHIC cards, they can invoice your insurance company directly. Otherwise you will need to settle the bill onsite and submit the paperwork to your insurance company for reimbursement. Alternatively, you can ask your insurer for a confirmation letter in advance, verifying that they'll cover the costs. The centre can then settle the bill with your insurer directly. If you are travelling outside the country, we also strongly advise taking out a travel health insurance policy, typically available for nominal fee.

### Eating well away from home

Whatever your destination, you should find a selection of kidney-friendly foods. Domestic holidays are typically straightforward and require no additional preparation. If you are travelling abroad, we advise gathering a little information before your departure. You can always enquire directly at your NephroCare holiday dialysis centre: the staff there are always happy to advise you. And have a look at our special nutrition tips for travel on page 30.

From all of us at NephroCare, we wish you an enjoyable and relaxing holiday!

#### Top 4 travel tips

1. Always keep medication and medical records with you in your hand luggage.
2. Start early - the more time you allow for planning your journey the smoother and easier things are likely to be.
3. Call your insurance company to find out what expenses are covered. Some private insurance groups don't cover you for travel outside their coverage area. Ensure you do this before you leave on your trip.

*Remember you are not alone!  
If you need assistance  
at any time, please contact  
your NephroCare staff  
for help and advice!*



## Behind the scenes: A day in the life of a nurse

Patients are well familiar with what happens during a haemodialysis session at a NephroCare centre – at least from their perspective.



*Agnes Szekeres, head nurse of the NephroCare Centre Cegled*

But what goes on behind the scenes, before the first patients arrive in the morning and after the last ones leave in the evening? Agnes Szekeres, the head nurse of the NephroCare Centre in Cegled, Hungary, gave us an exclusive look into the daily routine of the centre's nurses.

### **5.00 a.m. to 5.50 a.m. – Preparation time**

The morning patient shift starts at 6:00 a.m. Our team has a short amount of time to prepare everything correctly so things will run smoothly once the patients arrive.

On our daily to-do list:

- Switch on the water and the Central Delivery System (CDS)
- Check water quality and hardness, conduct a chlorine test, and read the water meter
- Turn on and check the dialysis systems, check residual disinfectant with a test strip
- Set up and prime bloodlines and dialysers. Prepare all materials for treatment. Prepare personalised heparin for each patient.
- Separately prepare connection materials for patients with a central venous catheter or an arteriovenous fistula.
- Prepare disinfectant solutions for surfaces and for used instruments.

### **5.00 a.m. – Early start**

Long before patients arrive, the daily routine for our clinic staff begins. At the crack of dawn, 5.00 a.m., the first staff members start trickling in. For most of us, a hot cup of coffee helps start the day on the right foot. It's also a chance to briefly discuss yesterday's events, and run through the daily schedule.







### 5.40 to 5.50 a.m. –

#### Doctors and patients arrive

From this point on, our work becomes visible to patients. We start each dialysis session by measuring a patient's body weight and washing their fistula arm with soap and water. Then we show each patient to their reserved dialysis station.



### Busy all day long

When not tending to patients, our staff have a variety of other daily tasks to fulfil, such as:

- Recording data in the European Clinical Database (EuCliD®)
- Scheduling medical examinations for our patients and for those waiting to be added to the transplant waiting list
- Planning laboratory tests, taking blood samples and preparing test tubes; entering test results in EuCliD®
- Filling in daily quality control and environmental protection paperwork
- Conducting diet consultations, conversing with patients, and providing psychological support, if needed
- Organising treatments for patients in the intensive care unit
- Storing and dispensing of renal medication and monitoring its administration

### 6.00 a.m. to 10.30 a.m. –

#### Performing dialysis

Our standard therapy is 250-270 minutes of post-dilution online haemodiafiltration treatment. During this time, our most important task is monitoring patients and providing the best problem-free treatment possible.

Our nurses work hard to take care of each patient, giving them the attention and time as per their individual requirements. When time allows, nurses prepare tools and materials for the end of treatment sessions, and get ready to welcome the next group of patients.



### 11.30 a.m. – Morning session ends

The morning flies by. When we say goodbye to the first groups of patients, the chemical disinfection process inside the dialysis systems is already in progress. Soon we start carrying out surface disinfection. Next up: handling, transporting and storing hazardous waste. Finally, we hand over the treatment room to the cleaning staff.



### 11.30 a.m. to 12.15 a.m. – Break time and scheduling

Before the whole process starts over with new patients, our nurses take a short break to enjoy a well-deserved cup of coffee. This window of time is also used for patient scheduling and arranging weekly patient transport, though all this can change from day to day. Because many dialysis patients still work, we often adjust the dialysis schedule to accommodate their work schedule. Doing so is challenging but we always find a solution. When requests for holiday dialysis come in we process them, and we maintain regular contact with other dialysis centres.





Our work continues until 10 p.m., with two more patient shifts and at the end of one day, we start preparing for the next. Through it all, teamwork is the glue that binds us all together – allowing us to provide our patients with top quality care.



### Part of a bigger team

From a patient's perspective, our staff on the floor may appear to single-handedly perform dialysis treatment. But this is far from the truth. Without our administrator, head of technical maintenance, technicians, and IT department, our centre could not open its doors. Tools, materials, and concentrates for treatment must be ordered and properly stored. Machines and the building must be maintained and repaired if necessary. And our IT system enables us to accurately and quickly enter data.



*Morning shift team of the NephroCare Centre in Cegled.*

### Ensuring highest quality

By regularly participating in training sessions and e-learning courses, we can carry out tasks which require the highest skill level and comply with the latest nursing standards. The quality of care we offer patients is regularly monitored through audits, inspections by the Fresenius Medical Care country head nurse and checks by regulatory agencies. Our target is to ensure the highest quality for everyone at all times.





## Visiting the land of fairy tales

The Czech Republic is wonderful tourist destination, from romantic Prague to beautiful thermal spas to the lush countryside, dotted with countless castles in fairy-tale-like settings.

Nestled at the heart of Central Europe, the Czech Republic, population 10,5 million, is a place with a vivid past and dynamic present. Completely landlocked, it shares borders with Germany, Austria, Poland and Slovakia, from which it split peacefully in 1993.

Especially on pleasant summer days, a visit to this warm and welcoming country is best enjoyed exploring the outdoors and sight-seeing. Here's a closer look at a few of the Czech Republic's top sights that you certainly won't want to miss.

### Prague

A visit to the Czech Republic is not complete without a stop in Prague, the country's capital city and the ninth most visited city in Europe. The city has long been a cultural, political and economic centre in Europe, Prague boasts a unique history and many must-see sights,

from beautiful bridges to medieval churches. Start exploring the city in historic Old Town. Glance up to take in the city's medieval astronomical clock, the oldest of its kind still in operation. Stroll along the cobblestone streets and stop to enjoy the ancient squares.

Prague is bisected by the Vltava River. Take the Charles Bridge across, stopping to admire the awe-inspiring cityscapes and the 30 statues dotting the bridge. Prague Castle, one of the world's largest castles and whose construction began around 880, rises up on the other side of the river. The castle was renovated and expanded on many times since its first foundations were laid, making it a remarkable representation of most architectural styles from the last 1,000 years.

Other popular sights in Prague include the Jewish Quarter, Josefov, the town's former



Prague







Carlsbad



Konopiště Castle



Vlašim Castle



Jewish Quarter

Jewish ghetto with its well-preserved synagogues and cemetery. New Town, whose construction began in the 14th century, is home today to Wenceslas Square where you'll find many popular shops and restaurants.

### Carlsbad

This jewel of a place, called Karlovy Vary in Czech, is known throughout Europe as one of the continent's most beautiful spa towns. Situated in Western Bohemia, Carlsbad has the natural wealth of 13 thermal hot springs, which countless visitors flock to each year to treat a range of illnesses and ailments. Beautiful architecture and a rich cultural history – figures such as Goethe, Beethoven, Casanova, and Mozart all visited, as well as heads of state and movie stars – make Carlsbad an enchanting treasure that is definitely worthy of a visit.

### Konopiště Castle

Around 40 kilometres southeast of Prague lies the town of Benesov, surrounded by

many historical sights. Among the most notable is a four-winged three-storey chateau built in the 13th century. Throughout its history, the castle was transformed time and again, becoming fortified with a drawbridge, occupied by the Swedes, and later purchased by Archduke Franz Ferdinand of Austria, heir to the Austro-Hungarian throne. Its grounds consist of an impressive 225-hectare English-style garden.

### Vlašim Castle

With gates that look like they are straight out of a fairy tale, Vlašim Castle was constructed on a promontory above the Blanice River in the 14th century. Today, the original Gothic structure is well preserved in the castle's northern wing. Throughout the rest of the castle, visitors come across countless remnants which testify to the many and remarkable structural changes that the castle has undergone over the centuries as the result of destruction and subsequent repair and rebuilding.





The castle also houses a museum with a wide range of permanent and temporary exhibitions. It is also possible to visit part of the castle's main structure, including the renovated cellars. The grounds are breathtaking, filled with romantic niches and structures – the perfect place to enjoy a picnic on a warm summer's day.

### Welcome to paradise

Did you know paradise is located in the Czech Republic? At least the spectacular Bohemian Paradise is. The first natural reserve in the country, Bohemian Paradise, a UNESCO Geopark, today consists of 182 square kilometres in Eastern Bohemia. It is famous for its massive rock formations, rising from the ground in seemingly inexplicable ways. Some of the rocks are even accessible to tourists looking to take a closer look at the natural oddities, which have withstood eons of erosion and weathering to arrive at their current shapes.

The countryside is calm and relaxing, perfect for a leisurely walk or drive. If you're in the area, two castles and their surroundings are worth a visit: Kost Castle and Trosky Castle. Ruins also dot the countryside, evidence of the region's long, rich history. Because the region is relatively small, it's possible to visit the majority of it within a short amount of time.

### Happy travels in Czech Republic

Visit the Czech Republic and rest assured you will continue receiving top quality care and treatment. Use our online clinic finder at [Nephrocare.com](http://Nephrocare.com) to find centres near areas you would like to visit. Read the article "Planning an inspiring holiday" on pages 4 - 5 for a better idea of what to bear in mind when planning your holiday, and what to take with you.

These are just a few of the many spectacular sights and destinations in the Czech Republic. We hope you enjoy taking in the sights of this fairy-tale-like country!



South Bohemia

### Three fun facts about the Czech Republic



**Peaks all-around** The Czech Republic is almost entirely surrounded by mountains.



**Fortified** There are over 2,000 castles, keeps and ruins scattered across its beautiful countryside.



**Cheers!** Per capita, people in the Czech Republic consume more beer than anyone else in the world.



## Two women, one fate: How a mother and daughter bonded over dialysis

All of us face challenges in life. Time and again, we have to find new ways to cope and overcome obstacles dropped in our path. Here we share an inspiring story about how a mother and daughter learnt to overcome their personal challenges to keep on enjoying life.

Mother and daughter Hatice Akel and Tülay İğci have more in common than just similar looks and shared genes. Three times a week they travel together to the NephroCare centre Konya, Turkey for dialysis. Tülay İğci became acquainted with hospital halls when she was just a young girl. Her mother, on the other hand, first found out about her renal failure when she tried to donate one of her own kidneys to her daughter. Let's hear their unique story told in their own words.

### Receiving the diagnosis

**Hatice Akel:** I was born in 1952 as the youngest daughter in a family of farmers. I grew up like an only child because my older siblings soon moved out and led their own lives. Very young, I became a bride myself. Not long after, I gave birth to two girls, one of which I named Tülay. Later, I also had a son.

Even before getting married I experienced swelling in my feet but was never in pain.



*Hatice Akel*





For Tülay things were different. When she was 10 or 12, she developed an itchy rash, something people around here call 'bulgur shedding'. We took her to the doctor many times, but no one could identify the cause.

**Tülay İçci:** Shortly after finishing primary school, I also began feeling nauseous and had swelling and weight problems. When my doctor couldn't make a diagnosis, my family took me to Istanbul University, Çapa Faculty of Medicine. There I learnt there were some problems with my kidneys.

**Hatice Akel:** Tülay's doctor in Istanbul told us my daughter needed a kidney transplant and I jumped at the chance to give her one of mine. As part of the screening to donate, the doctor ran some tests on me. That's how we discovered that I, too, had kidney problems. I later learnt our kidney disease is genetic and I passed it on to Tülay, but not to my other children. That very day in 2003 on which I was diagnosed I also started dialysis -

because it was such an urgency - and have been on it ever since.

**Tülay İçci:** This time in our lives was challenging for all of us. We moved to Ankara so the doctor's could closely monitor me. It was hard to be away from our home and my family also struggled financially. My mum was really relieved when my dad found a new job as a dishwasher at a restaurant and got health insurance for our whole family.

*"Thanks to dialysis,  
life goes on. We are so  
happy to receive treat-  
ment for our condition.  
I cheer myself up by  
reminding myself how  
every day is better than  
the last, something I  
believe wholeheartedly."*

**Hatice Akel**



**Tülay İçci**





### From struggle to acceptance

**Hatice Akel:** As Tülay's mother, it was hard at first to accept my daughter's illness, especially after she suffered a stroke related to high blood pressure. Parallel to all that, our family faced other setbacks. My husband was involved in a car accident and became disabled, so not only was I taking care of my husband and daughter, I was also working for a cleaning company to support our family and had my own health to think about.

**Tülay İğci:** In retrospect I know that sticking together is what got us through hard times. But even today, my mother can't be on the same floor of the clinic as me during dialysis. She always worries something will go wrong when the nurses are taking care of me. That's why we go to different floors for treatment, a suggestion made by the clinic's head nurse. It may sound strange to outsiders, but the solution works for us.

### On sharing more than genes

**Hatice Akel:** Kidney disease has taught me and Tülay that life is filled with moments of delight and moments of struggle. When facing the latter, like diagnosis of an illness, we should never become desperate and give up. Being surrounded by supportive people is really important when times are hard. I'm so happy to have Tülay and the rest of my family in my life.

**Tülay İğci:** Sharing a similar fate has brought us closer together. My mum and I are more than just mother and daughter: we are like friends or sisters who try to help each other in any way we possibly can.

### Positive about the future

**Hatice Akel:** I am pleased to say things are much better now. Yes, life is not always easy, but we try to make the best out of our situation and focus on the positive aspects. Our family has grown closer through the whole experience.

**Tülay İğci:** In 2001, I got married to my wonderful husband. He supports my decision to pursue a donor kidney and helped me apply to the hospital in Ankara for a kidney transplant. For as long as I can remember, my mother and husband have motivated me to carry on and enjoy life – even after all we have been through. After many years spent in other cities, today we are happy to be back in our village near Konya. It's great there is a NephroCare clinic here. Their services are perfect and the staff are really interested in us as people and not just as patients. Both my mother and I thank the team wholeheartedly.



*Thank you Hatice and Tülay  
for sharing with us your inspiring story  
of struggle and triumph!*



## One man, many words: An interview about home haemodialysis

While many dialysis patients enjoy socialising with staff and other patients at NephroCare dialysis centres, some prefer the privacy and flexibility of home haemodialysis (home HD). One such man is Serdar Kabaş. Recently we spoke to him at length about his life and experience with Home HD.

### **Welcome, Serdar! Tell us a little about yourself.**

I was born 40 years ago in Istanbul, Turkey though today Izmir is my home. My youth was spent in our vibrant, bustling capital city: it's where I finished school and studied. I've always been a hard worker and after graduating, I decided to pursue a career in accounting and later qualified to become a financial adviser.

### **When were you diagnosed with kidney disease and how did you come to start Home HD?**

Just after I started working my doctor sat me down and told me I had renal failure and

would need to begin dialysis. I was struggling with my marriage and receiving the diagnosis was a shock. Step by step I learned to accept my situation and, though my wife and I split up, I got my health and personal life back on track. About three months after starting dialysis at a NephroCare centre I heard about Home HD. Because I live such a busy life I was immediately interested. My doctor believed I was a suitable patient for Home HD, so I began a 2-month training course to learn the ropes. In December 2013, I officially switched fully to at-home treatment.





### **How did you accept that dialysis would be part of your life?**

When I learnt about my condition, I soon realised dialysis was my only option. But it was hard at the beginning because I spent so much time at the clinic. I am a social, active person and I love working. One day while talking with my nurse at the clinic, she told me about Home HD. I thought it sounded more suitable for me and decided to switch.

### **What are the biggest challenges you've faced in your journey as a Home HD patient? What's helped you overcome them?**

When I first started Home HD, I was afraid about inserting a needle. Over time, I gained confidence and can now do it without any difficulty or unease. Though Home HD is great for me, I was confronted with a steep learning curve. In the beginning I slept poorly because I was afraid the needle might fall out at night. But with a little time my fear subsided and I now sleep really well during treatment.

### **How do you spend your free time? What are your hobbies?**

I devote a considerable amount of time to sport. I'm a big football fan and I'm really good at playing on astro turf pitches. Generally, I meet up with friends for football matches at the weekends. Otherwise I still work as a financial adviser in my own office. I have an intensive work schedule and I love my job. I also like to play adventure games on my iPad, to drive, to play table tennis and backgammon, and to listen to music. I have still close contact to my "dialysis-friends" in the clinic and we like to organise trips to different places on the weekends.

### **Sound like you lead a fulfilling life! What's your personal motto in one word?**

Honesty. I believe being honest is the most powerful part of my personality.

While Home HD is not for everyone, some, like Serdar, find it better suited to their lifestyle and habits. Speak to your nephrologist should you be interested in it as a treatment option.

**Thanks, Serdar, for sharing your story!**





## Keep on painting, keep on loving life

Mother of a large family, wife, acclaimed artist, dialysis patient: Dulce Vieira from Portugal is a woman who has worn many guises – and lived long to tell her tale.

“Thinking that Dulce Vieira and Sara Uva are the same person is a big mistake,” as Dulce Vieira emphasised during our long, enjoyable conversation at the recently opened Ovar Art Centre in Ovar, around 40 kilometres south of Porto, Portugal. The oil paintings on the canvases around us, all painted with a special palette knife technique, hint at the difference between Dulce, the private citizen, and Sara Uva, the pseudonym under which she produces her well-known art.

Like so many of us, Dulce’s life – 84 years and counting – has included great achievements and happy moments in addition to personal losses and setbacks. Including the moment six years ago when this strong, passionate woman started on dialysis.

### **Born dedicated to the arts**

Dulce’s life-long love of the arts began with her father, who insisted she take piano lessons from a very young age.









Later she studied theatre and fell in love with writing, a passion she still pursues today in the chronicles she writes for the local Ovar newspaper. Upon turning 15, she learned to paint. Not just in ordinary classes, but from renowned teachers with whom she had private lessons. “My grandfather insisted that a woman should have a profession. My mother, who died very young, was one of the first female teachers in Portugal. And one of my four sisters took over my father’s business and became the first woman in the country to have a driving licence for heavy vehicles”.

### **From passion to profession**

After marrying her husband, a philosophy teacher, and becoming a mother to three daughters, Dulce decided it was time to turn

her love of painting into something more than just a hobby. So she applied to the local School of Fine Arts. As her husband was in the Portuguese National Republican Guard (GNR), Dulce’s family was entitled to housekeepers to assist at home. Freed from domestic duties, Dulce had time to pursue her studies and make a profession out of her passion: fine arts.

### **Facing setbacks**

When her husband passed away and she was left alone, she faced a dramatic loss that was really hard on her. Receiving the news that she would have to start dialysis nearly pushed her over the edge. Dulce’s first thought was to give up altogether.







“My husband had already died and I wanted to die too. I didn’t want to be on dialysis. I had already gone through so much pain,” Dulce said, recounting her feelings of being rock bottom. It was her son, one of her six children, who helped her turn her life around and see that she still had so much to live for. One day he returned to her home to find her unconscious. Acting quickly, he rushed her to the hospital. It was there, as she lay in a coma, that doctors first inserted a fistula to help Dulce recover.

On the 9th May 2010, she began dialysis at the NephroCare Santa Maria da Feira Clinic where she is still a patient today. She especially admires the staff’s physical and psychological support as well as their knowledge about dialysis and kidney disease. “You can tell how much they love what they do,” she shared with a genuine smile on her face.

### **Her journey with art**

As Sara Uva, her pseudonym, Dulce exhibits an incredible gift for the arts that she’s perfected over her 65-year painting career. Her work has been shown in Portugal and abroad, in England, Spain and Russia.

Critics have been favourable to her work, though, according to Dulce, her daughters are her biggest critics. Recently one of her

daughters exhibited a large collection of her paintings at Museu Adelino Ângelo. The remaining ones she brought here to the Ovar Art Centre. Her other works, which she donated to the Sanctuary of Fátima, are spread throughout the world as “Aparição do Anjo”, the angel’s apparition.

### **Unstoppable and grateful**

Nothing, not even the crutches she uses to get around, can stop her from continuing her artistic journey. Today Dulce is incredibly grateful for the chance to continue life with the joy and pleasure it has always given her – in great part because of the excellent treatment she receives at her local NephroCare centre. Nevertheless, she is thankful to have Fridays free from treatment so she can paint.

### **Looking forward**

So what’s next for Dulce, a woman who has achieved so much and still has so much she’d like to accomplish as Sara Uva? For example, she plans to finish the painting entitled Orchestra and send it to the Aveiro Music Conservatory. When asked about her mentor she quickly names Professor Mendes da Silva “because he taught me how to paint using the palette knife technique on canvas.” And judging by the beauty of her work, her appreciation seems well justified!

*Thank you, Dulce,  
for sharing your inspiring story. We wish you  
all the best for whatever the future brings.  
Keep on painting, keep on loving life.*



## Diverse and delicious: Our daily bread Part 2

We just can't get enough of bread! In this edition of NephroCare for me, we're back again with part two of our culinary journey through the wide, tasty world of this global dietary staple. This time we're travelling far beyond the baguette and pretzel to focus on breads in Eastern Europe, Turkey and the Middle East. Let's dig in!

### Russian favourites

Across the vast country of Russia, bread is a symbol of wealth and plenty. Here the best-loved food wears many guises, but rye bread is by far the most popular. For centuries Russians have eaten dark rye bread with great abandon. Depending on the baker and recipe, loaves are made with different percentages of rye flour, made by grinding rye, a high-fibre grain, and other flour. On the whole, rye bread is heavier and denser than breads made with other kinds of flours, and has a stronger flavour. In Russia and beyond, people especially appreciate rye bread's long shelf life.

### Bread and salt: a national tradition

Bread's importance in Russian culture is reflected in a widespread custom known as bread and salt. Each year, important guests and visitors to the world's largest nation are greeted with a loaf of bread on a round tray. Resting on top of the loaf: a salt shaker. Guests are expected to break off a piece of bread and dip it in the salt before eating it. Refusing to participate in this age-old tradition is considered extremely rude and would greatly offend whoever offered a revered gesture of hospitality. In fact, back in the Middle Ages, Russians believed that sharing bread and salt among enemies would unite them and make them great friends.



Rye bread



Bread and salt:  
Russian tradition









Hungarian kifli



Turkish flatbread

### Bread in Eastern Europe

Visit any country in Eastern Europe and it quickly becomes clear that bread is a way of life. From Poland, to Slovakia, to Hungary: no village is complete without a baker, with windows filled with loaves, bread rolls and sweet pastries. However, the shape and kind of flour used may vary, depending on local traditions and what grows in the region.

Wheat and rye bread, as well as those made with other grains, are abundant in Poland, where the bread is crisp on the outside and soft on the inside. Meanwhile, in Hungary many bakers are known for big round loaves of white bread with hard thick crusts called cipó. Another Hungarian favourite is kifli. This bread-roll in a special crescent shape looks like a croissant at first glance, but is actually made with traditional yeast dough. If you find yourself hungry in Hungary, kifli make a delicious snack. Just slice one open, top with cheese, meat or simply butter and take a bite. Yum!

### Baking bread in Turkey

Throughout this country of nearly 74 million inhabitants, where East meets West and the landscapes are varied, bread is enjoyed with nearly every meal, from sunup to sundown, and across all economic classes. Like their neighbours around the Mediterranean, locals prefer white flour, though the shapes and use of the bread loaves or rolls vary.

In many Turkish families, the first family member to rise sets off to the bakery down the street to purchase freshly baked bread, a key ingredient in the rich traditional Turkish breakfast. He or she returns home with bread such as simit, a bread ring rolled in sesame seeds, still hot from the oven, filling the home with a delicious aroma.

### No cutlery needed!

In particular Turkish-style flatbread, known in its birthplace as pide, is enjoyed locally and worldwide with great reverence. One explanation for its appeal, aside from its delicious taste, of





course: flatbread can be eaten without cutlery. Sit around a table piled high with a delicious Turkish feast, and use the soft bread for dipping and scooping – who needs a knife and fork?! Often, sesame seeds are sprinkled on top of the loaf, adding flavour and creating a delicate appearance.

### Doughy delights of the Middle East

Considered to be a divine gift from God, in particular among Arabs, bread is a must at every meal in the Middle East. In fact, the Egyptian word for bread, aysh, means “to live life”. In this part of the world, one bread clearly reigns: pita. The soft, pliable round flatbread, which puffs up when baked, is perfectly adapted to the Arab way of eating. Gathered around a table, people tear off a piece of pita and use it to pick up pieces of meat, vegetables or salads, similar to in Turkey. Likewise, chunks of pita are used to scoop up yoghurt-based sauces or other foods with slightly liquid consistencies, such as hummus, olive oil or tahini.

But that’s not all. When pita bread puffs up in the oven, it forms a pocket. It’s popular to cut the loaf in two and fill the pocket of one half with delights such as falafel, small chickpea balls that are fried, barbecued meat, kufta, Arab-style hamburgers, or other salads. The result is one irresistible sandwich!

### Home bakers wanted!

We hope we have whetted your appetite for delicious, nutritious bread in this two-part series. Now it’s your turn: try baking some of these tasty loaves at home! Turn to pages 34-37 to find recipes suitable for kidney patients. If you need help baking bread, check out our step-by-step guide in the last issue of NephroCare for me, “Put On Your Baker’s Hat – Today We’re Baking Bread!” Happy baking and happy eating!



*Dipping hummus with pita bread*



*Pita filled with meat and vegetables*



## Eating right on holiday

Imagine you are sitting on a bench overlooking the peaceful sea when your stomach growls, signalling it's time to eat. What's your next move? Knowing what to eat when we leave our daily routines can be challenging. Here, our NephroCare team gives straightforward advice on eating right and feeling good on holiday.

No matter your destination – the sea, the mountains, the big city – food is always part of your holiday. This, of course, is true for any traveller, but it is an especially important topic for people with kidney disease. Where you are going and staying – hotel with a restaurant abroad, a self-catering holiday flat in your home country – will likely influence your food choices. A general piece of advice: planning ahead is the best way to ensure you will find kidney-friendly food from day one.

### Staying in a self-catering flat

If you are staying in a self-catering flat or house, it is easier: continuing your regular healthy eating habits should be fairly easy. Locate the nearest supermarket in advance by searching online, or inquire with your host upon arrival. Here you should find a range of suitable foods that you can prepare in kidney-friendly ways at home. Car travellers can easily take some of their favourite healthy choices with them. Transport perishable items in a cooler, which you can use for picnics during your stay.







### So you booked a hotel

If you plan to treat yourself to stay in a hotel, where you have nothing to take care of. No bed to make, no flat to clean, and no meals to prepare. However, some hotel restaurant fare is not suitable for people with renal failure. The solution: know the 5 good food routines and let them guide you to kidney-healthy choices. Speak to the hotel before arrival and inquire about the food they have on offer. Find out how they accommodate people with special dietary needs and what you need to do to ensure yours are met.

While some hotels might know what kinds of food are kidney-friendly, you should have an answer ready in case they ask what you can eat. Here are some ideas.

- At the buffet, look for areas with fruit, vegetables and salads. Keep your eye out for low-potassium choices and don't forget to watch the serving size.
- Eat healthy protein each time you tuck in to a meal. Steamed or grilled fish, and grilled chicken are excellent choices, especially if prepared with little or no salt.
- Bring some kidney-friendly snacks along for when hunger strikes. That way you'll be less tempted to eat something that is not good for your body.

### Travelling abroad

How exciting! A trip out of the country is not only a chance to explore new territory, it's also the chance to explore new tastes. Start by gathering a little information about your des-







ination's cuisine before your departure. What are some of the local specialties? Are they kidney-friendly or can they be prepared in a kidney-friendly way? Is there anything you should avoid eating? Talk things through with your dietician and write a list of what you should and should not eat.



While abroad, you may also face a language barrier. If you have a smartphone and an international data plan, download a travel dictionary app before departure to help you decipher foreign words at the supermarket and restaurants. Otherwise, purchase a pocket travel dictionary and phrasebook to refer to when necessary. When in doubt, stick with foods you know.

One final note and you can start planning your holiday: wherever you stay, whatever you eat, always watch your liquid intake, especially in the heat of summer. If you are uncertain, address the topic with your doctor or dietician before your departure.

### Expert advice: holiday meals

Our NephroCare team want you to have a wonderful, relaxing holiday. And you can by following these three tips for eating on holiday.



**Plan with an expert.** Ask your dietician for tips on how to plan meals when you are away from home. Tell him or her where you are travelling to and what you expect.



**Be mindful.** It's normal to be both overwhelmed and excited when in a new place. However, remember to think about what you eat, and keep your meals balanced and healthy. You don't want to miss out on an otherwise fun holiday.



**Stick to your diet.** Diabetics and those on special kidney-specific diets know it's important to watch their carbohydrate intake – and a holiday is no exception. Continue avoiding salty foods such as pretzels, limit sweets and baked goods, and juices or sweetened beverages. Also remember to regularly check your blood sugar.

*“A smiling face  
is half the meal.”*

– A Latvian proverb



# Ramazan Pidesi - Turkish Pita

If you've never had homemade Turkish pita before, it's time you tried. Don't be turned off by the steps involved: the recipe is nearly fool-proof and the dough comes together quickly. When it's time to bake it, invite your family or some friends over for a delightful Middle Eastern feast with pita as the star of the show.

## Turkish Pita

(serves 6)



### Ingredients

- 300 ml lukewarm water
- 1/2 cube of yeast (20g)
- 1 tsp. of sugar
- 450 g flour
- 2 tsp. of salt
- 2-3 tbs. of olive oil
- 1 egg yolk
- Sesame and caraway seeds for garnishing



Mix water, yeast and sugar and leave for 10-15 minutes until it gets foamy.

In the meantime, mix flour and salt in a big bowl and press a hole into it. Pour 1.5 tbsp. of olive oil and the yeast mixture into the hole and knead into a soft dough. Cover the bowl with clingfilm and leave it in a warm place for approx. 45-60 minutes until the volume has doubled. Place the dough on a flour-covered surface, knead it briefly and cut in half. Form two round pitas, 15-18 cm in size.

Line a baking tray with baking paper and cover it with a bit of flour and durum wheat flour. Place the pitas on it and let them rest again for 30 minutes. Then form a lattice design pita-grid using your fingertips covered in olive oil. Mix egg yolk and 1.5 tbsp. of olive oil and apply with a brush. Garnish with sesame and caraway seed as you like.

Bake the pitas in a preheated oven (200°C) for approx. 20 minutes. Cover the loaves with a damp cloth to keep them soft. Serve warm if possible.

Nutritional value per unit:	
Energy	331 kcal
Fat	8 g
Carbohydrates	53 g
Protein	11.2 g
Liquid	44.7 g
Sodium	136 mg
Potassium	233 mg
Calcium	41 mg
Phosphorous	231 mg





**TIP:** Place an oven-proof bowl filled with water in the oven to make the pitas more succulent.



# Fattoush salad

What to do with day-old pita bread? Make fattoush salad! This Middle Eastern classic is delicious as a light main dish or served alongside lean protein. Summer's freshest herbs like parsley and mint burst with flavour in your mouth – without added salt.

## Fattoush salad

(serves 8)



### Ingredients

#### For the dressing:

- 4 tsp. of ground sumac
- 4 tsp. of warm water
- 3 tsp. of lemon juice, fresh
- 2 tsp. of pomegranate syrup
- 2 cloves of garlic
- 2 tsp. of white wine vinegar
- 1/2 tsp. of dried peppermint
- 175 ml extra virgin olive oil
- Sea salt

#### For the salad:

- 2 pitas (20 cm)
- Sea salt
- 3 medium-sized tomatoes
- 500 g cucumber
- 6 spring onions
- 2 small lettuces or romaine lettuces
- 60 ml extra virgin olive oil
- A bunch of parsley (50 g)
- Fresh purslane (25 g), or some more salad
- Fresh peppermint (50g)
- Optional: Ground sumac



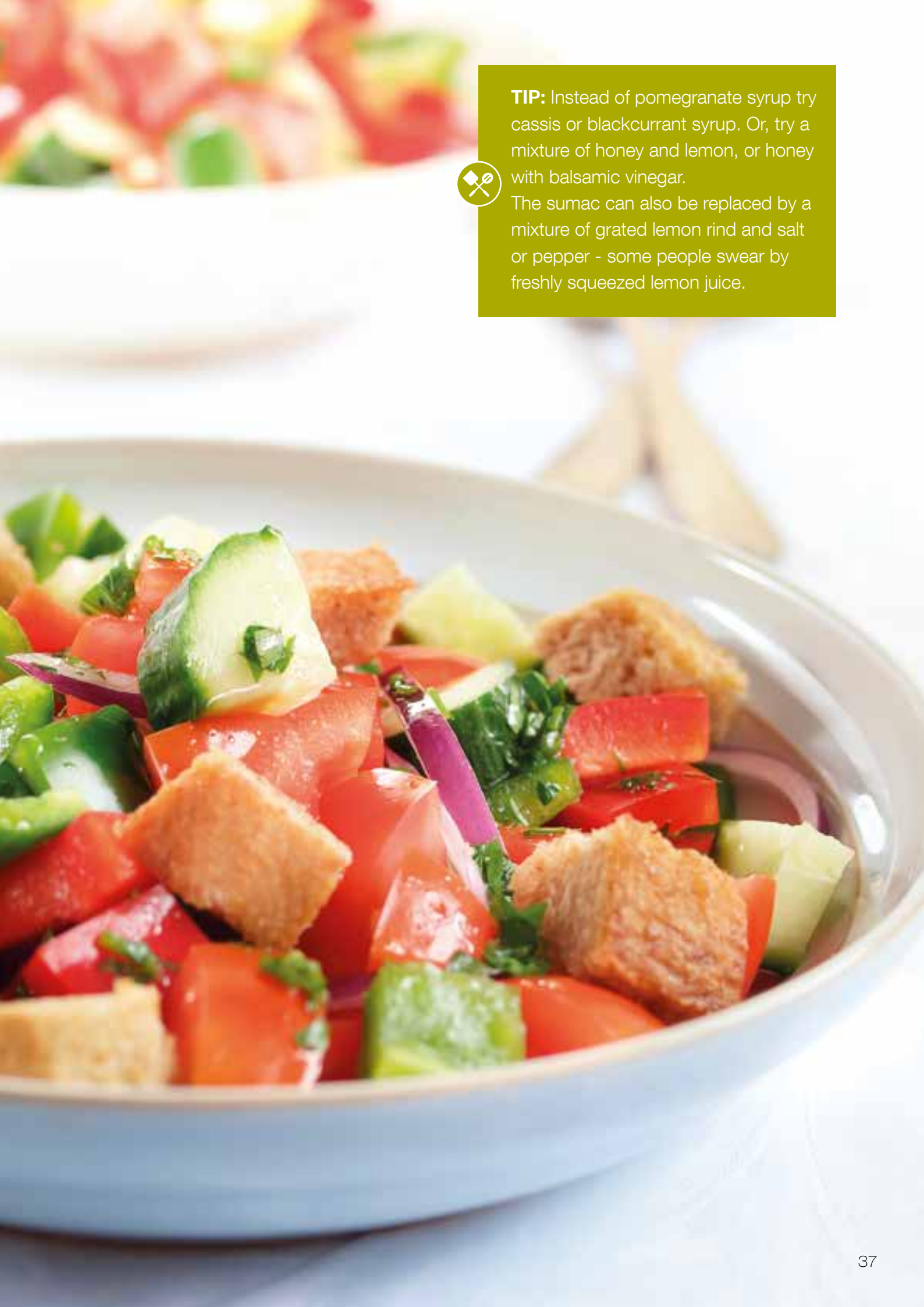
**Dressing:** Mix the sumac in water and leave it for 15 minutes. Then add the lemon juice, pomegranate syrup, chopped garlic, 2 tsp. of white wine vinegar and the dried mint. Add the oil slowly while stirring. Add sea salt to taste.

**For the salad:** Cut the pita breads in half and toast them. In the meantime, slice the tomatoes and cucumber, cut the spring onions into small rings and the cleaned lettuce into 2cm strips. Tear the pita into bite-sized pieces and place it in the salad bowl. Pour the olive oil over the bread (so that the bread doesn't get soaked with dressing). Add salt to taste. Mix tomatoes, cucumber, onions, salad and spices in a bowl and pour the dressing over them. Now add the pita.

#### Nutritional value per unit:

Energy	382 kcal
Fat	30 g
Carbohydrates	24 g
Protein	5 g
Liquid	162 g
Sodium	261 mg
Potassium	447 g
Calcium	83 mg
Phosphorous	83 mg





**TIP:** Instead of pomegranate syrup try cassis or blackcurrant syrup. Or, try a mixture of honey and lemon, or honey with balsamic vinegar.



The sumac can also be replaced by a mixture of grated lemon rind and salt or pepper - some people swear by freshly squeezed lemon juice.



## Brain calisthenics



Below are 9 nearly identical pictures.  
But wait. Only two of the pictures are exactly the same.  
Can you spot them?

1



2



3



4



5



6



7



8



9

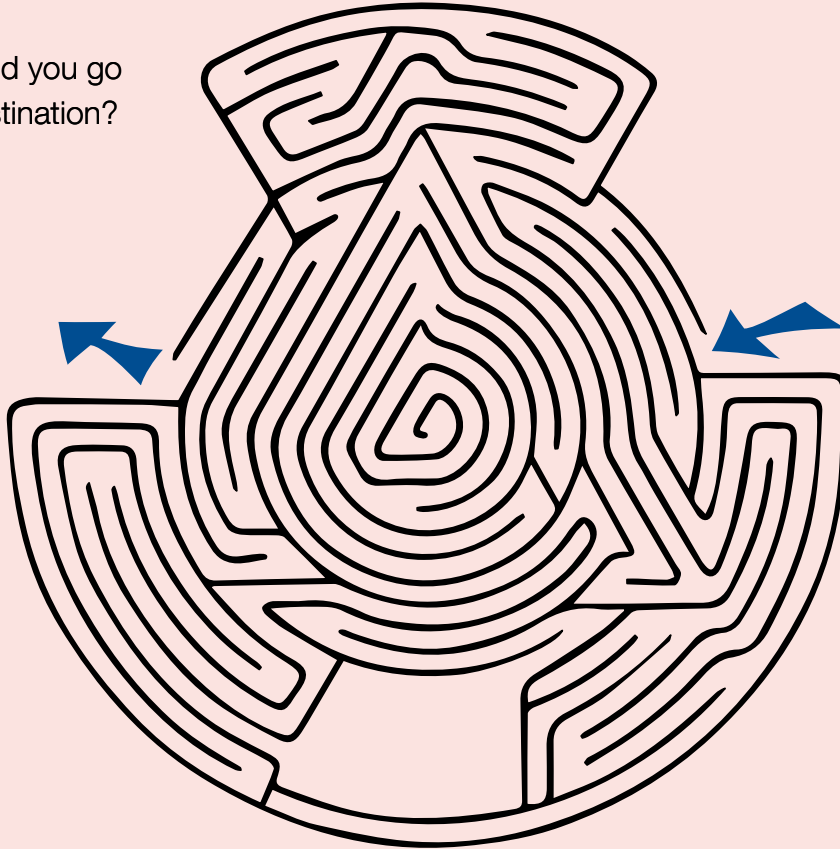






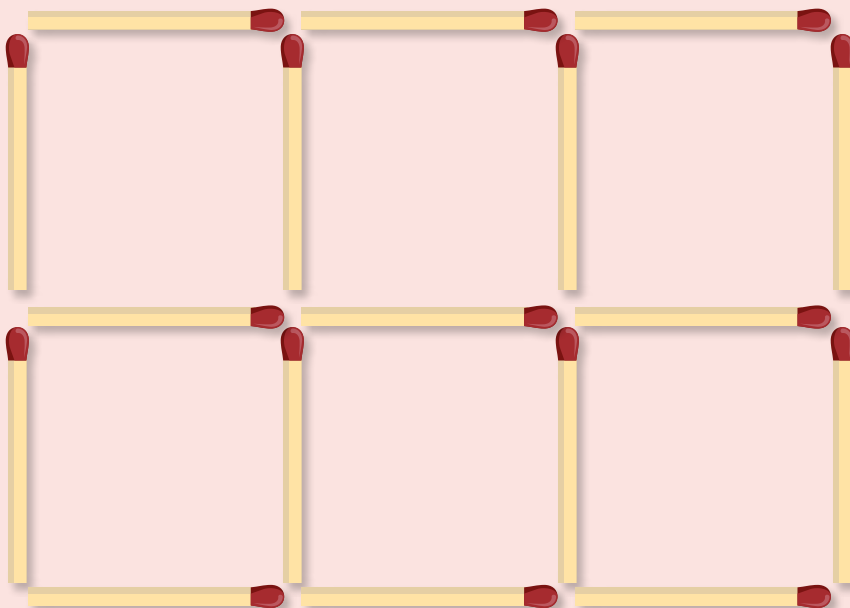
## Labyrinth

Which way would you go to reach the destination?



## Matchstick puzzle

The figure below shows six squares. Take away five matches so that three squares will remain.



## Preview of our next edition

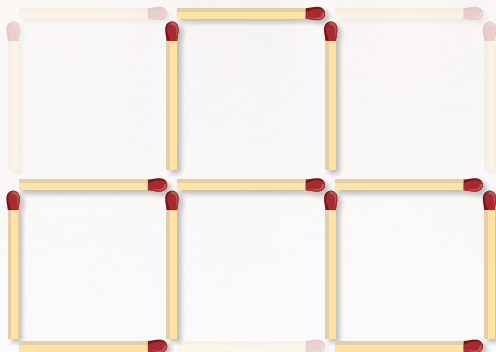
### Our daily bread - part 3

Take a closer look at the bread culture of North and South America

Explore the United Kingdom and Ireland with us

### Brain calisthenics solutions

1. Identical pictures: Picture No. 3 and No.7
2. Matchstick puzzle



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