

Winter 2016

NephroCare

for me

Homemade Christmas gifts

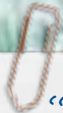
Tap into your talents

**Our daily bread -
Diverse and delicious
Part 3**

Taste of South America

The green-eyed girl

A beautiful memory from
the youth



“If bread – the staff of life –
feeds the body;
stories nourish the soul.”

Alex Morritt, British Author

Welcome!

Dear Readers,

Close your eyes and take a deep breath. Do you smell the scents of winter? Crisp, cool air. Christmas markets. Freshly bread baking in the oven. Speaking of bread: In this edition of NephroCare for me, we return with a third installment of our **daily bread series**. This time we're off to South America for a look at the tasty staples in this part of the world. We've even got some **kidney-friendly recipes** for you to try at home.

Yes, we're in the middle of winter, but we are of the opinion that it's never too early to start thinking about your next holiday. After all, picking a destination and planning is half the fun. As you'll see in '**The best of the United Kingdom**', the UK is incredibly rich in history, culture, landscapes and sights. There is so much to see there and we can't wait to share our top picks with you.

What type of Christmas present shopper are you? Someone who makes a list in July and has all presents purchased and beautifully wrapped by October? Or a last-minute shopper who sweats to find gifts come 23rd December? No matter which group you fall into – or if it's somewhere in between – we've got an excellent idea for you this year: make your own presents. Turn to page 36 to read all about it in 'Homemade Christmas gifts'.

If you've been out in the shops recently you may have noticed a new fad cropping up: **colouring books for adults!** Learn what's behind them and why they are good for your well-being in 'Trend: Colour me relaxed' on page 40.

One exciting announcement: **Fresenius Medical Care turns 20** this year! Take a walk down memory lane with us and hear first-hand experiences from our clinics in the words of nurses and patients. More on page 4.

Wherever you are sitting, we invite you to make yourself comfortable – there are tonnes of great articles on the following pages. Above all, we hope the words and stories encourage you to follow a healthy lifestyle, with a focus on good health. Here's to a warm and cosy winter!

Your **NephroCare for me** Editorial Team



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Fresenius Medical Care turns 20!

This year, we at Fresenius Medical Care celebrate two decades of caring for our patients worldwide. We are excited to reach this milestone – but most of all we are proud of the peoples' lives we touch every day.

Looking back at the past two decades, we can honestly say we have achieved a lot. Year after year, through our work we have striven to give you and other patients a future with a better quality of life. Today, we do so at our 3,500 dialysis centres in over 45 countries worldwide where we treat 300,000 patients each year.

Currently, every 0.7 seconds our highly qualified team of nurses and physicians perform dialysis somewhere across the globe. In addition to providing you with best care, our company's 100,000-plus employees demonstrate great courage and deliver the energy we need to complete our daily work and ensure your needs are met – today and tomorrow.

How it all began

Courage and energy were also required in 1996 when Fresenius AG's CEO had the idea of taking over the U.S. dialysis specialist, National Medical Care (NMC). The CEO's technical flair, commercial vision, and strategic skill quickly won allies for the plan. The takeover was a success and Fresenius Medical Care was born.

Quickly setting the pace

From the start, we were the technology leader. In 1983, we introduced the polysulfone

dialyser. An exciting advancement and a reward for our hard work came in 1992 when the dialysis machines of the 4008 family began appearing in dialysis centres worldwide. Further noteworthy milestones in this century include the launch of the FX CorDiax dialysers with the new Helixone® membrane in 2000 and the 5008 therapy system in 2005.

Widespread success

By 1999, 100,000 dialysis machines had already rolled off our production line in Schweinfurt, Germany. Just four years later, we were treating well over 100,000 patients a year and annual production had grown to over 50 million dialysers. Dialyser production passed the 500 million mark in 2007 and the one billion mark six years later.

Though our success story is rooted in our ability to advance and achieve success, the lives that we touch and positively affect are what keep us motivated, day after day, year after year. Join us in celebrating 20 years of Fresenius Medical Care. We are delighted to have you as part of our story – and to have provided you a way to a healthier life. Read on to find out what some of our patients and staff have to say on the occasion of our 20th anniversary!



1996

Foundation and initial Public Offering in New York & Frankfurt



1999

Production of the 100,000th dialysis machine



2005

Introduction of the dialysis therapy system 5008



2007

Production of the 500,000,000th dialyser



2012

Production of the 500,000th dialysis machine



Around 40 production sites worldwide



2015

More than 100,000 employees worldwide



2016

Taking care for more than 300.000 patients worldwide

Fresenius Medical Care in the words of our patients and staff ...

Anna Rita Oggero,

Medical Director,
Malpighi Dialysis
Centre, Naples, Italy
Dialysis worker
since: 1991



"Over the past 20 years, the biggest changes I've experienced have been structural changes and when we started with haemodiafiltration (HDF). Today, we also offer our patients enhanced safety and a more professional approach."

Ciro Gambelli,

HD patient, Enne E Dialysis Centre,
Naples, Italy



"Dialysis has become my parachute, not my torture. I feel safe and this helps me to stay psychologically strong. Living with a chronic disease, which by its own nature is long, our quality of life is of primary necessity."

Jozsef Domszlai,

HD patient NephroCare Dialysis Centre,
Hatvan, Hungary



"Technically speaking, treatment has changed a lot over the last two decades and here we definitely get the highest quality treatment available these days. I also appreciate the personal contact we have with the nurses and doctors."

Giovanni Lepore,

HD patient Enne E Dialysis Centre,
Naples, Italy



"I've been on dialysis since 1985 and dialysis therapy has definitely improved since my clinic joined Fresenius Medical Care. For instance, the FME machines, filters and bloodlines are very reliable. Thanks to these changes, my problems with nausea and vomiting went away."



Rita Baia,
Healthcare Assistant/
Auxiliary,
Malpighi Dialysis Centre,
Naples, Italy
Dialysis worker
since: 1983

“There have been so many positive changes since joining Fresenius Medical Care! These range from the products and procedures, to work safety and a greater focus on patient well-being.”



Pietro Raffaele Carruccio,
HD patient, Dianoval Dialysis Centre,
Polla (Salerno), Italy

“Since my clinic became a Fresenius Medical Care clinic I’ve witnessed enormous improvements. In the past I was dialysed with plate filters that frequently became coagulated. The monitors at the time were complicated, but with the FME machines we have today I can follow the dialysis treatment.”



Csaba Major,
HD patient
NephroCare Dialysis Centre,
Nagykanizsa, Hungary

“I’ve been on and off dialysis since 1991. I had two transplants. Starting dialysis again at Fresenius Medical Care after an 8-year break I noticed that the quality of treatment is better than before. In 2008 we got 5008 machines for Online HDF treatment. The best thing in my life is thanks to dialysis. It’s where I met my wife, who is a nurse, and we are now happily married with a 13-year-old child.”



Veronica Palmieri,
Nurse/Referent, Malpighi Dialysis Centre,
Naples, Italy
Dialysis worker since: 1993

“As part of the Nephrocare network, we’re able to provide high quality dialysis treatment and improve the lives of our patients.”



Hungary goes for Gold!

Receiving the diagnosis of chronic kidney disease is life-changing. But it doesn't have to change everything about your life. For the 9th year running, athletes, who also happen to be transplant recipients and dialysis patients, gathered together at the European Transplant and Dialysis Sports Championship to pursue their passions. At the 2016 games, Hungarian athletes in particular showed their outstanding talent, despite the challenging fates they have faced.

For one week in mid-July of summer 2016, the town of Vantaa, Finland was filled to the brim. Athletes from throughout Europe poured into the country's fourth largest city to compete for the championship titles at the European Transplant and Dialysis Sports Championship. But, like every year, one aspect set these games apart from the rest: only kidney, liver, heart, lung, pancreas and bone marrow transplant recipients, and dialysis patients were allowed to participate.

Choose your discipline

Just like the Olympics or Paralympics, athletes at the European Transplant and Dialysis Sports Championship compete in a wide range of sports, both in teams and individually. The disciplines include: volleyball, badminton, tennis, table tennis, cycling, pétanque, swimming, darts, golf, virtual triathlon, mini-marathon and athletics. At the games, participants aged 18 and above compete against others in their age group. Each year, the oldest athletes have already celebrated their 70th birthdays!

Hats off to Hungary

Hungarian athletes at the 2016 competition attracted everyone's attention with their

exceptional performances. In total, they brought home 95 medals, broken down as follows: 35 gold, 32 silver and 28 bronze. Overall, Hungary ranked second, beaten only by the host country, Finland, whose total medal count was 104. The third placed country, Great Britain, clocked in with 64 medals.

In the closing ceremony of the games, the best male and female athletes in the categories of transplant and dialysis patient were also crowned. Once again, Hungary shined brightly, with Hungarian dialysis patient, Fanni Kisbakonyi taking home the title of **"Best female athlete – dialysis"**.

Proud of our NephroCare patients

Three of the Hungarian athletes who contributed to the country's noteworthy performance in Finland are also NephroCare patients, Fanni Kisbakonyi, Tímea Persa and Kinga Jakab. On the first day of the games, Fanni Kisbakonyi won the mini-marathon. Later, she finished second in the 800-metre run. Tímea Persa won a silver and a bronze medal, finishing 2nd in table tennis doubles and 3rd in singles. Kinga Jakab came in 4th in the 3000 metre woman's race-walking. Congratulations to all three for their outstanding athletic achievements.



Fanni Kisbakonyi

Timea Persa

Kinga Jakab

The NephroCare team was lucky enough to speak with each of the three ladies and athletes to hear about their stories and experiences first hand.

In the words of Fanni Kisbakonyi:

I started dialysis quite early, at the age of 22 in 2014. Sport was always part of my life but after trying out different kinds at university, I developed a passion for running. Just one day before my first dialysis session I ran a 10K. Since then, I have participated in 22 long distance races, six of which were half marathons. I even ran a 30K! Through Trapancs (a foundation in Hungary for transplanted young people), I decided I wanted to participate in the European Transplant and Dialysis Sports Championships. My dream came true.



I am very thankful to everybody who helped me to get there. The Transplantation Foundation, Fresenius Medical Care, my coach, Agnes Jung, my family, my boss and all my other supporters. The European Championships was a great event and a huge experience for me. The games marked the 7th half marathon for me and now I'm waiting for the possibility to get transplanted. My motto: Impossible does not exist!

Timea Persa's experience:

I'm an APD (automated peritoneal dialysis) patient and have dialysis during the night, allowing me to play sport. My choice was table tennis since it suits my health condition. I work out twice a week with my coach. Let's be clear: this sport is not as easy as it looks on TV!





My dream came true when with the help of the Transplant Foundation and Fresenius Medical Care I was able to participate in the games in Finland! When I arrived at the hotel, my APD machine was already in my room with all necessary fluids. Participating in the championships was a great opportunity for me. I made new friends and we talked about our experiences a lot.

First-hand from Kinga Jakab:

I started dialysis in 2002. At the time, I thought it was the end of real life, but that's proven to be untrue. I got to know the nicest head nurse you can imagine and she empowered me and helped me to get through the difficult initial phase. My motto today: Never give up! In 2004 I met my partner, who accepts my disease. He taught me about his hobby, angling, but I wanted to

try out other sports too so I started hiking with a dialysis nurse from our NephroCare centre. Then I learned about power walking. I have a very good coach and I never stop learning. Twice a week I work out with my coach and on the other days I practice along the Danube River in Esztergom, my hometown.

Before the European championships, I also participated in a training camp and felt ready to compete. Then the date drew closer and closer. It was quite cold in Finland – at least I always felt cold – but everything was very well organised. There I underwent dialysis three times a week, just like at home. Unfortunately, on the day of my race, it was raining and was only 12° Celsius. After crossing the finish line, I knew I was going to dialysis right away – whatever the weather. It was a great experience!



Once again, we extend a huge congratulations to these three ladies and to all other athletes – from Hungary and other countries – who participated in the 2016 games. All of you inspire others to embrace life and living and to never give up. Consult your nephrologist to learn what kind of physical activity is best-fit for your health!



The best of the United Kingdom

With its vibrant mix of people, countries, landscapes and sights the United Kingdom is above all diverse. While some may bemoan the climate, for others the islands' milder temperatures make the UK an ideal holiday destination. Come along and explore the top places with us!

The United Kingdom, or UK, is a political union that comprises four countries, England, Wales, Scotland and Northern Ireland. Throughout the UK it is the unique mix of similarities between peoples and diversity of the same that make the country fascinating and rich. In this issue of NephroCare for me, we've elected to devote the majority of our attention to two countries, England and Wales, quite simply because the greatest number of the UK's NephroCare centres are located there.

Sights and sounds of London

Ask anyone to name a city in the UK and you can bet the answer will almost always be London. Today, the metropolis with its vivid history and vibrant present is home to over 8.6 million people. But did you know the city on the Thames is what English kings and queens have called home for over 1,000 years? Along London's narrow cobblestone streets, present-day visitors are confronted with a unique mix of Roman ruins and modern architectural wonders. Here is a look at our top 5 things to see and do in London.

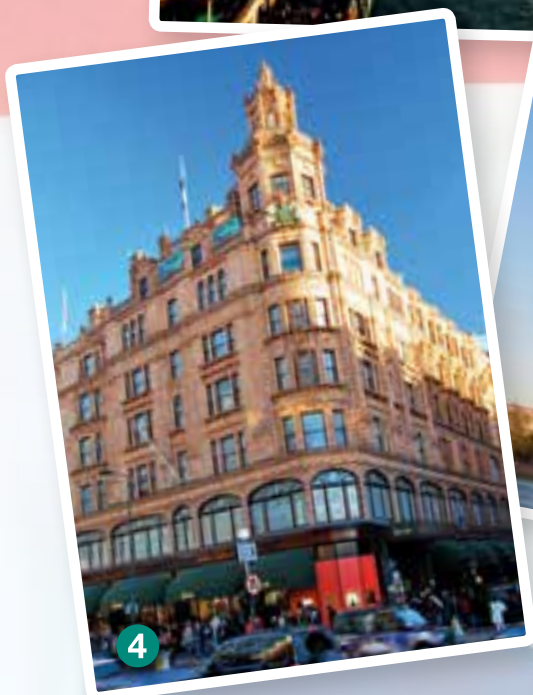
1 Tower of London This iconic castle on the Thames has worn many guises throughout its long history: royal residence, prison, armoury and more. Today, it's a museum and UNESCO World Heritage site.

2 Big Ben and the Houses of Parliament The clock tower on the north end of the parliament building has become one of the UK's most famous symbols. A little known fact: the name Big Ben actually refers to the bell inside the tower, not the clock.

3 River Thames Whatever the weather, many of the city's attractions can be taken in from the comfort of a riverboat tour. Get off at one of the stops if you fancy exploring a little more.

4 World-famous shopping Harrods, the upmarket department store in the borough of Knightsbridge, is an institution in London, and is worth a visit even if you don't buy anything.

5 London Eye Seated in Europe's tallest Ferris wheel, you can take in sweeping views of the city from one of London's highest viewpoints.





Lake District National Park



Peak District National Park



Yorkshire Dales National Park



Conwy Castle

The great English outdoors: national parks galore

For those who want to get out of big, bustling London, there is so much to see in the English countryside and beyond in England's national parks. The Lake District National Park in North-West England with its idyllic lakes and mountains offers a variety of sights and things to do for people of all ages. Many areas are also wheelchair accessible. Depending on the season, various events and activities take place all across the area.

Another national park worth a trip is the Yorkshire Dales National Park. From ancient stone villages to traditional farmlands, to amazing waterfalls and thick woodlands, the Dales are rich in history and full of beauty and character.

The Peak District National Park in central England is a place of diversity and great contrasts. Put on your walking shoes and get ready to take a comfortable stroll if you make it to these parts, where steep limestone dales meet striking high moorlands. Again, many of the routes are wheelchair friendly, and offer easy linear walks.

Wandering through Wales

Along the west coast of Great Britain lies the country of Wales. In addition to 1,562 kilometres of striking coastline, it also boasts the highest peak in England and Wales, 1,085 metre-tall Mount Snowdon, known in the Welsh language as Yr Wyddfa, meaning 'the tomb'. The mountain is located within Snowdonia National Park, the largest national



park in all of Wales. Here there is no shortage of breathtaking landscapes and diverse wildlife.

If you love taking in the seaside while walking, it doesn't get much better than the Wales Coast Path. Beginning in the north near Chester, the path runs nearly the entire length of the country's coast. Some parts of the path, for instance between Prestatyn and Conwy, are perfect for an easy walk and are wheelchair accessible.

Visiting Scotland and Northern Ireland

A trip to Scotland would not be complete without a stop in Edinburgh, named the UK's most beautiful city by The Telegraph for the third consecutive year. Take in the newly revamped waterfront, meander along the cosmopolitan streets and take a tour of Edinburgh Castle, Scotland's number one tourist attraction. If you have a few extra days, the Scottish Highlands are an absolute must if

you love seeing spectacular wonders of the natural world.

From Great Britain, you can easily take a ferry over to Northern Ireland to explore Belfast's historic city centre. A hop-on, hop-off bus tour is an excellent way to take in the main highlights in one fell swoop. Take a day trip from Belfast to the northeast coast and witness Giant's Causeway with your own eyes. The remains of an ancient volcanic eruption, the causeway consists of over 40,000 black basalt columns that protrude out of the water.

Now that we have whetted your appetite for a visit to the UK, use the dialysis centre finder at nephrocare.com to help plan your holiday. We wish you happy, healthy and safe travels in the United Kingdom!



Giant's Causeway

UK – Fun facts

Longest name: Llanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogoch, a town in Wales, is the longest place name in the UK. It's full meaning: Saint Mary's Church in the hollow of the white hazel near the rapid whirlpool and the Church of Saint Tysilio of the red cave.

Sea-bound: No matter your location in the UK, you are never more than 120 kilometres away from the seaside.

Football fanatics! The UK is the only state in the world with four national football teams, one for each of its countries.



There's not much I can't do – A story of perseverance and passion

Arts and crafts offer up a world of exciting, fulfilling hobbies. No one knows this better than Gizella Laurencsik from Hungary. She spends much of her leisure time in between dialysis sessions using her hands to make the loveliest straw figurines.

Dolls, figurines, portraits – Gizella Laurencsik's living room is teeming with small works of art. The 65-year-old made them all herself. She discovered her passion for handicraft relatively late in life. 'I was given a straw doll and thought, well, I could make that too,' Gizella recalls. So she started making small straw figurines. Once she had got the hang of it, she made dozens of them, one after another, and gave them away to friends. 'That was in the winter of 2001,' she says reflecting back.

Gizella is very good at remembering dates and years. After all, several of them mark big changes in her life. There was November 1970, a time of upheaval when she and her husband moved into their small house in Karancsalja, a village in northern Hungary around an hour's drive from Budapest. And, of course, the dates when her two sons and four grandchildren were born.





Her long journey to dialysis

The most recent date etched in Gizella's memory is May 26, 2014, the day she first encountered a dialysis machine.

'I went to a part of the hospital I'd never been to before, the NephroCare dialysis centre. A nurse came up to me and asked what I was looking for. Anxiously, I told her I was a new patient. She took me to a room and showed me where to sit. Then another very kind nurse came to explain what was going to happen. The treatment started. It was strange to see my blood flowing through these lines and I could feel the heat of the blood,' she recalls.

Deciding to start dialysis is a life-changing moment. Like any other patient, Gizella was apprehensive. But she was determined to be strong and pulled herself through: 'If others have managed to get through this treatment, so can I'.

She had known for some time that the day would come when her kidneys no longer functioned adequately and dialysis was inevitable. Fortunately, primary care physicians and specialists were on hand to help her and prepare her from an early stage.

'I had been going to kidney specialists for treatment for 17 years. Then I underwent a vascular access procedure to prepare me for dialysis. I felt fine, and had no intoxication





symptoms, until May 2014 when my blood tests became increasingly critical,' Gizella remembers.

At her physician's recommendation, she switched to a low-protein diet before going on dialysis. But now that she's a dialysis patient, she has to make sure to eat lots of high-quality proteins like those in fish and poultry. Though she can now enjoy these foods again, she does keep a watchful eye on her liquids and phosphate intake to help her stay in good health.

Living well with the machine

Gizella now undergoes dialysis at the nearby NephroCare centre three times a week. She goes for treatment first thing in the morning at 6 a.m. so she can spend her afternoons walking with her husband in a nearby park and making her pieces of art. 'There's not much I can't do. I do the housework, water the flowers, tend the garden. It just takes me a little longer'.

Keeping up her usual routine is important to Gizella. "My life hasn't actually changed too much," she maintains. Her children and grandchildren don't perceive her as being ill because she keeps so busy in the house and garden and in the art group she joined ten years ago.

Gizella obviously hopes it will stay that way. 'I've never really liked long trips,' she admits, which is partly why she finds it easy to stick to her dialysis regime. Though she knows that with good planning, travel is certainly possible for dialysis patients also.

'At the moment, I'm coping well,' she says, looking around with pride at her small works of art.



*Thank you, Gizella,
for your encouraging words!
We admire your positive outlook and commitment
to continuing to live life as it suits you.*



"Colours on canvas. Just like in my dreams."

Nilay Aydınoğlu used to be a patient at FMC Bahçelievler Dialysis Centre in Istanbul. We are using the past tense here for a reason: Nilay recently had a kidney transplant.

Years ago, to help cope with her personal struggles, Nilay turned to colours. Through her remarkable paintings, she expressed her feelings and gave her life new meaning. This is her story.

First of all, tell us a little about yourself.

I was born in 1988 in İzmir, Turkey. My mother is a nurse and my father is a mechanical engineer. Just after I was born, I was diagnosed with spina bifida, a condition in which the spinal canal and backbone don't fully close. As a newborn baby, I underwent my first surgery. 15 days later I had a second one to place a shunt on my head. But my body rejected the device and, as a result, I went through several other surgeries.

Why am I sharing this? To explain the hard start I had in life. I was lucky my parents were always there for me, through thick and thin. When I was in second grade, I became a big sister to my little sister, Melike. Today she is my best friend in the whole world. I am also lucky to have a mother who is a nurse. She has always used her natural compassion to care for me. She often helps me deal with life as a disabled person, like when I had to drop out of school.







How did you get into painting?

A new window to my life was opened when I learnt about the Turkish Spinal Cord Paralysis Association (TOFD). Nur Pakize Eraslan, founder of the painting studio at TOFD and a painting teacher, told me I was welcome to come by and paint. But I didn't really believe him. Always encouraging, my mother picked up a canvas for me and stood by my side during class.

Nur Pakize Eraslan convinced me that art has no authority. It was up to me to rediscover the world on canvas, if I wanted. Having someone support me and believe in me changed my life. There have been times when I've had to take a break from painting, for example when I was too exhausted during dialysis, but today I look forward to picking up the brush again and I am also pursuing new hobbies.

What does painting mean to you?

What started as a hobby opened the door to the art world for me. Actually, my paintings bring me a kind of pleasure that I liken to a vivid, colourful dream. One day it occurred to me that if I like painting so much, perhaps others would enjoy seeing my pictures. That's how I came to share my works of art with other art lovers.

The interplay of colour on canvas, whether realistic or surreal, transports me into completely new dimensions. Making art is a break from the daily grind, which isn't always easy, and gives me new perspectives on nature and the world around me. The things I seek to reflect on canvas are traces of intangible, inexplicable beauty.

At first, I mostly painted landscapes; nature and places I want to go to. But nowadays, animals like cats and dogs are the most



common subjects. They are unique creatures, thought to be ungrateful because they have such strong personalities. In fact, they simply reflect what you give them. Give lots of love and you'll get lots more back in return.

 ***When did you learn you would start dialysis?***

Although it came as no surprise that I had to start dialysis, it was still hard news to take. We delayed it as long as possible, but on 30th January 2015 it was time to begin. My world was turned upside down at first and I had a hard time accepting my new reality. Thankfully, my family was there to support me.

 ***How did you first come into contact with NephroCare?***

I didn't know what to do when we learnt I needed dialysis, so my mother started researching. A kind lady who was a patient

at NephroCare before receiving a donor kidney recommended the centre to us. There, the head nurse gave us a warm welcome and told us about the dialysis process and what we needed to do. I was scared during my first dialysis session, but the team supported me and I got used to it quickly.

You recently had a kidney transplant.

 ***What can you tell us about your experience?***

Soon after starting dialysis, my name was put on the transplant list. During the night of 23 February 2016, I was told there was a compatible kidney available and in no time I was in the operating theatre. I am happy about the experience and my decision. Now I look forward to focusing again on painting!

Thank you, Nilay!



The green-eyed girl

Former pilot and current kidney patient Nelu Enache shares how one day a pair of bluish-green eyes at his dialysis centre triggered a beautiful memory from his youth in a small Romanian village.

As I waited to be connected to the dialysis machine, I sat down on the immaculate white bed, leaned my head back on the pillow and stared up at the ward ceiling until my eyes hurt from the light shining down. Instinctively, I closed them for an instant. When I opened them again, before me stood a young nurse wearing a blue outfit.

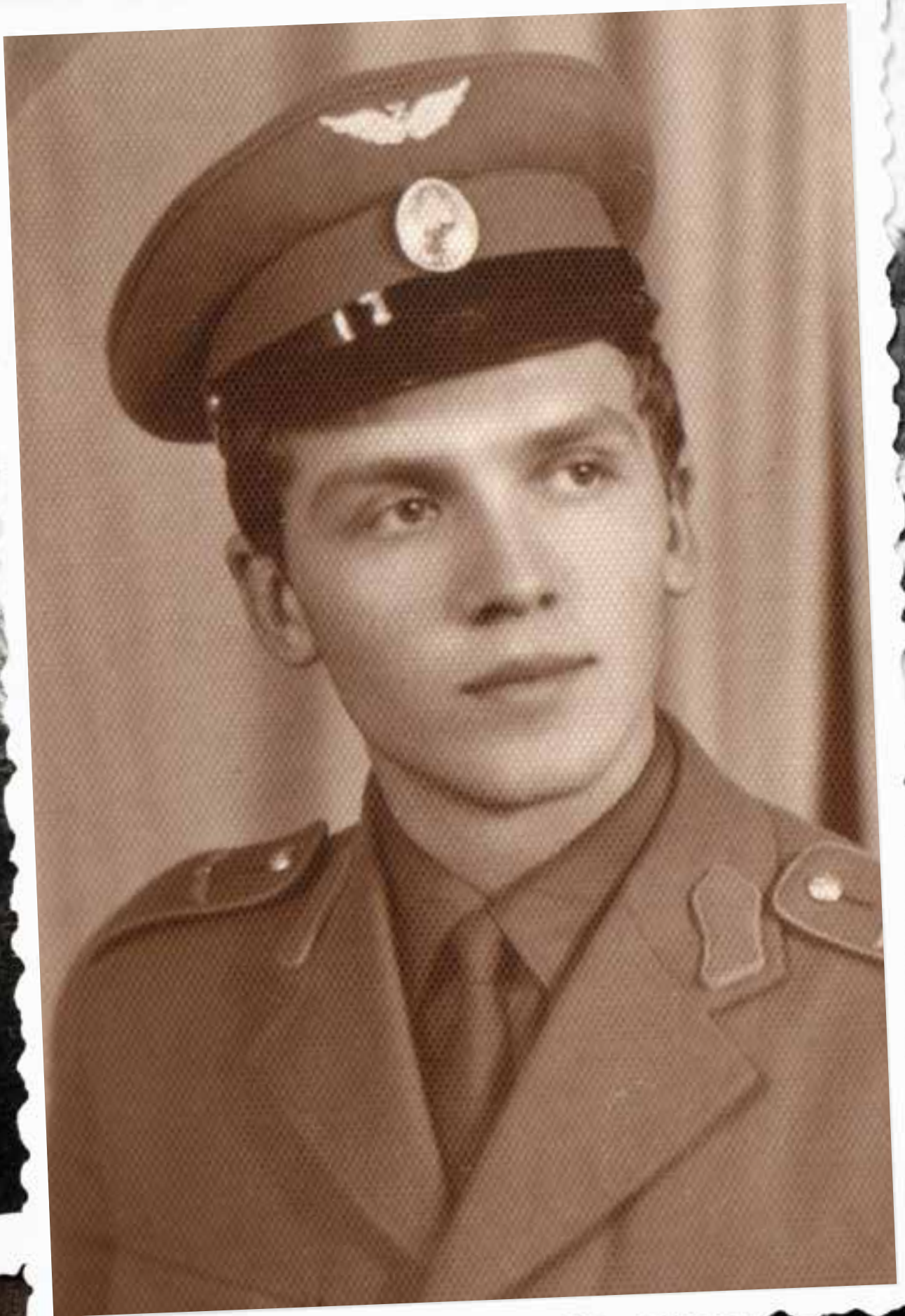
'How much do you weigh today, sir?' she asked. '80 kilos', I replied.

Following protocol, she connected the treatment lines and leaned slightly towards me, using a piece of sterile cotton to disinfect my arm where she would connect my fistulae. In

that instant our eyes met for just a moment. Hers were bluish-green like the deep ocean or the clouds heralding a summer storm in the sky.

Those eyes reminded me of my youth. I lived in a small Romanian village on the banks of the Râmnic River where I was a student in pilot training. It was on my day off that I met a girl with eyes resembling hers. Arriving downtown, I sat down on a bench. In the alley, a girl wearing a tracksuit and holding a ball stopped in front of me and said: 'Don't I know you from somewhere? Last Sunday, we had a game and I met someone who looked like you. Want to come along with me to practice?'





We started down the alley together. The girl was very cheerful and every two steps she bounced the volleyball on the sidewalk. 'Where do you have practice?', I asked. 'At the high school, it's really close', was her reply. 'Here we are, walking together, talking, but we don't know each other', I said uncomfortably. She said nothing. Not then, not later.

After practice, I walked her home and waited for her to change. Soon she came out in a light blue outfit. We walked down the street holding hands. When I looked at her out of the corner of my eye, I felt good. Her hair, the colour of roasted chestnuts, fell down upon her shoulders, uneven, wavy. Those beautiful eyes.

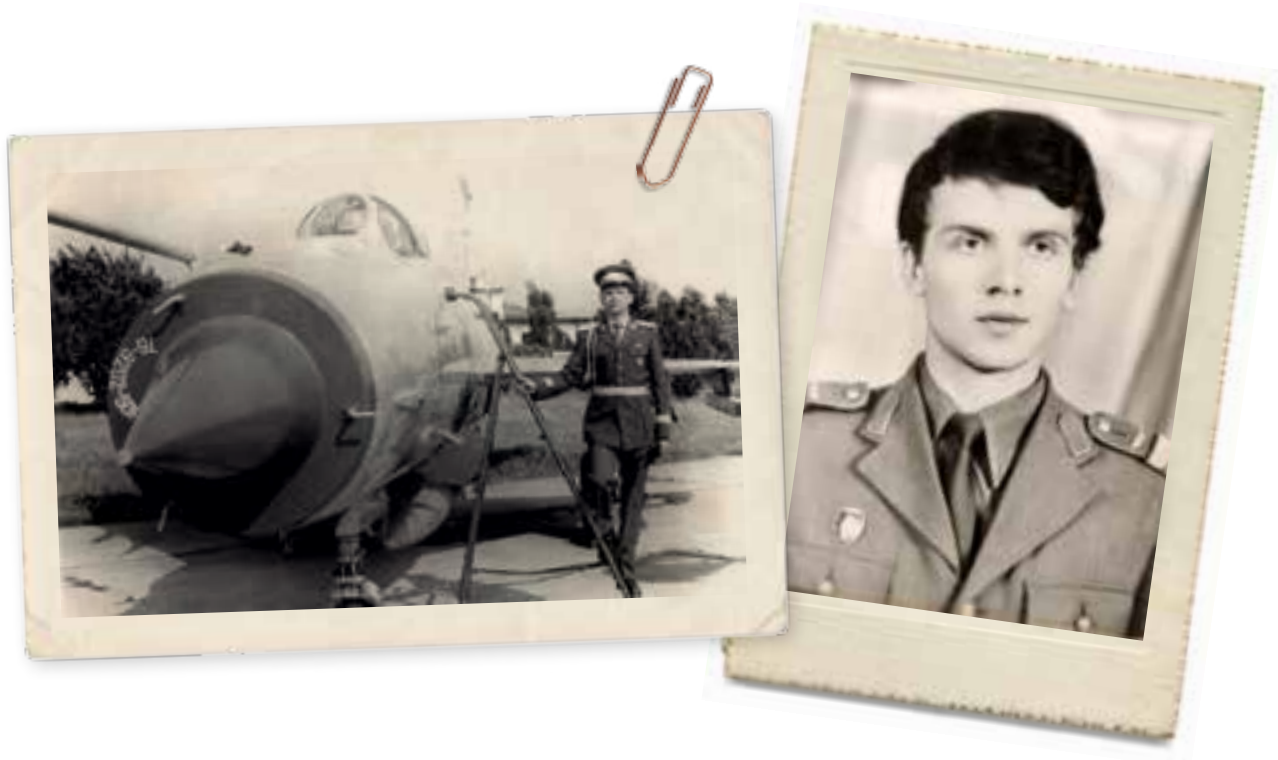
Bringing myself back to reality for a moment, my nurse was ready with my fistulae.

At the end of the street, we crossed over towards the bridge across the Râmnic River. She didn't ask where we were going while

she talked about school and her classmates. On the bridge, we suddenly stopped. We leaned against the railings and touched. The girl turned towards me and covered my mouth with one hand. She was almost as tall as me, and it was only then that I could fully see her bluish-green eyes. Right there, on that bridge above the smooth, flowing water, our lips met in a kiss.

'Is there anything that hurts or bothers you?', asked the nurse. I suddenly sobered up from my memories and managed to answer, 'No, everything's fine'.

In response to the nurse's question, the pilot in me almost came out. 'All secure on board', I thought to myself, just like back then, many years ago, on the Bobocu airfield. That was the same week when we first year students were flying solo. When I found myself alone in the cockpit, strapped to the seat, an ineffable feeling came over me. It was excitement and anxiety at the same time. I started the engine.





Its pulse throbbed deeply into my veins, just as the pump of the dialysis machine now gets my blood going.

I released the brakes and progressively pushed the engine's thrust lever. 'All secure on board', 'Requesting runway permission', I found myself saying. As I directed the airplane to the start line, I saw the guys gesturing and that other planes were following me. At the end of the runway, with the engine revved up to the max, I rose above the green fields. The take-off was like a sweet thrill in my chest. I climbed to 500 metres.

'I am at the first turn. Requesting clearance to align with the flight path!', I said with confidence. 'Cleared!', came the response from the ground.

I was looking at the aircraft instruments when, down to the left along the wing, I saw the railway tracks. It was perfect flying weather and the plane glided smoothly through the air, without any shaking. I glanced at the map attached to my knees and the controls. From the front of the cockpit, I saw the village of Zoița with its spread out houses. 'First mark. All secure.', I said. 'Very good', came the reply.

A few minutes later I saw the town of Râmnicu Sărat and quickly targeted the Anghel Saligni's railway station as a guiding mark. I suddenly remembered the girl I met on Sunday on my day off. The green-eyed girl. I took a sharper turn so I could see the places I had walked with her. I righted the flight path and reported my position: 'Second mark checked. All secure on board.' 'Roger!', came the response.

I flew above the Râmnic River and the highway into new scenery, the lower Carpathian hills. I checked the flight direction. It was correct. I don't know how long I flew, but my eyes were glued to the controls and the hill's irregular crests. My heart seemed to have stopped beating and I couldn't believe what I saw. The pressure indicator pointer was moving erratically; I leaned on the lever and turned left.

'I'm coming back. The motor oil pressure is dropping', I reported. All sorts of thoughts swirled through my head. A pair of bluish-green eyes seemed to be watching my every move from the mirror of the position compass. I checked my parachute ties. 'Engine rotation speed is dropping', I said. 'Look for a spot and land', the flight manager ordered. I looked down and all I could see was the uneven land sliding rapidly below me.

'I'm going to try to make it to the airfield', I found myself saying. The railway, the acacia cluster, and the training ground. The guard-house and the tennis courts. I was very close to home. I am 5 km away from the threshold', I said. 'Runway is clear. You can land', came the response.

The engine coughed a few times then stopped. Lever to my chest. The chair jostled me a few times. The brakes screeched in my body. I stopped the plane beyond mid-runway. I can't say I was scared, but I felt tiredness overcome my entire body and could barely move. I saw faces above me and arms pulling me out of the seat. Then I was stretched out on the grass and the wind was beating against my cheek. I had to find that green-eyed girl again.



Our daily bread – Diverse and delicious Part 3

In this edition, we hop across the Atlantic and travel down across the equator to explore bread history and culture in the colourful and diverse countries of South America. Come along to discover the tastes and traditions of bread in this part of the globe.

South American specialties

Ancient civilizations in South America already baked some of the traditional breads still consumed today. In particular, breads made of maize meal or cassava flour have long played a role in the diets and culinary practices around these parts. Flour-based breads, in contrast, are inspired by recipes and ingredients brought to the region by explorers and settlers sometime after the 16th century. Without a doubt South America is wide and diverse, ranging from the rugged peaks of the

Andes to the tropical rainforests of the Amazon basin to the expansive grasslands and coastal plains. This variety is reflected in the breads people enjoy on a day-to-day basis.

Cornbread, two ways

If someone invites you to enjoy an arepa, your taste buds are in for a real treat. An arepa is a delicious South American-style cornbread common to Venezuela and Colombia, two countries nestled in the continent's northern coast and northwest corner, respectively.







Arepa

Imagine the perfect blend of Greek pita bread and a Mexican corn tortilla and you've got an arepa, just waiting to be topped or filled.

The dough for this tasty staple is based on a special maize meal called masarepa. In pre-industrial times preparing the maize seeds to make into dough was a highly time intensive task that required soaking maize kernels before peeling and grinding them. People then purchased the dry, prepared grain, which they boiled and ground before working it into an arepa dough. Thankfully, making homemade arepa today is much easier: ready-to-use arepa maize meal is widely available for home chefs and professional bakers alike.

After forming the dough into small, flat rounds, arepas can be grilled, fried, baked, boiled or steamed before being topped or filled like a sandwich with a wide variety of ingredients. Depending on the dish and the region, this may include meat, eggs, vegetables, lettuce, cheese, fish or seafood. Whatever it is, you're certain to tuck into a memorable bite to eat.



Tamale

Another must-taste maize meal bread is the tamale, an ancient maize cake consumed way back by the Aztecs and Mayas. By definition, the tamale is a traditional dish made of dough steamed either in a maize husk or banana leaf. Before eating, the wrapping is removed to reveal a dense, delicious and moist savoury or sweet bread. Tamales are enjoyed throughout South America, albeit with a great deal of regional variation. Some stuff them with meat, poultry, cheese or vegetables to make a filling, hearty variety. Dessert and breakfast tamales are often flecked with raisins, pineapple, berries, vanilla or sugar for a sweet note.

Crazy about cassava

Some countries in South America are particularly well-known for breads made of cassava flour, otherwise known as tapioca or manioc starch. The indigenous cassava root is processed into a fine, gluten and wheat-free flour that is used to make a flatbread or flat cake, known as casaba.



In a number of South American countries, ranging from Brazil and Columbia to Paraguay, cassava flour is mixed with other ingredients to create more opulent breads. One of the most famous: pão de queijo, or Brazilian cheese bread. Here cassava flour gives the tiny bread bites their unmistakable texture. Mixed with the pleasant flavour of finely ground maize meal, the bread also gets an amazing kick from the addition of cheese, typically a salted fresh cheese, and eggs. The result is essentially the best cheese puff of your life. Brazilians big and small love their pão de queijo – especially as a snack alongside a steaming cup of hot coffee!

Full of flavour – and symbolism

Nestled along South America's northwest coastline lies the country of Peru. Here, traditional bread makers in the Cusco region near the Andes mountains bake up pan chuta, or Peruvian flatbread. The aromatic aniseed flatbread with a hint of sweetness is renowned throughout the area and nationwide.

Made with wheat originally brought to the continent by Spanish Conquistadors, today pan chuta is deeply linked to local history and culture in the entire Cuzco region.

Remarkably, every single loaf – each around 5 centimetres high and 30 centimetres in diameter – is baked in the village of Oropresa in one of around 40 traditional ovens.

The bread is known not only for its eye-catching shape, special flavour and beautiful decorative markings but also for its unique crust and texture, a result of the special woods and eucalyptus leaves that are burned in the traditional ovens while the loaves bake.

It's no surprise that pan chuta is commonly given as a gift – to those visiting the region and by residents when they travel to other destinations. This bread is more than just nourishment and part of a meal. It accompanies every aspect of life in Cusco, from love to coming together to hardship to sorrow. For these people, it's the ultimate symbol of living and community.

We have whetted your appetite? We invite you to try making some of these delicious and nutritious South American breads in your home kitchen. Turn to the next pages to discover some of our favourite recipes, specially created to fit a kidney-friendly diet. Here's to discovering global tastes – and to good health!



Pão de Queijo



Pan chuta



Picarones – Peruvian doughnuts

Slightly sweet and super tasty, picarones are a unique Peruvian squash fritter, similar to a fried spice cake. These moist, mouth-watering treats are based on yeast dough to which pumpkin, sweet potatoes and warm, flavourful spices are added. One taste and you'll never want a regular doughnut again!

Picarones

Serves 6 (3 picarones/person)



Ingredients

- 150 g cooked sweet potato
- 1-2 cinnamon sticks
- 3 cloves
- 1 tsp. whole aniseed
- 150 g cooked pumpkin (from a tin, drained)
- 1 tsp. brown sugar
- 1.5 tsp. yeast
- 300 g flour
- 100 ml water
- 1/2 -1 litre rapeseed oil
- Bowl of water for fingers



Peel and cube the sweet potato. Put in a pot of cold water with cinnamon sticks, cloves and aniseed and bring to a boil. Cover and simmer for 20 minutes until sweet potato is cooked. Drain using a sieve, remove the cinnamon sticks and cloves, leaving just the aniseed with the sweet potato. Drain the pumpkin. With an immersion blender, puree pumpkin and cooled sweet potato into a soft, smooth mass. Add sugar and yeast and mix well. Add the flour little by little, kneading it into the dough. Add just enough water so the dough does not stick to your hands. Cover the dough and let it rise for two hours in a warm, draft-free place.

Heat oil in a pan, then reduce to medium heat. To make the picarones, wet your fingers with water, take a small amount of dough, shape and press a hole in the middle, like a doughnut. Place in hot oil and fry on each side for approximately 2-3 minutes.

Picarones are traditionally served with home-made chancaca and herb syrup. They are also absolutely delicious drizzled with other kinds of syrup or honey!

Nutritional values per serving:

Energy	362 kcal
Fat	17.5 g
Carbohydrates	44.8 g
Protein	6.05 g
Liquid	64.9 g
Sodium	57.3 mg
Potassium	247 mg
Calcium	25.1 mg
Phosphorous	62.1 mg



TIP: The amount of flour, sweet potato and pumpkin can vary to taste; often they are used in equal amounts. However, any changes alter the consistency of the dough. Because sweet potato and pumpkin are fairly high in potassium, we've reduced the amount of both in the recipe.



Arepas – Columbian-style flatbreads

Filled with meat, topped with cheese or plain from hand to mouth, arepas are simply delicious. This classic Columbia bread, cousin of Mexico's corn tortilla, can be enjoyed in a variety of ways, anytime of the day. The best part: they are ultra-easy to make at home.

Arepas

Serves 4 (2 arepas/person)



Ingredients

250 g cornmeal, precooked (arepa flour)

Salt (sea salt)

500 ml warm water

2 tbsp. vegetable oil



Mix salt and flour in a bowl and form a well in the middle. Pour the water into the well and slowly mix with flour using a wooden spoon until there are no more lumps. Set mixture aside for 5 minutes to let the liquid absorb completely.

Knead the dough a few times and divide into eight equal pieces. Roll each piece into a round ball, then flatten until they are 1-1.5 cm thick.

Heat one tablespoon of oil in a non-stick pan at medium heat. Put four of the flattened pieces of dough in the pan, cover and fry for 4-8 minutes until one side is golden brown.

Nutritional values per serving:

Energy	252 kcal
Fat	6.78 g
Carbohydrates	41.8 g
Protein	5.46 g
Liquid	7.35 g
Sodium	191 mg
Potassium	75.9 mg
Calcium	11.6 mg
Phosphorus	161 mg

Turn and fry the other side uncovered for 6 to 8 minutes until golden brown.

Remove the cooked arepas from the pan and set aside. Repeat with the remaining dough.

Experienced home cooks can try filling the arepas before cooking. Simply divide each dough ball into two and flatten to form a top and bottom. Top the bottom with the filling of your choice (not too thick), staying away from the edge. Cover with the second piece of dough and press together well to seal. Now off into the pan it goes. Filled arepas cook quicker because the dough is thinner.

TIP: Arepas are typically eaten with egg and tomatoes for breakfast, or with beef, chicken, ham, cheese, sausage and lettuce for lunch or dinner. Cheese always makes a delicious and easy filling. Traditionally Columbian quesito is used, but mozzarella and feta also taste fantastic.





Homemade Christmas gifts

If you are like many of us, holiday gift-giving can be stressful. This year, it doesn't have to be. Instead of agonising over the perfect present for everyone from children, to a favourite aunt to a beloved neighbour, give something that truly comes from the heart: a homemade present.

It's holiday season. In addition to taking in the sights and smells of Christmas markets and holiday decorations, it's also time to think about what to give your loved ones. Here's a great idea if you're stuck in a gift-giving rut: make presents for friends, family and neighbours. Not only are homemade gifts incredibly meaningful, they are often inexpensive and bring great joy to both the giver and receiver. Here are some of our favourite ideas.

Tap into your talents

Love knitting to pass the time? Hand-knit items are perfect gifts. Scarves and hats are likewise useful accessories for people on your

list of all ages. If you have advanced knitting skills, socks or a jumper make for thoughtful presents that your family and friends will use for years.

Other items you can knit and give as presents include:

Decorations: Ornaments for the tree or Christmas knick-knacks to put on display at home or hang in the window, such as a bell or star.

Device-keeper: A smartphone or tablet case with a button as a closure.

Coasters: Homemade knit coasters protect the table from unsightly rings.





Get personal

Before picking up your knitting needles and yarn, take a moment to reflect on who the present is for. What colours do they love or look best in? Do they wear a hat or scarf or is something else more appropriate? For knit decorations, think for a moment about a person's home décor or favourite colours and let this guide you. The result is a personalised gift your loved ones will really cherish.

While knitting is among the most popular handicrafts, you can also use your embroidery, crocheting, sewing and woodworking skills to make lovely homemade holiday gifts.

Give a little luxury

If a handicraft isn't your thing or you're short on time, homemade bath salts are the answer. When life gets hectic, drawing a soothing bath can provide some much needed relaxation. Making bath salts is actually really easy and budget-friendly. Plus, the final result looks really luxurious.

Homemade bath salts

Supplies:

- 1 cup Epsom salt
- 1 cup sea salt
- Essential oil of your choice – we love lavender, lemongrass and rosemary
- Food colouring (optional)
- Mixing bowl
- Small sealable glass jars

Method:

Mix the Epsom salt and sea salt in a large bowl. Add approximately 5-10 drops of your choice of essential oil and follow with 3-6 drops of food colouring, if using. Stir well, then fill the bath salt into the glass jars and close to seal.

Decorate the jar with a lovely homemade label stating what it is, such as 'Lavender bath salt'. You can even include it's homemade by you, if you so desire. Finish off with a ribbon or sticker and voilà, your presents are ready.





Don't feel pressured to find a different home-made gift idea for everyone on your list. Anyone who enjoys a relaxing soak will enjoy homemade bath salts! Depending on the size of jars used, our recipe makes around four bath salt presents. You can easily double or triple the recipe to make more.

Homemade ornaments

A best-loved craft for young and old, making homemade Christmas tree ornaments with traditional salt dough. Consider inviting children over to join you for an ornament-making session. They can also make presents to give to their family members.



We wish you a wonderful time making and giving Christmas presents to your friends and family this year. We are certain they will love whatever you make them.

Happy holidays!

Traditional salt dough

Ingredients:

- 2 cups flour
- 1 cup salt
- 1 cup water
- 1 teaspoon oil

Supplies:

- 1 large mixing bowl
- Watercolour paints
- Paint brushes
- Food colouring (optional)
- Rolling pin
- Biscuit cutters

Method:

Mix together all ingredients in the bowl until you have a firm dough. Add a little more water if it's too hard. Now add food colouring, if you wish. To make various colours, split up the dough and mix in accordingly. Now roll, shape, cut out, etc. as desired. Remember to prick a small hole with a toothpick near the edge or top to thread ribbon through later on.

Let the dough ornaments dry for 24 hours at room temperature. The next day, bake them in a pre-heated 50°C oven for around 1-2 hours, depending on the ornaments, size and thickness. Allow to cool, then paint. When the colour has dried, string ribbon or twine through the hole and tie off with a knot. Your presents are ready! Wrap them in tissue paper or simply place in a transparent gift bag or small box. Done!



Trend: Colour me relaxed

Sometimes life can be stressful.
The latest global trend for adults to relax
your mind and relieve stress: colouring in.
Yes, colouring in.

Ah, colouring books. One of childhood's greatest activities. Easy to tote around with you. Perfect for the park, the beach, for hours spent in the car driving to visit grandma and grandpa.

If you too look at colouring books with a sense of longing, you are not alone: colouring books for adults are experiencing a huge surge in popularity globally. But, dear friends, these colouring books are entirely different in nature. And have different effects too.

Enter a bold new world

Open up a colouring book for adults and you cannot help but notice one thing: patterns. Pages and pages of patterns. No round, fuzzy bears or popular cartoon characters from the latest blockbuster, but repetitive geometrical shapes that weave together to form striking designs. These colouring books' contents are not that way by chance. It turns out colouring in these kinds of patterns has therapeutic effects.

While some critics have called the trend childish, it's actually anything but. Converts go on and on about how meditative colouring in patterns is during a time when many adults lead stressful lives. Rightfully so. As it

turns out, this on-trend free time activity is more about mindfulness than about honing in on your inner child.

Roots in art therapy

Today, the practice of using art as a form of therapy has been proven beneficial to children and adults. It helps people focus, explore and express themselves or deal with difficult situations. Colouring in appears to have some similarities. For one, having a book with lines to fill in puts less pressure on someone than a blank piece of paper might, while still giving ample liberty to choose the colours and order.

This idea of structured freedom might explain why many people find the activity so soothing. No doubt many welcome a hands-on activity that you can easily pick up and put down as life allows.

Have we convinced you? Are you ready to find a pattern and start colouring away? We thought so. Grab your coloured pencils (or borrow them from a child in your life) and turn to page 38-39 to get started! If you're looking for a new activity to explore during dialysis or to pass time indoors during the cold months of winter, colouring in is a great option.

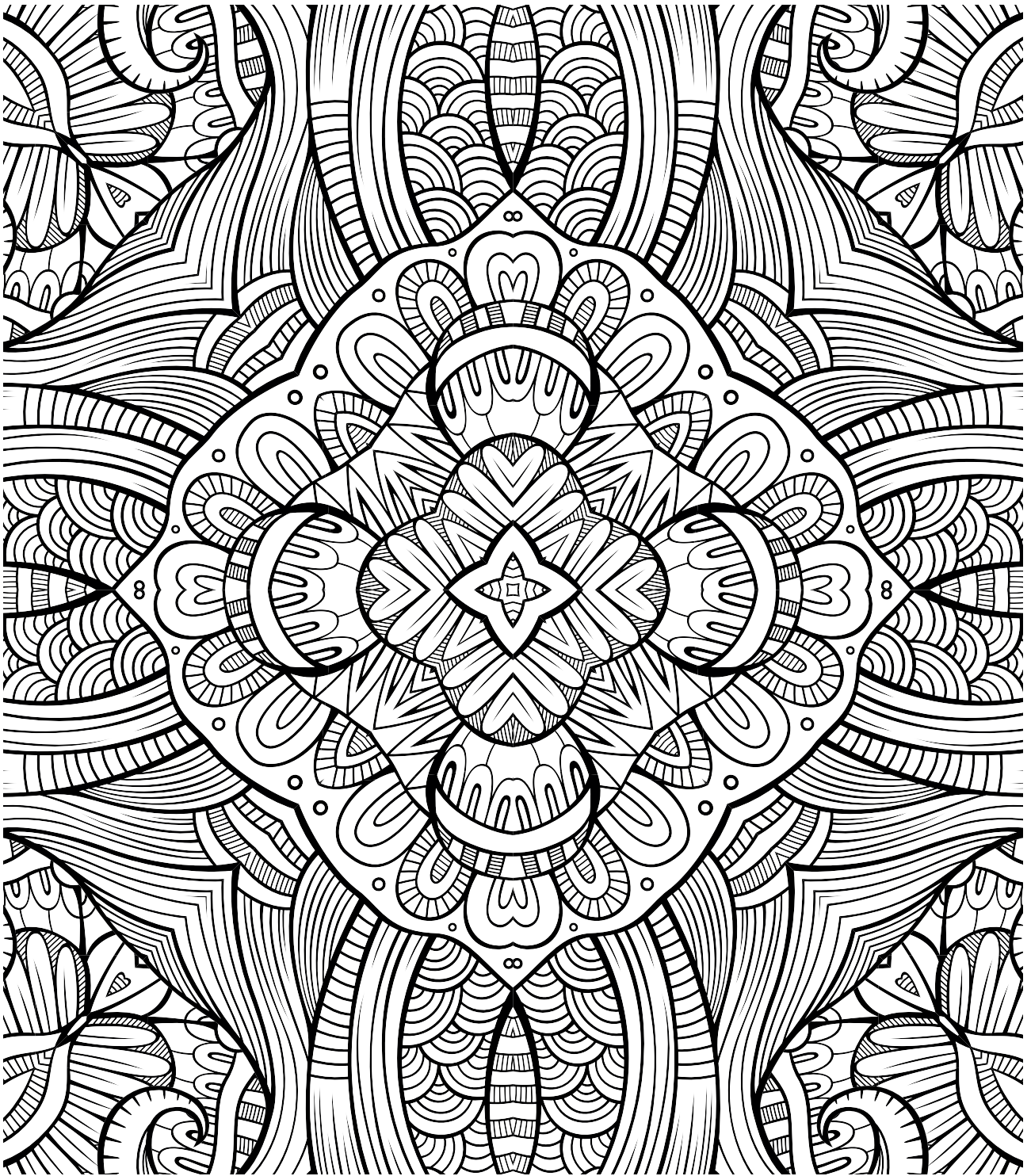




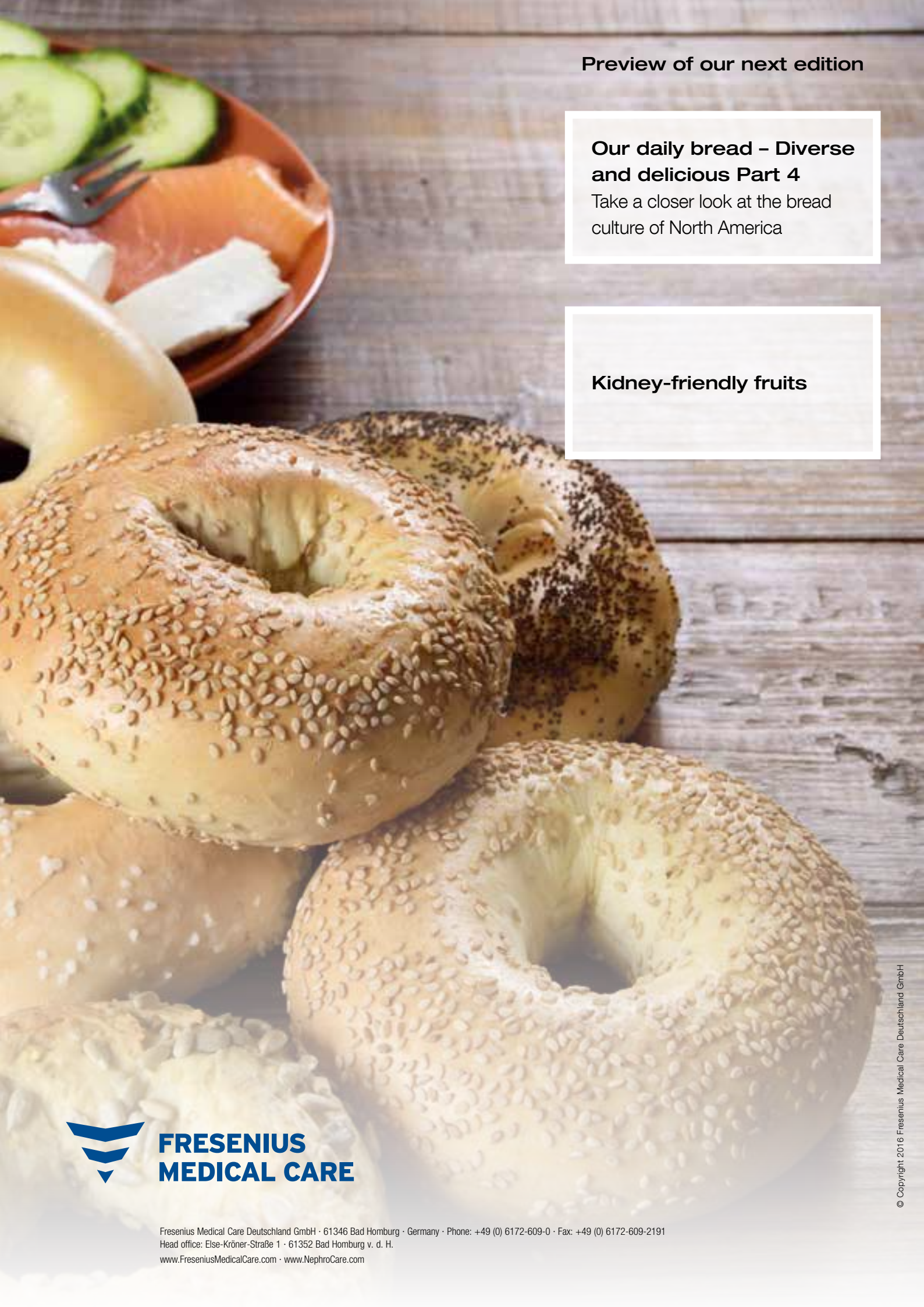
Brain calisthenics



Blue, red, yellow, green: Discover for yourself how relaxing and inspiring colouring in can be. All you need to get started are these patterns and some coloured pencils. When you're done, cut along the dotted line and hang up your masterpiece or give it to a loved one. Happy colouring!







Preview of our next edition

**Our daily bread - Diverse
and delicious Part 4**

Take a closer look at the bread
culture of North America

Kidney-friendly fruits

