

Fall 2015

The Nephron!

Filtering Information to our Renal Patients



PKD Foundation of Canada Hamilton Chapter Upcoming Events

Nov. 8 , 2015– Topic: Caregiving

Speakers: Sara Shearkhani & Carole Ann Alloway (Family Caregivers Voice); Don Kraemer (a PKD patient's husband)

Jan. 17, 2016 – Topic: Diverticular Disease

Speaker: Dr. John Marshall (McMaster)

Mar 6, 2016 - Topic: Status of Jinarc (Tolvaptan) in Canada

Speakers: Dr. Sanjay Pandeya (Halton Healthcare) & Jeff Robertson (Executive Director of the PKD Foundation of Canada)



In This Issue

Malnutrition—Are you getting enough calories and protein? Page 2

Peach Smoothie and French Toast Recipe Page 5

10 Relaxation Tips That Zap Stress Fast! Page 6

Pumpkin Chili Page 9

Bread Pudding Page 10

Malnutrition—Are you getting enough calories and protein?

Protein and the right number of calories are critical to good nutrition. Calories provide energy to keep you going, and the right proteins help you fight infections, build muscles, produce hormones and repair tissues. If you are not getting enough, you can become malnourished, which is a problem shared by as many as 50% of people with end-stage renal disease.¹

People on dialysis often need extra protein, because dialysis removes protein from the body. Many people have a hard time making up for the loss of protein because they do not consume enough of it.

Lack of appetite, nausea, vomiting or altered taste are all factors which can contribute to malnutrition. Furthermore, the disruption of our daily lives due to dialysis can be a factor as well.

Infections, surgery and certain diseases such as diabetes and heart failure can also lead to malnutrition. Over 40% of people on dialysis have diabetes.² Studies have shown that the longer people are on dialysis, the higher the risk is of becoming malnourished.

Of course prevention is the best medicine, so we would like to share some tips to help you consume an adequate number of calories and the correct amount of good protein.

Complete Protein Incomplete Protein

When you break down protein into its smallest components, you find amino acids: 20 amino acids, actually, nine of which are essential for life. Your body does not produce these complete proteins naturally; so you must get them from the foods you eat. Foods containing all 20 amino acids are called sources of "complete" proteins and include:

- Poultry
- Pork
- Beef
- Fish
- Eggs
- Seafood
- Dairy products



Other good sources of protein are plants, legumes and vegetables. While important for good nutrition, these foods lack all of the 20 essential amino acids you need, so by themselves they are "incomplete" proteins. In order to meet all of your nutritional needs, you must eat a combination of proteins from different sources.

How to increase your protein and energy intake

- Take your time and do not eat “on the go”
- Eat in calm, relaxed surroundings
- Eat three meals and 2 to 3 snacks a day
- Eat foods that you like and that are easy for you to digest
- Include a complete protein source in each meal, such as meat, poultry, fish or eggs
- If certain smells make you feel nauseous, eat meat cold or lukewarm which reduces the aroma
- Cover your pots and use the stove exhaust fan when cooking. If possible, opt for cooking methods such as grilling outdoors
- If you are tired of meat, try other complete sources of protein, such as eggs, poultry and cheese
- Avoid drinking fluids before or during meals so as not to reduce your appetite
- Find out about “meals on wheels” and catering services in your area and learn about their low-sodium foods and special diets
- Appetite comes with eating. Sometimes you may have to start eating to build an appetite.

How to make food preparation easier

- Cook larger quantities and freeze meals in portions
- Use “time savers” such as frozen mixed vegetables, already cut fresh vegetables, low-sodium frozen foods and fresh pasta. Always check the labels! Plan for leftovers: make some more meat, chicken or fish and use the leftovers for sandwiches
- Prepare a variety of snacks such as cookies and muffins and alternate between them
- Make one-pot meals such as meat and vegetables cooked in a slow cooker or oven, meatloaf, quiche or soup with meat
- Try a nutritional drink as a base ingredient and make a variety of recipes with it (see recipes in this newsletter)

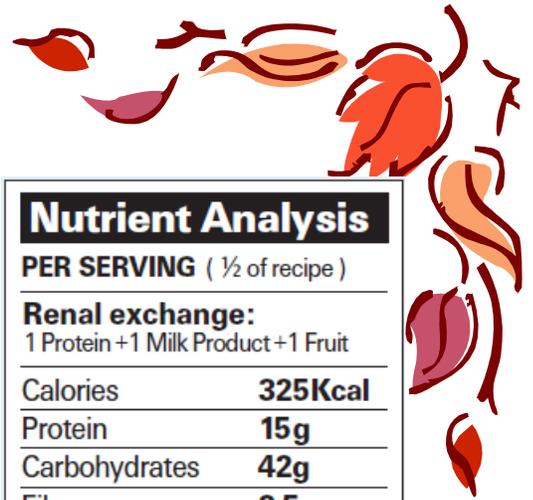
You may already have tried Nepro® Carb Steady, Suplena® or Novasource Renal®. These nutritional drinks or supplements are made for people with acute or chronic kidney failure. They vary in their nutrient content and it is important that you ask your renal dietitian to find the product that is right for you.

These products are easy to carry, easy to consume, and are a complete source of nutrition, when you do not feel like cooking or eating a complete meal. If you get tired of the standard flavours add a bit of variety, be creative and mix it with some of your own flavourings.

Please note that the following recipes and corresponding nutrient analysis were created to be made with Nepro® Carb Steady. If you are using other products you may need to make some adjustments to the recipes (and nutrient analysis).

References :

1. McKnight K et al. Can J Diet Res 2010;71(1) : 27-32.
 2. US Renal Data System. <http://www.usrds.org>
Assessed on Dec 27, 2011.
 3. <http://nepro.com/recipes> Assessed on Dec 27, 2011.
 4. <http://www.abbottnutrition.ie/recipes>
Assessed on Dec 27, 2011.
- Article taken from www.myspiceitup.ca



Peach Smoothie

- 1 237ml bottle of Nepro ® Carb Steady, chilled
- 1 cup regular peach yoghurt
- 1/2 cup canned peaches drained

Combine all ingredients into a blender and blend until smooth, pour into a glass and garnish if desired with mint leaves.

Create your own favourite drinks by changing the fruit combinations. E.g. blueberries and blueberry yoghurt.

Nutrient Analysis	
PER SERVING (½ of recipe)	
Renal exchange: 1 Protein +1 Milk Product +1 Fruit	
Calories	325Kcal
Protein	15g
Carbohydrates	42g
Fiber	2.5g
Total Fat	11g
Saturated Fat	0.9g
Cholesterol	5mg
Sodium	194mg
Potassium	402mg
Phosphorus	220mg

French Toast

- 1 237ml bottle of Nepro ® Carb Steady, chilled
- 2 eggs
- 1 tablespoon of sugar
- 1/2 teaspoon cinnamon
- 4 slices of Italian bread (or other soft bread)
- 1 Tablespoon margarine

- In a medium bowl, combine nepro, eggs, sugar and cinnamon.
- Soak the bread in this mixture until it is saturated.
- Melt the margarine over medium heat in a large frying pan
- Fry the bread for approximately 10 minutes on each side until golden brown and serve warm.

Nutrient Analysis	
PER SERVING (½ of recipe)	
Renal exchange: 1 Protein + 2 Starch +1 Milk Product	
Calories	556Kcal
Protein	22g
Carbohydrates	61g
Fiber	2.3g
Total Fat	25g
Saturated Fat	3g
Cholesterol	193mg
Sodium	479mg
Potassium	264mg
Phosphorus	224mg



**For more great recipes go to
www.myspiceitup.ca**

10 Relaxation Tips That Zap Stress Fast!

Relax. You deserve it, it's good for you, and it takes less time than you think. You don't need a spa weekend or a retreat. Each of these stress-relieving tips can get you from OMG to om in less than 15 minutes.

1. Meditate

A few minutes of practice per day can help ease anxiety. "Research suggests that daily meditation may alter the brain's neural pathways, making you more resilient to stress," says psychologist Robbie Maller Hartman, PhD, a Chicago health and wellness coach.

It's simple. Sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting -- out loud or silently -- a positive mantra such as "I feel at peace" or "I love myself." Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds.

2. Breathe Deeply

Take a 5-minute break and focus on your breathing. Sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth.

"Deep breathing counters the effects of stress by slowing the heart rate and lowering blood pressure," psychologist Judith Tutin, PhD, says. She's a certified life coach in Rome, GA.

3. Be Present

Slow down. "Take 5 minutes and focus on only one behavior with awareness," Tutin says. Notice how the air feels on your face when you're walking and how your feet feel hitting the ground. Enjoy the texture and taste of each bite of food. When you spend time in the moment and focus on your senses, you should feel less tense.

4. Reach Out

Your social network is one of your best tools for handling stress. Talk to others -- preferably face to face, or at least on the phone. Share what's going on. You can get a fresh perspective while keeping your connection strong.



Autumn

5. Tune In to Your Body

Mentally scan your body to get a sense of how stress affects it each day. Lie on your back, or sit with your feet on the floor. Start at your toes and work your way up to your scalp, noticing how your body feels.

“Simply be aware of places you feel tight or loose without trying to change anything,” Tutin says. For 1 to 2 minutes, imagine each deep breath flowing to that body part. Repeat this process as you move your focus up your body, paying close attention to sensations you feel in each body part.

6. Decompress

Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your eyes and relax your face, neck, upper chest, and back muscles. Remove the wrap, and use a tennis ball or foam roller to massage away tension.

“Place the ball between your back and the wall. Lean into the ball, and hold gentle pressure for up to 15 seconds. Then move the ball to another spot, and apply pressure,” says Cathy Benninger, a nurse practitioner and assistant professor at The Ohio State University Wexner Medical Center in Columbus.

7. Laugh Out Loud

A good belly laugh doesn’t just lighten the load mentally. It lowers cortisol, your body’s stress hormone, and boosts brain chemicals called endorphins, which help your mood. Lighten up by tuning in to your favorite sitcom or video, reading the comics, or chatting with someone who makes you smile.



8. Crank Up the Tunes

Research shows that listening to soothing music can lower blood pressure, heart rate, and anxiety. “Create a playlist of songs or nature sounds (the ocean, a bubbling brook, birds chirping), and allow your mind to focus on the different melodies, instruments, or singers in the piece,” Benninger says. You also can blow off steam by rocking out to more upbeat tunes -- or singing at the top of your lungs!

9. Get Moving

You don’t have to run in order to get a runner’s high. All forms of exercise, including yoga and walking, can ease depression and anxiety by helping the brain release feel-good chemicals and by giving your body a chance to practice dealing with stress. You can go for a quick walk around the block, take the stairs up and down a few flights, or do some stretching exercises like head rolls and shoulder shrugs.

10. Be Grateful

Keep a gratitude journal or several (one by your bed, one in your purse, and one at work) to help you remember all the things that are good in your life.

“Being grateful for your blessings cancels out negative thoughts and worries,” says Joni Emmerling, a wellness coach in Greenville, NC.

Use these journals to savor good experiences like a child’s smile, a sunshine-filled day, and happy times with family.



If you have ideas or suggestions for what you would like to see in this newsletter

OR

If you would like to receive this newsletter by e-mail please contact Connie Spears at 905-522-1155 x35170 or cspears@stjoes.ca

Germ Farm



Scrub'em!

**FLU SEASON IS
COMING!!!
WASH YOUR
HANDS!**

Pumpkin Chili

Ingredients

2 pounds ground turkey breast, uncooked
 1 tablespoon olive oil
 1/2 cup onion
 1/2 cup celery
 1/2 cup carrots
 3 garlic cloves
 1 tablespoon chili powder
 2 bay leaves
 2 teaspoons cumin
 1 teaspoon oregano
 1 cup red kidney beans
 15 ounces canned pumpkin puree
 1/2 cup canned chopped green chilies
 3 cups low-sodium chicken broth



Preparation

- Chop onion and celery; thinly slice carrots and mince garlic cloves.
- In a large pot heat 1 tablespoon olive oil over medium heat and sauté onion, celery, carrots and garlic until tender. Remove from pot and set aside.
- Add turkey and remaining olive oil to pot and cook until crumbles are no longer pink.
- Add sautéed vegetables and remaining ingredients to the pot and stir.
- Reduce heat to a simmer and cook for 1 hour. Stir occasionally to prevent ingredients from sticking to the pot.
- Remove bay leaves before serving.

Portions: 10 **Serving size:** 1 cup

Recipe available on www.Davita.com/recipes

Renal and renal diabetic food choices

3 meat, 1 vegetable, medium potassium

Carbohydrate choices 1/2

Nutrients per serving

- **Calories** 160
- **Protein** 24 g
- **Carbohydrates** 7 g
- **Fat** 4 g
- **Cholesterol** 39 mg
- **Sodium** 200 mg
- **Potassium** 476 mg
- **Phosphorus** 215 mg
- **Calcium** 53 mg
- **Fiber** 3.5 g

Bread Pudding

Ingredients

2 large eggs
2 egg whites
1-1/2 cups almond milk
2 tablespoons honey
1 teaspoon vanilla
2 tablespoons rum or 1 teaspoon rum extract
4 slices raisin bread



Preparation

Preheat oven to 325° F.

Spray an 8" round baking dish with nonstick cooking spray.

In a large mixing bowl, beat eggs and egg whites until foamy. Beat in almond milk, honey, vanilla, and rum or rum extract.

Cut bread into cubes and stir into egg mixture. Pour into the prepared baking dish. Bake for 35 to 40 minutes or until a knife inserted near the center comes out clean. To serve, spoon warm pudding into dessert dishes.

Renal and renal diabetic food choices: 1/2 meat, 1 starch, 1/2 nondairy

Carbohydrate choices: 1

Nutrients per serving

- **Calories** 193
- **Protein** 5 g
- **Carbohydrates** 24 g
- **Fat** 3 g
- **Cholesterol** 62 mg
- **Sodium** 148 mg
- **Potassium** 115 mg
- **Phosphorus** 59 mg
- **Calcium** 135 mg
- **Fiber** 1.0 g

