



**WE'RE  
BACK!**

# The Nephron

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Did you miss us? I know it's been a while, but we're back with YOUR newsletter, The Nephron!

Remember, if there is anything you would like to see or learn more about, contact Connie: [cspears@stjoes.ca](mailto:cspears@stjoes.ca) or 905-522-1155 x 35170 and she will do her very best to get it added to the newsletter!

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Are you thinking  
about being a  
kidney donor?

Our living donor transplant team can help.  
For more information on kidney donation  
Call: 905-522-1155 ext. 32156  
Email: [livingdonors@stjoes.ca](mailto:livingdonors@stjoes.ca)

St. Joseph's  
Healthcare  Hamilton  
[www.stjoes.ca](http://www.stjoes.ca)

*Check Out Page 4!*

## Why is Foot Care so Important if you Have Diabetes?

High blood sugar levels over time can harm the nerves in your arms, hands, legs, and feet. This is called neuropathy. Neuropathy can make it harder to feel a foot injury, such as a blister or cut, and also can take longer for these injuries to heal. If the injury isn't taken care of, it can become infected and might lead to more serious damage.

Use the tools on the St. Joe's website or at your clinic to help you stay on top of your diabetes.



## Think You're a Foot Care Whiz?



Take 10 minutes to answer 10 questions.

Check-in on your knowledge & maybe learn a tip or two!

Find the quiz here:

[www.stjoes.ca/LiveWellWithDiabetes](http://www.stjoes.ca/LiveWellWithDiabetes)

→Click: Care For Your Feet

→Click: Interactive Tools

St. Joseph's  
Healthcare Hamilton



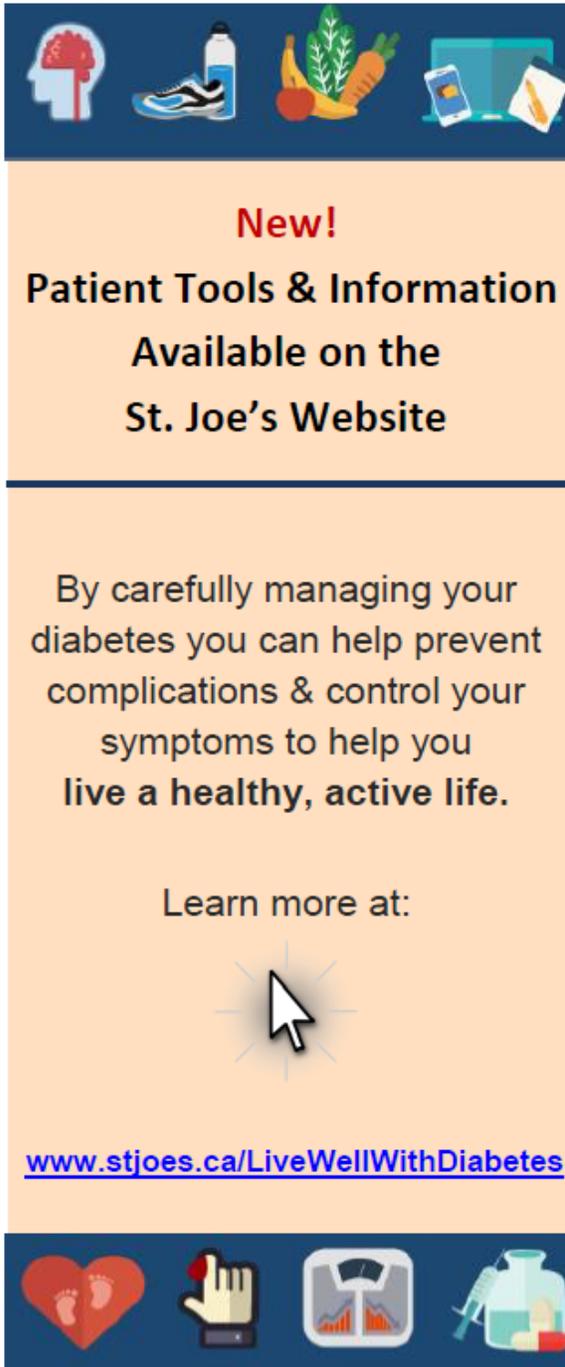
## Goal Calendar

[www.stjoes.ca/LiveWellWithDiabetes](http://www.stjoes.ca/LiveWellWithDiabetes)

→Click: Care For Your Feet

→Click: Interactive Tools

→Download your Calendar



**New!**

**Patient Tools & Information  
Available on the  
St. Joe's Website**

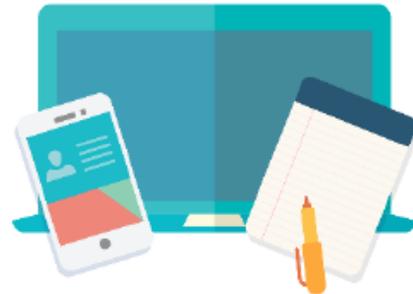
By carefully managing your diabetes you can help prevent complications & control your symptoms to help you live a healthy, active life.

Learn more at:



[www.stjoes.ca/LiveWellWithDiabetes](http://www.stjoes.ca/LiveWellWithDiabetes)

## Tools are Available Online or in Clinic



The **Foot Care Quiz & Goal Calendar** are both available on the [stjoes.ca](http://stjoes.ca) as interactive tools.

If you do not have the technology, ask for a paper copy at your next clinic visit.

Find the tools online at:

[www.stjoes.ca/LiveWellWithDiabetes](http://www.stjoes.ca/LiveWellWithDiabetes)

- Click: Care For Your Feet
- Click: Interactive Tools

Click this link to get to all the items listed above!

<http://www.stjoes.ca/hospital-services/kidney-urinary-services/learndolive/live-well-with-diabetes>

## Live Kidney Transplant Reaches over 450,000 Facebook Users!



On Wednesday, May 10, St. Joe's live-streamed a kidney transplant surgery to raise awareness about kidney disease and the importance of organ donation. This is the first time St. Joe's has live-streamed a surgery and is believed to be a first for live-streaming a kidney transplant in Canada.

Here is a recap of the highlights:

### Our Brave Husband and Wife Duo

Mr. Bhargav Turaga's kidney transplant surgery was described by surgeon Dr. Anil Kapoor as a "ten out of ten." He is doing well in recovery with our amazing PACU nurses. His nephrologist, Dr. Christine Ribic is happy to report that "he is peeing up a storm."



Mrs. NagaMni Turaga is also doing well recovering after the donor surgery and was happy to speak with her husband this morning.

### Surgery Viewership



During the surgery, more than 121,000 Facebook users were reached. Viewers tuned in from across Canada, United States, United Kingdom and as far as Uganda and Australia.

Within 24 hours of the live surgery, almost 450,000 Facebook users were reached and over 150,000 users watched the video posts.

Over 17,000 people visited [stjoes.ca/livestream](http://stjoes.ca/livestream) to learn more about the Turagas story and kidney health.

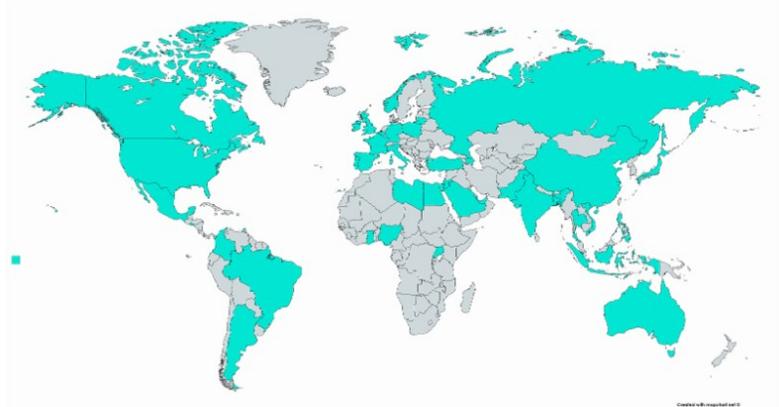
Students from across the region tuned in to participate in an innovative educational experience. Secondary students from both boards participated on social media, some attended special screenings.

Students from Saltfleet District High School participated in local and national news media about how being exposed to the Turagas transplant story and learning from St. Joe's clinicians has inspired their future career paths.

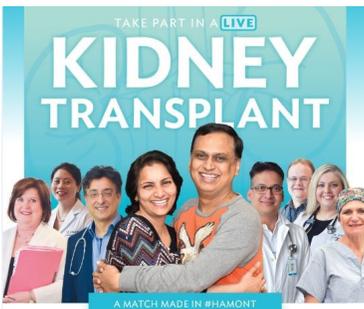
## Social Interactions

The Turagas story and surgery captured the emotions of so many people. Almost 3,000 people wrote messages from around the world including questions to our clinical team, stories of gratitude, and emotional support for the Turagas on Facebook the day of the surgery. Many former transplant patients sent messages of encouragement.

On the day of the surgery, the story was widely shared on Twitter and Instagram.



## Missed the Action?



Go to: [www.facebook.com/stjosephshealthcarefoundation](http://www.facebook.com/stjosephshealthcarefoundation). Use your Facebook account to log in, "like" our page and scroll through the event footage to view videos.

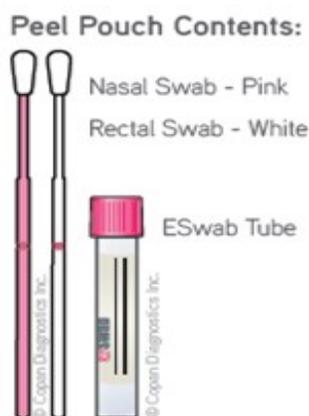
Visit: [www.stjoes.ca/Livestream](http://www.stjoes.ca/Livestream) for a recap of the surgery highlights. If you experienced difficulty accessing the live stream on Facebook yesterday, you can now watch the video recordings on [stjoes.ca/livestream](http://stjoes.ca/livestream).

## What are MRSA and VRE?

**MRSA** stands for Methicillin Resistant Staphylococcus aureus and **VRE** stands for Vancomycin Resistant Enterococcus. They are both bacteria (germs) that are more resistant to certain antibiotics (medication used to treat the infections caused by the germs). **MRSA** can be found on the skin, in the nose and rectal area. **VRE** is usually found in the rectal area. People can be carriers of these bacteria and suffer no ill effects but sometimes people can be sick with an infection caused by **MRSA** or **VRE**.

As a Hemodialysis patient, you will be swabbed every 6 months for **MRSA** and **VRE**. You will also be swabbed again if you are admitted to hospital and again when sent home.

This is what the swabs look like:



### **What happens if you test positive for MRSA or VRE?**

**MRSA** and **VRE** are not spread to other people through the air from coughing or sneezing but they can be spread by hands that are unclean or from having contact with people that have **MRSA** or **VRE**. Health care providers will follow **Contact Precautions** for your Hemodialysis treatment which means that they will wear gloves and a gown depending on how much contact they have with you or the things in the space around you.

If you test positive for **MRSA** or **VRE**, you will be re-swabbed periodically. You will remain in **Contact Precautions** to protect those who care for you and protect others around you.

Once you have three negative swab results, **Contact Precautions** will no longer be needed and staff will use regular handwashing, masking and gloving procedures.

# Hamilton Kidney Golf Tournament



## Saturday, June 24, 2017

### @ King's Forest Golf Club

100 Greenhill Avenue, Hamilton

Registration: 10:00am  
Cross Over Start: 11:00am  
Format: Scramble  
Dinner: 5:30pm



Register as an Individual or a Foursome

**\$150.00 per Golfer**

**Entry includes Green Fees, Cart, Lunch, Dinner & Contests**

FOR DETAILS AND TO REGISTER

Contact Craig Kerr at [hamiltonkidney@gmail.com](mailto:hamiltonkidney@gmail.com) or 905-575-0209



***All Proceeds to The Kidney Foundation of Canada***

***You and Your Family are invited!***

**HAMILTON & DISTRICT CHAPTER OF THE KIDNEY FOUNDATION OF CANADA**



***Sam Gatto Memorial Kidney Foundation***  
**Patient & Family Picnic**

**Sunday, June 4, 2017**

**Sherwood Park**

24 Sherwood Park Road, Stoney Creek  
Front of Stoney Creek Lions Club Hall (by parking lot)

**11:00 am to 3:00 pm (Rain or Shine)**

***Join us for a fun-filled day for the whole family!***

Enjoy a **FREE** BBQ Lunch (11:30 am-1:30pm)

Courtesy of the **Stoney Creek Lions Club**

*(Hamburgers, Hot Dogs, a Snack & Soft Drinks)*

**Please Bring Your Own Lawn Chairs**

**RSVP/Register:**

Diane Gatto

Hamilton & District Chapter

Phone: 905-517-7230

Email: [dgatto@cogeco.ca](mailto:dgatto@cogeco.ca)

Please let us know how many people you're bringing by May 28, 2017.



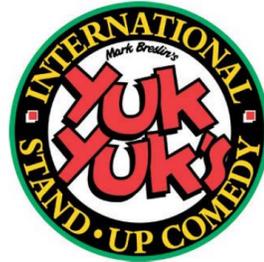
*The foundation  
of kidney care.*

# Comedy for Kidneys



**Friday, May 26**

**8:00pm**



*Yuk Yuk's Hamilton - 120 King Street West (Jackson Square, next to Anchor Bar)*

**Tickets: \$20.00 each**

For tickets, contact Craig Kerr at [hamiltonkidney@gmail.com](mailto:hamiltonkidney@gmail.com)

*All Proceeds to The Kidney Foundation of Canada*



**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**

# Steak Fajita Salad

**Preparation: 30 minutes**    **Marinate: 2-24hrs**  
**Cooking: 20 minutes**      **Serves: 4**

## Ingredients

1 lb striploin steak

## Spice Rub

1 tablespoon olive oil  
1/2 teaspoon garlic powder  
1/2 teaspoon chili powder

## Salad

1/2 cup long grain rice, dry  
1/2 cup frozen corn kernels, thawed  
1 tablespoon olive oil  
1/2 cup red pepper, julienned  
1/2 cup green pepper, julienned  
1/2 cup yellow onion, sliced  
4 cups iceberg lettuce, washed and torn

## Dressing

1/4 cup green onion, chopped  
1/2 cup cilantro leaves, washed  
1 teaspoon garlic, minced  
2 tablespoons lemon juice  
1/4 cup extra virgin olive oil

## Preparation

1. Rub the steak with the oil, garlic and chili powder. Marinate in the refrigerator for a minimum of two hours or overnight.
2. In a skillet over medium-high heat cook the steak to your desired doneness. Reserve at room temperature. Slice into thin strips.
3. In a saucepan, cook rice according to instructions. Once cooked, combine with corn and keep at room temperature.
4. In a skillet over medium-high heat, sauté the peppers and onions in olive oil. Remove from heat and reserve.
5. To prepare the dressing, combine all dressing ingredients in a food processor.
6. To assemble salad, toss the lettuce with the cilantro dressing and divide into four bowls. Top with rice, corn, peppers, onions and steak.



## Nutrient Analysis

### PER SERVING:

1/4 of recipe

### RENAL EXCHANGE:

4 Protein + 2 Starch + 1 Vegetable

Calories	420Kcal
Protein	28g
Carbohydrates	30g
Fibre	2g
Total Fat	20g
Saturated Fat	5g
Cholesterol	55mg
Sodium	68mg
Potassium	546mg
Phosphorus	276mg

Source: Spice it up! Summer 2015.  
Visit [www.myspiceitup.ca](http://www.myspiceitup.ca) for more recipes

# Mini Blueberry Cheesecake

## Ingredients

1 cup graham crumbs  
¼ cup unsalted butter, melted  
454g (16oz) cream cheese  
6 tablespoons white sugar  
2 tablespoons all purpose flour  
1 teaspoon lemon zest

1 egg  
3 egg whites  
½ cup plain yogurt  
1 tablespoon vanilla  
1 tablespoon no sugar added raspberry jam  
1 cup frozen blueberries  
1 tablespoon lemon juice

## Preparation

1. Preheat oven to 350°F. Prepare muffin tins with muffin liners.
2. In a mixing bowl, combine graham crumbs with melted butter. Place approximately 1 tablespoon of graham crumb mixture in each lined muffin tin, and press down. Bake for 5–10 minutes or until crumbs have set and are lightly browned.
3. In a mixing bowl, cream together cream cheese, sugar, flour, and lemon zest to a smooth consistency. Scrape down the sides of the mixing bowl to minimize lumps. Add the egg, egg whites, yogurt, and vanilla to combine. Do not overmix.
4. Divide the cheesecake mixture between the 12 tins. Bake for 15-20 minutes or until the cheesecake is firm to the touch. (Watch not to overbake because cheesecakes may crack!)
5. In a saucepan, heat jam, blueberries, and lemon juice. Simmer until the berries begin to break down and become saucy.
6. Allow both the cheesecakes and sauce to cool before applying the blueberry topping.
7. Divide the topping among the cakes. Refrigerate until ready to serve.



## Nutrient Analysis

### PER SERVING:

1 mini cheesecake

### RENAL EXCHANGE:

1 Starch

Calories	<b>254Kcal</b>
Protein	<b>5g</b>
Carbohydrates	<b>18g</b>
Fibre	<b>0.8g</b>
Total Fat	<b>19g</b>
Saturated Fat	<b>10g</b>
Cholesterol	<b>69mg</b>
Sodium	<b>196mg</b>
Potassium	<b>113mg</b>
Phosphorus	<b>78mg</b>