

The Renal Review



Vancouver Island Kidney Patients' Association

May 2009

MINISTER OF HEALTH ANNOUNCES FUNDING FOR NEW DIALYSIS UNIT IN THE NANAIMO HOSPITAL

from Dr. Rachel Carson

Nephrology and Internal Medicine

Nanaimo Regional General Hospital

On April 7, 2009, Minister George Abbott visited Nanaimo to announce \$9.4M in funding to complete a new in-centre dialysis unit and Home Dialysis Clinic in Nanaimo Regional General Hospital. Thank you to all VIKPA members who participated in the campaign to get the funding approved. The 1,100-square-metre (12,000-square-foot) full-service renal dialysis centre will be on the first floor of the new perinatal wing and will serve residents of central and north Vancouver Island who have advanced kidney disease and require either inpatient or outpatient care. Work to complete the already shelled-in space is expected to begin in July 2009 and it's estimated will take 12 months to finish. The project will cost around \$9.4 million, will be split 60/40 between the Province and NRHD and includes \$1.5 million for renal equipment. The first phase was completed in 2008 and cost \$4.3 million to prepare the site for the centre completion.

The VIHA Renal Program has been planning for this expansion for over four years and the design of the new unit is almost complete. Once the new dialysis unit is open, people who previously would have had to relocate temporarily to Victoria to start dialysis will be able to start closer to home. Vascular access surgeries will continue to take place in Victoria, but dialysis patients hospitalized for other reasons will be able to stay in NRGH rather than have to be transferred to the Royal Jubilee Hospital in Victoria.

The transition from the Victoria-based program to the Nanaimo-based program will be a gradual one so that people already on dialysis won't all transfer over to the Nanaimo program at once. With two nephrologists (Dr. Carson and Dr. Rasaiah) already in Nanaimo and at least two more to be arriving later this year, kidney patients and families will be able to have full-service renal care closer to home.

Both VIKPA and the Nanaimo Hospital Foundation will be fundraising and working to support dialysis patients with additional patient equipment and comfort items.



Dee Sangha Award

With Dee Sangha's annual golf tournament now a part of VIKPA history, we have resolved to honour Dee's indomitable spirit with the Dee Sangha Award.

An Island kidney patient who leads an active and fulfilling life in spite of living with kidney disease will be selected each year to receive the award of \$1000. Any Island kidney patient and VIKPA member may apply. (Membership is just \$5 a year.)

Full details and application form are available from the VIKPA website or from your social worker and must be returned by June 30 for consideration.

Gordon Duthie Bursary

Each summer, VIKPA awards up to five \$1000 bursaries to VIKPA members and their families to assist with post-secondary education in British Columbia.

Qualifications needed and application forms are available at the VIKPA website www.vikpa.org or from your social worker. Deadline: June 30.

VIKPA Elects New Executive

At the meeting on Thursday, February 19, VIKPA held its annual general meeting and election of officers.

Our new President is Gary Pollock of Campbell River, adding a much needed presence from Up Island. Danielle Belanger continues as Vice President. We welcome Bakh Dhillon as our new Treasurer replacing Pat Chadwick who performed the office with distinction for many years. Pat is now Asst. Treasurer. Teresa Melendez-Duke was re-elected Secretary as was Cheryl Jones as Membership Secretary and Chair, Awards Committee. Members-at-Large are Lita Rolofs, Gabor Brach and Nancy Cuthbert.

Annual Kidney Foundation Picnic

The Kidney Foundation of Canada, Victoria Regional Chapter will hold its 10th Annual Picnic for all kidney patients, staff and their families on Sunday, June 14 from 1 to 5:30 p.m. at Centennial Park in Central Saanich, rain or shine. Park is wheelchair accessible.

Enjoy races, Bingo, prizes, entertainment and great food.

RSVP by June 7 to Kidney Care at (250) 370-8224. Leave your name, phone number, total in group and number of children. For more information, contact Diana Dobson at (250) 721-3405.

Thrifty's Smile Card Fundraising Program

You can help VIKPA raise funds to benefit kidney patients by using your Thrifty's Smile Card whenever you shop at Thrifty's.

Smile Cards issued since the program revamp in 2006 are still eligible for use.

If you need a Smile Card, please contact VIKPA. (See below.)

Spending on Island Renal Patients

The Vancouver Island Kidney Patients Association raises money to spend on Island kidney patients. These are some of the items we have funded recently:

- \$8,300 in \$50 grocery certificates at Easter for needy patients
- 8 armrests for dialysis chairs at Cumberland Community Dialysis Facility
- Transonic monitor for Duncan Community Dialysis Facility, funded by a \$25,000 bequest from the late Harold Beacham, a onetime patient at the Renal Unit at Royal Jubilee Hospital
- Ongoing commitments include TV cable service at the renal unit at Royal Jubilee Hospital, printing and mailing *The Renal Review* to members, bottled water for Kidney Care and servicing the aquarium in the waiting room at RJH.

The Vancouver Island Kidney Patients' Association (VIKPA) is a volunteer, legally incorporated, non-profit society and a registered Canadian charity working for the benefit of all renal patients.

Our address is
Box 5145, Station B
Victoria, BC V8R 6N4
Voice mail: (250) 595-3650
Website: www.vikpa.org
Email: info@vikpa.org

Deadline for the Fall issue is
September 15, 2009.

All submissions and ideas for
the newsletter are gratefully
accepted and may be sent or
emailed to the addresses listed
in the left column.

This issue was compiled by
Pat Carson.

Thank you to all contributors.

President: Gary Pollock
Vice-President:
Danielle Belanger
Secretary:
Teresa Melendez-Duke
Treasurer: Bakh Dhillon
Asst. Treasurer: Pat Chadwick
**Membership Secretary &
Chair, Awards Committee:**
Cheryl Jones:
Members-At-Large:
Lita Rolofs, Gabor Brach,
Nancy Cuthbert

Around The Island

Up-Island Community Dialysis

from Elaine Rowan, RN

We got the exciting news of construction starting on the Renal Unit in Nanaimo in July 2009. This phase will take approximately one year.

The Hospital Foundation has come to the unit to take pictures of the dialysis machines so that they can start fundraising for the new machines.

Still no news on the Cumberland expansion. I believe they remain at the design level. No dates for when that will open.

Mid-Island Kidney Patients Assn.

from Norman Taylor, President

We held our Annual Bring & Buy in Port Alberni at our Sunday Potluck Supper & Auction in April. It was a fun night.

Our meat draws continue and the Spring Raffle is underway.

Our thanks to all our volunteers. We couldn't do any of this without them.

Cumberland Dialysis Unit

from Bill Coltart

Thanks to VIKPA for the flat screen TVs and new arm rests. The patients are quite happy with them.

Kidney Care Clinic

from Kathleen O'Donoghue

Victoria KCC is developing a Personal Health Planning session to inform and support clinic patients in the skill of goal setting. Recognizing the importance and benefits of a person being active in the management of their kidney disease, a personal health planner that was developed here a few years ago will also be introduced at this session as a tool for people to use at home.

In April we worked with the Comox Valley Nursing Center to provide Early Education sessions that were linked by videoconference to Mount Waddington and Port McNeil areas. This was a first for us using this technology as a way of communicating with the people in this region. Many thanks to Pat who organized this.

We have had some staff changes and are sad to have said goodbye to one of our dieticians Christine but welcome the experience and enthusiasm that Jennifer brings to the Victoria team.

Nanaimo KCC has been open for 6 months and is now completely furnished. The team there are pleased to be offering full KCC services to the people of the Central and North Island who are followed by local nephrologists, Drs. Rasaiah and Carson. We are confident that the rapidly growing numbers of people being referred to the clinic appreciate the opportunity to receive this type of education closer to home.

Home Dialysis Walking Club

from Nancy Clogg

The Home Dialysis Walking Club continues to meet on a regular basis to get some exercise, socialize and share experiences. We have had up to 27 patients, family members and friends participate in recent walks along the Gorge, Songhees and Dallas Road.



Participants gather for the Songhees Walk

For more information about the walks contact Nancy Clogg, Dietitian, Home Dialysis Program 250-370 8517.



A New Way to Give

VIKPA now has a link to canadahelps.org. This provides a simple alternative to make donations.

FOOD DETECTIVE: TIPS FOR TRACKING DOWN NUTRITION INFORMATION

by Jane Tosney, RD

VIHA Kidney Care Clinic Dietitian

Kidney patients often want to know the *sodium*, *potassium* and *phosphorus* content of foods so that they can make informed and appropriate food choices. Canadian food companies are required by law to declare the calorie content and amounts of thirteen “Core Nutrients” on foods labeled with a Nutrition Facts Table. Sodium is one of these core nutrients, so the sodium content of most foods is usually easy to find. Potassium and phosphorus are not considered core nutrients, so this article will provide some background information and tips for tracking down the “missing” values.

While reading, keep in mind that not all food items sold in stores are required to have a Nutrition Facts Table (e.g. fresh fruit and vegetables; foods prepared at the store, such as bakery items or deli salads; alcoholic beverages, etc.). This can make food selection and shopping especially challenging for kidney patients. Ask the bakery or deli manager to provide you with a product ingredient list, and any other available nutrition information, which can help you decide if a food is “ok” for you to eat.

If the item you want to try has similar ingredients to a food your dietitian has already advised you to avoid or limit, it is likely that you will need to avoid or limit the item you are asking about. Remember that “processed”, “convenience” and “fast” foods generally have a higher sodium and phosphorus content than “homemade” versions of the same food (e.g. burgers, soups, muffins, etc.). This can be frustrating if you are feeling too tired or sick to shop and cook, so ask your dietitian about meal ideas and nutritional supplements when you are unwell.

You may have noticed that the potassium and phosphorus content are *sometimes* declared on food labels. This information may be expressed either in milligrams per stated serving size, or as a percentage of the Daily Value (% DV) for potassium or phosphorus. The % Daily Value helps consumers figure out whether a food has a lot or a little of a nutrient in a specific amount of food, while the Daily Value itself provides a “ballpark estimate” of what most healthy adults need or should aim for with respect to a particular nutrient. The Daily Value *may differ* from specific nutrient recommendations given to individual patients with kidney disease and other medical conditions, as shown for general comparison in the table on the following page.

Check with your dietitian if you are not sure what diet restrictions apply to you, and be aware that your diet may need to be adjusted if there are changes in your health status, medications and/or treatment plan.

Here’s an **example of how to figure out the milligrams of phosphorus** for a specific food, using the Nutrition Facts Table on the food label:

- A 1-cup serving of **Kellogg’s All Bran® cereal** (before milk is added) provides 15 % of the DV for phosphorus. Since we know from the table that the DV for phosphorus is 1100 milligrams (mg), $15\% \text{ of } 1100 \text{ mg} = \mathbf{165 \text{ mg phosphorus}}$ (multiply 15×1100 , then divide by 100). When a half-cup of milk is added to the cereal, the % DV for phosphorus jumps to 25 %, which equals 275 mg phosphorus (multiply 25×1100 , then divide by 100).
- If your serving size is different from the serving size stated on the Nutrition Facts Table, you’ll need to account for a smaller or larger portion in your calculation. Your dietitian can help you with the math! **CONTINUED)**

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When the % Daily Value for potassium and phosphorus are *not listed* on a Nutrition Facts Table for a specific food, there are some *other ways* you might be able to find out this information. Here are a few ideas:

- Look on the food label or packaging for a **“1-800-number”** you can call. Say that you are on a kidney diet and need to know the potassium and phosphorus content for the food item you would like to buy. Ask if the company has a staff dietitian, nutrition department or food scientist that you can contact directly. For **example**, the phone number showing on the label for Campbell’s Healthy Request® Herbed Chicken Noodle Soup is 1-800-410-7687.
- If you are “computer-savvy”, check on the food label or food franchise nutrition brochure for a **company website**. You can browse around the website and click on headings such as “Nutrition Information”, “Consumer Information” and “About Our Products” to see if the potassium or phosphorus information is listed there. If the information is not available on the website, as is often the case, you can usually click on a heading such as “Questions” or “Contact Us” to e-mail the company with your question. As an **example**, the website for Burger King in Canada is www.burgerking.ca (or you can simply type “Burger King Canada” in your search engine to take you to the website).
- You can also **search online for the “USDA Nutrient Data Base”** to look up potassium and phosphorus values for the foods you want to eat. If the exact item is not available from the data base, look for similar items to give you an approximate idea of potassium and phosphorus content. American food composition values may be different from Canadian data; however, you can use the American values as a *general* guide. As well, since food companies may change product ingredients and food suppliers from time-to-time,

published nutrient values may be affected by such changes. The website for the USDA Nutrient Data Base is: www.nal.usda.gov/fnic/foodcomp/search.

- **Ask for help!** Most kidney patients can *occasionally* enjoy high sodium, high potassium and high phosphorus foods, as guided by their renal dietitian. The keys are to watch your *portion size*, and be careful *how often* you indulge. Bon appétit!

Nutrient	Daily Value For Most Healthy Adults (mg/day)	Typical Limits for Kidney Patients IF A Nutrient Restriction Applies (mg/day)
SODIUM	2400	2000 - 2500
POTASSIUM	3500	2000 - 3000
PHOSPHORUS	1100	1000 - 1200

(This article has been reformatted from the original submission.)

~*~
In Memoriam

- Harry Redford**
Andrew Agecountay
Michelle Belcher
Barnie Chapeskie
Leslie Gallaway
Harold Gorham
James Jones
Vivian Kaye
Ray McCall
Geraldine Naunheimer
Charles Oczkowski
Sherry Poziuk

Our deepest sympathy goes out to the family and friends of renal patients who have passed away in recent months.

We thank everyone who has sent donations in memory of loved ones, and their families who have designated VIKPA as their chosen charity.

If you wish to make an *In Memoriam* donation to VIKPA, please mail to our address on page 2. Please include the name and contact information of the next-of-kin, so we may notify them of your gift. For bequest information, ask for our new brochure.

Important Reminders

- VIKPA meetings are held on the third Thursday of each month, except July and August, at 1 pm in the RJH Renal Unit boardroom. All members are welcome. Hope to see you there!
- Don't forget to check out our website at www.vikpa.org. Back issues of The Renal Review are posted there.
- The Renal Review is also available online. If you would prefer to receive your newsletter by email, just drop a line to info@vikpa.org. Receiving The Renal Review online helps reduce our costs and saves trees for everyone's benefit. You'll also see the photos in colour!
- A gentle reminder from the Patient Advisory Committee that when visiting patients in any of the renal units while they are dialyzing, or on Royal 1, please be respectful of other patients by keeping the noise level to a minimum and limiting the visit to two people at a time.



RJH Kidney Education Centre Display

If you are near the Renal Unit or Royal 1 at Royal Jubilee Hospital, check out the latest Kidney Education Centre display titled Brain Health for Kidney Patients. You will find tips on how to keep your brain as healthy as possible. There are exercises you can do to stay "brain fit". Enter to win a prize donated by VIKPA. Prizes include jigsaw puzzles, Scrabble game, crossword puzzle book, Sudoku and more. The display will run from May through July. Don't miss it!



A List of Things You Don't Want to Hear During Surgery:

Oops!
Has anyone seen my watch?
Come back with that! Bad dog!
Hand me that...uh...that uh.....thingy

Wait a minute, if this is his spleen, then what's that?
What do you mean he wasn't in for a sex change!
Damn, there go the lights again...
Everybody stand back! I lost my contact lens!
Well folks, this will be an experiment for all of us.
What do you mean "You want a divorce!"
FIRE! FIRE! Everyone get out!



For those who have not yet purchased or renewed your membership for 2009, a form is included below. A blue dot on the mailing label indicates your renewal is due.

MEMBERSHIP FORM (January -December)

Name _____
Address _____
City/Town _____
Postal Code _____ Phone _____
Email _____

Please send my newsletter by email (Please ensure you have included your email address).

Enclosed is \$5 for my annual membership.

New Renewal

I would like to make a donation of \$ _____

Total Enclosed \$ _____

I would like to volunteer. Please contact me.

I am: Pre-dialysis Hemodialysis
 Peritoneal dialysis Transplant
 Family member Care worker
 Other _____