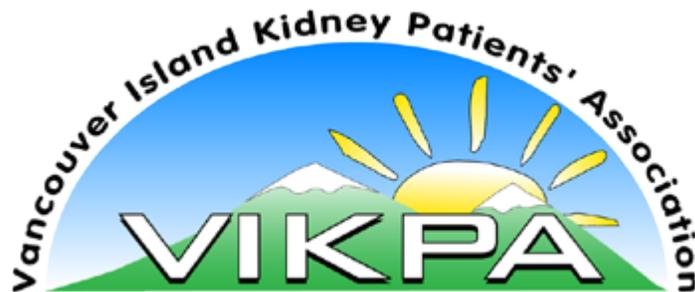


# The Renal Review

Fall 2012

Vancouver Island Kidney Patients' Association



## VIKPA Annual Awards

### Dee Sangha Award

It has been an honour to award the **Dee Sangha Award** to Sandy [Underhill](#). This award, given annually to a Vancouver Island kidney patient who is a VIKPA member in good standing, recognizes patients with Dee Sangha's "Can Do" attitude. It is to assist them in improving their lives while dealing with the everyday challenges



*Sandy Underhill accepts the Dee Sangha award from President Cheryl Jones.*

of living with kidney disease. In particular, the award committee looks for a renal patient who is working towards a goal coming back from adversity.

Sandy started kidney medication in 1995, and in 2007 she was diagnosed with hemochromatosis and hospitalized several times. In 2009 Sandy was rushed to hospital and found to have failing kidneys. She was fortunate to get a full liver transplant at Vancou-

ver General, but then had two grand mal seizures and transplant rejection. In 2010 Sandy had extreme kidney infection, and three months later a stroke from hypertension, followed by hospitalization, then pneumonia in 2011 and pleurisy in January 2012.

Sandy is finally somewhat stabilized. She says, "I do everything I can on a daily basis to see if I can personally improve my GFR and creatinine levels," and apparently she has been successful. There have been a couple of medication reductions and her blood pressure is now manageable. She adds, "My diet is very extreme, and I consume just over three litres of water a day (very important!). My medication list is endless, but life saving."

Sandy has just completed a course in Medical Terminology, Physiology and Anatomy and says it has been very helpful. She says, "I have learned a lot about what happened to my body, and the procedures used by my amazing doctors to heal me." Showing the attitude that earned her the Sangha award, Sandy says, "There is a lot of healing left to do, but I thank the heavens every day that I open my eyes, and life is real, it still exists, and that is awesome in itself."

### Gordon Duthie Bursary

This year bursaries go to seven deserving applicants:

- Anna Luz, at McGill U.;
- Sandy Underhill, in Medical Terminology at Vancouver Island University;
- Amanda Bens, in the Education Program at UVic;
- Paige Owen, in Communication Design at North Island College;
- Radoslaw Drogosz, in Flight Training in Selkirk College;
- John McGoff, at Camosun College;
- Emily Jones, in psychology at Camosun College.

Some of these applicants are kidney patients and a couple are the children of patients. We wish them all much success in achieving their goals.

Gordon Duthie bursaries are given annually to assist a Vancouver Island kidney patient who is a VIKPA member in good standing (or the patient's spouse, child or grandchild) to attend an accredited post-secondary institution in Canada in order to improve employment skills or qualifications.

## Kevin Campbell - one Tough Mudder



If you're out in B.C. doing a physical challenge, you might see a fit-looking guy whose shirt reads "I NEED A KIDNEY" on the front and "I'M ON DIALYSIS" on the back. That's Kevin Campbell, a 49 year-old personal trainer and nutritional planner who happens to need a kidney transplant.

After learning about the state of the organ donor system in B.C.— he's looking at a wait of 10-12 years for a transplant— Kevin decided to work to raise awareness of the system and push for "presumed consent" changes to the current legislation. He is also very passionate about helping others improve their own physical health to be the best they can be, emotionally & physically. He decided to challenge his physical limits in hopes to inspire others on dialysis who sometimes find it hard, by showing that it is possible to push through anyway.

*"I know the extreme pain that I will be in after training and going through this process. I can't change it and it does not ever get easier. I know that it will be there tomorrow, when I compete, and I have now grown to accept this".*

This June in Whistler, Kevin put himself through Tough Mudder, a 14-mile challenge through an obstacle course designed by British Special Forces and including mud, fire, ice water and 10,000 volts of electricity. A medical team followed Kevin to help the science industry in research, because Kevin is the first in the world to complete an event like this while on dialysis. The event took him three hours and 20 minutes. Upon completion, Kevin required medical attention at the local hospital to rehydrate and stabilize his electrolytes.

Most of our readers know how tiring dialysis is. Now imagine leaving the clinic three times a week and going out to train for an event known as the most extreme in the world. Knowing it's going to hurt a lot afterward. Deciding to do it anyway, training

seven days a week before and after dialysis.

Kevin moved to Ibiza, Spain 16 years ago, but returned to Canada in fall 2011 to start dialysis. His

ten-year-old daughter Julia is still in Spain. Julia made a special trip from Ibiza to be there at the finish line for her dad. They have now been separated for 17 months. This alone is extremely difficult for Kevin and Julia.

Kevin's original goal was to do Tough Mudder events across Canada to raise Organ Donor Awareness. After the Whistler event,

Kevin's body took 3-4 weeks to recover, so he spoke with his medical team about putting his body through such an intense event. It put him at greater risk to a lower immune system, infection and illness. All of this could put Kevin at risk of delaying the opportunity for a kidney transplant, if one comes available. So Kevin decided to miss future Tough Mudder events and will continue to train in the gym to keep his body as healthy as possible. Kevin's vision is to get his body in top condition to ensure the fastest recovery time, given the gift of a transplant.

The Organ Donor Awareness and push to presumed consent with our current legislation continues. Kevin is now working with the 'because i can' project and the BC Kidney Foundation, approaching politicians, and putting together



an Awareness Event. .

Kevin thanks VIKPA for believing in his journey and paying his Tough Mudder entry fee.

*(continued next page)*

## President's message

by Cheryl Jones

**Inspiration** This newsletter is the most inspirational one we've done in a long time. We describe "Tough Mudder" Kevin Campbell's determination to raise awareness about organ donation by challenging physical limits, and we'll tell you why Sandy Underhill has won the Dee Sangha award.

**Thanks, Steve** This is also my chance to thank Steve Noble of Animax Design Group for his efforts in support of VIKPA. Steve has done a small update to our logo, designed a banner, and recently redesigned our [www.vikpa.org](http://www.vikpa.org) website. Now that the site is on WordPress, Steve will be handing its day-to-day operation over to our newsletter editor, Tim Hicks. So we thank you, Steve.

**More equipment** An article elsewhere in this issue explains that we're working on providing dialysis chairs and monitors to renal units. We're pleased to be able to do this, as it's one of the most visible ways we can help kidney patients and the healthcare professionals who work with them.

**Want to hold an event on our behalf?** Fundraising is critical to VIKPA operations. If anyone wishes to hold an event on our behalf and donate funds to us, feel free to phone or email us. We will support you in any way we can. We have had such things as spaghetti dinner, pig roast, dinner/dances, auctions, garage sale, golf tournaments, raffles, casinos etc... done on our behalf. 100% of monies donated to VIKPA go towards renal patients on Vancouver Island. We are 100% volunteer based.

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## Tough Mudder (from page 2)

A news clip about Kevin's training is at <http://bit.ly/NBIXBj> and the Tough Mudder event is covered at <http://vimeo.com/46944753> Watch them and be inspired. Or read more about Kevin on his blog: <http://kevinstoughmudderjourney.blogspot.ca>

Kevin is available to speak about his experiences. Call him at 250-580-4266 or email him at [kevinibiza@yahoo.ca](mailto:kevinibiza@yahoo.ca)

*Did you know? B.C.'s goal for organ donor registration is 85%, but current registration is below 20% Please tell some friends about B.C.'s organ donor registry at <https://transplant.bc.ca/OnlineReg/bcts.asp> and the "because I can" project at <http://www/becauseicanproject.com>*

## Generous bequest provides two dialysis chairs for RJH

VIKPA received a bequest to provide two dialysis chairs for the RJH Renal Unit. VIKPA is a small enough organization that we are able to honour the wishes of bequests of this type. Renal patients and their families are in the position to know what would make life of kidney patients more comfortable, and VIKPA is there to meet these needs.

A bequest is a way of providing some items of comfort and services not otherwise provided to those kidney patients in need. Often aging dialysis chairs need replacing but are not in VIHA's immediate budget. VIKPA has provided chairs in the past which have been greatly appreciated; we have received several positive comments from those who have used them.

## Transonic Monitors

VIKPA is working towards providing Transonic monitors to satellite units. These monitors check the blood flow in dialysis access sites. This way we can catch narrowing, which can be remedied before blockage occurs and invasive surgery is required.

This is an important preventative measure, but at the cost of \$21,000 each, it will take VIKPA a while to provide those needed. We have provided two additional monitors in past years, and this year we have one on order.

## Dialysis while Travelling

Hemodialysis is provided in many places around the world. It may be possible for you to travel if you plan ahead; a minimum of six months is advisable. Let's look at some details.

*Note: This article is not guaranteed; please check for yourself.*

### Medical approval

You will need a doctor's approval for travel. Usually you will have a letter from your family doctor or nephrologist indicating that you are physically well enough to travel.

### Costs inside Canada

All provinces except Quebec do reciprocal billing, so you should not have to pay for dialysis – just present your BC Medical card (Care Card) and direct billing will be processed to the dialysis unit you use.

If you use a private clinic, its fee could exceed the current BC reimbursement amount. You will be responsible for the extra cost.

### Costs outside Canada

Be prepared to pay for your dialysis. On your return to Canada, you can submit all your receipts to the BC Medical Services Plan with a claim form and be reimbursed – as of Sept. 2012, up to \$473 for each dialysis run. You may also claim reimbursement for doctor's fees up to \$50.79. These amounts will change, so check with MSP. Call toll-free 1-866-456-6950 and select the options for Out of Country Programs, Health Insur-

ance BC (4 for Pre-authorization then 4 for Out of Country ).

*Note: See <http://www.health.gov.bc.ca/msp/infoprac/oocc.html>*

### Availability of dialysis

You can't always get hemodialysis in specific locations. Many units run at full capacity and cannot accommodate traveling patients. It helps to call the units and explore with local staff whether they can fit you in. It may take patience and a few phone calls before you find the right place.

### Extra medical insurance

If you'll be outside Canada, additional medical insurance is highly advised. It is not always easy to get as you have a "pre-existing condition," but you should explore this thoroughly before traveling. If you already have extended medical coverage be sure to explore what kind of coverage you have for travel outside of Canada. United States medical costs are much higher and emergency medical care can add up quickly. Make sure you are prepared for the unexpected medical emergency.

### Medication

Advise your pharmacy several weeks in advance that you will be travelling, and request enough medication to last through your trip.

If your usual dialysis prescription is EPO or Ananesp, you can generally save costs by taking it with you. Explore this with the

dialysis unit(s) you will visit and with your usual dialysis unit. This medication must be kept cool and a cooler pack can be provided for travel. If you are flying, give the airline advance notice of your need for refrigeration.

### Your medical information

Medical records and your dialysis prescription can be faxed to the traveling dialysis unit in advance if you provide the necessary contact information. You should still travel with copies of recent log runs and your dialysis prescription (with carry-on luggage if flying) just in case. And keep all your medication with your carry-on luggage. Please refer to the regulations with your airline and Transport Canada. <http://www.catsa-acsta.gc.ca/Home.aspx?ID=1>

### Isolation precautions

Be very careful when choosing the dialysis unit you will travel to. Ensure the following when making arrangements:

- the centre does not reuse dialyzers or bloodlines
- you will get the treatment time your doctor prescribed
- the dialyzer used is appropriate for you if it is not the exact same type you normally use.

*Adapted from notes by Sandi Robinson, MSW, Renal Social Worker, RJH.*

See our website for links you can use for trip planning. [www.vikpa.org](http://www.vikpa.org)

## VIKPA December meeting

You're invited! On December 20, the VIKPA board will be pleased to provide members with a seasonal lunch and some fun. This meeting has no business component; we're just getting ready for Christmas and other seasonal holidays. We'll meet in the Renal Boardroom on the second floor of Royal Jubilee Hospital at 1:00 p.m.

We need to know how many are coming, so please let us know by leaving a message at 250-595-3650 or emailing us at [info@vikpa.org](mailto:info@vikpa.org).

The best parking during the hospital's renovations is probably in the new parkade, reached from the lights at Richmond and Bay. Buses 8, 10 and 14 run closest to the hospital; 27 and 28 will take you to Bay and Shelbourne, a block away.

## Free book on transplantation

An established book on the transplant process is now available on line for no charge. It is *Surviving Transplantation – A Personal Guide for Organ Transplant Patients, Their Families, Friends and Caregivers*, by John Craven, MD, and Susan Farrow, OT. Our own vice-president, Gary Pollock, recommends it, as does a nurse at the Victoria Regional Transplant Clinic. Have a look: <http://www.lackritz.net/SurvivingTransplantation.pdf>

## Tax breaks for charitable donations

Are you thinking of making a donation to VIKPA? If so, we remind you that the income tax rules give you good tax credits for doing so. And they apply to your federal AND provincial taxes. This is a non-refundable tax credit, so it can only be used to reduce tax owed; if you don't owe any tax, you don't get a refund.

How much can you save? The tax rules consider all your charitable donations together. For 2012, on the first \$200, the federal credit is 15% of the donation total, and the provincial credit is 5.06%. After that it gets better: federal 29% and provincial 14.7%

So if you gave \$500 to charities in 2012, you get a federal credit of (15% of \$200) + (29% of \$300) = \$117 AND a provincial credit of (5.06% of \$200) + (14.7% of \$300) = \$54.22. That's a total of \$171.22 in tax credit from your \$500 donation.

NOTE: None of this is official. To be sure of your numbers, please see the federal website at [www.cra-arc.gc.ca/chrts-gvng/dnrs/svngs/clmng1-eng.html](http://www.cra-arc.gc.ca/chrts-gvng/dnrs/svngs/clmng1-eng.html).

## Thanks, Janik and Tyler



Janik Rai and her son Tyler get a big "thank you" for their efforts in continuing the fund-raising tradition started by Janik's mother Dee Sangha.

Janik and Tyler have brought VIKPA more than \$4000 to help us continue helping patients.

## Silent auction requests donations

March is Kidney Month. To help promote the month, VIKPA is organizing its annual Silent Auction, currently scheduled to be held in the lobby of the Royal Jubilee Hospital March 7, 2013.

This is one of our major sources of funding for on-going operations, so VIKPA would greatly appreciate your support for this event. All donations of goods or services will receive a tax receipt for their value upon request.

We have just confirmed a generous donation from VIA Rail: a trip for two to Jasper, Alberta. This trip is valued at more than \$1000.

## In Memoriam

Our deepest sympathy goes out to the families and friends of renal patients who have passed away in recent months: Wendy Abelson, Germain Batteron, Lorna Bayes, Evelyn Bent, W Bojanowski, George Bolt, Sean Carrigan, John Cervin, John Chang, Phoebe Cunningham, Fred Demmon, Do Kyu Lee, Bruce Emery, Heather Grahn, Harry Linton, David Little, Anne Livingstone, Robert Matula, Frank Merx, Don Oakes, John Olscamp, Lorne Pridham, Oswald (Jim) Rose, Joe Scudamore, Bill Shaffner, Mary So, Beth Stenning, Bill Vandermale, Bob Warner, David Waugh, Robert Williams, Dea Ping Wong.

We thank everyone who has donated in memory of loved ones, and families who have designated VIKPA as their charity. If you wish to make an In Memoriam donation to VIKPA, please mail to our address below. Please include name and contact information of the next-of-kin, so we may notify them of your gift. For bequest information, ask for our brochure or visit [www.vikpa.org](http://www.vikpa.org).

## Kidney Care Clinic sessions

The Kidney Care Clinic at Royal Jubilee Hospital reminds us that they have regular education sessions. You can get details and dates by calling the Clinic at 250-370-8224, The sessions are:

- Personal Health Planning – an interactive group session that encourages patients with chronic kidney disease to take a positive, proactive approach to looking after their health. It includes goal setting and action planning.
- Learning Session Review – a question-and-answer session with the clinic nurse, dietitian and social worker, based on information provided at the “Living Well with Kidney Disease” session and diet appointment.
- Kidney Friendly Grocery Tour – how to read labels, compare food products, assess nutrition claims, and discover new foods. This fills up fast so call soon if you’re interested.

## Mid-Island news

Norm Taylor reports that 17 people attended the Mid Island Kidney Association’s August barbecue.

## Membership form

Membership is open to all, including families and friends of renal patients. We appreciate your support, which enables us to support kidney patients on Vancouver Island.

Membership term is January-December. Dues paid after November 1 will apply to the following year.

Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City/town \_\_\_\_\_

Postal Code \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

please email my newsletter

Enclosed is \$10 for my annual membership.

New  Renewal

Enclosed is a donation of \$\_\_\_\_  
(Receipts issued for donations over \$10)  
Total enclosed: \$\_\_\_\_\_

Please contact me about a donation.  
\_\_\_\_\_

I would like to volunteer. Please contact me.  
\_\_\_\_\_

I am:   o Pre-dialysis                   o Hemodialysis  
          o Peritoneal dialysis       o Transplant  
          o Family member           o Care worker  
          o Other \_\_\_\_\_

**Please mail this form to:**

Vancouver Island Kidney Patients' Association  
Box 5145, Station B, Victoria, B.C. V8R 6N4

Charitable Registration 89183 2172 RR0001

## Outreach

Cheryl Jones & Lita Rolofs spoke to the Oak Bay Rotary Club about kidney disease and VIKPA's activities at the club's June 19 meeting.

If you know of anyone who would welcome a speaker, please let us know.

## About VIKPA

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. VIKPA not only provides items and services to renal units and individuals, but also is an advocate for renal patients on Vancouver Island; we attend Hospital Advisory Committees and present patients' concerns and needs.

Our address is:

Box 5145, Station B  
Victoria, BC V8R 6N4

Voice mail: (250) 595-3650

Web: [www.vikpa.org](http://www.vikpa.org)

Email: [info@vikpa.org](mailto:info@vikpa.org)

President: Cheryl Jones

Vice-President: Gary Pollock

Secretary: Wally Rolofs

Treasurer: Matt Stanley

Membership: Matt Stanley

Member at large: Lita Rolofs

Member at large: Tim Hicks

All submissions and ideas for the newsletter are gratefully accepted and may be sent or emailed to the address listed above. We thank all the contributors to this issue.

## Board members visit Up-Island units

This August, four members of the VIKPA board went on an up-Island tour to visit six kidney care facilities. Cheryl, Lita and Wally went up by car; Tim wanted more fresh air so he rode his motorcycle.

Where possible we spoke with staff and patients; they were very happy to see us and thanked us for the support which VIKPA is able to provide.

Our first stop was in Duncan, where we visited with the staff and a few patients. We then headed to Nanaimo, where we visited the Kidney Care Unit, the Regional General Hospital Unit (photo below) and the Community

Dialysis Facility.

We found out that the TVs in the Nanaimo Community Facility are still the "old" type and need to be replaced with flat-screen



models. We have just delivered 13 replacement TV sets, to be installed with headphone outlets. This will complete the replacement of all the older TVs in all units both up island and in Victoria units. We understand how important TVs are for many dialysis patients and work hard to provide and keep up maintenance, remotes and headphones for these. At each unit, where possible, we placed the VIKPA label on the TVs and placed the new VIKPA brochures where everyone can access them.

Then we went to Cumberland Unit, and back down to Port Alberni for lunch and then a visit to the unit, and finally back to Victoria. It was a good day's travel: eleven hours, almost 500 kilometres. But it was a very productive day, making sure that everyone was aware of what VIKPA is doing and checking that their needs were being met. Thanks to everyone we met; we look forward to seeing you on our next trip.

Speaking of those TV sets, VIKPA thanks Adams Electronics for excellent service. We ordered televisions for the Nanaimo Community Dialysis Unit, and Derrick Adams delivered them to Nanaimo for us on the weekend.

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## Kidney-friendly Home-Style Meat Loaf

*Recipe adapted from Weight Watchers Magazine: Just Like Home (2000)*

*Submitted by Jane Tosney, Renal Dietitian, VIHA Kidney Care Clinic*

### ***Ingredients***

½ cup low-sodium ketchup (such as President's Choice Blue Menu)

½ cup finely chopped fresh onion

2 tbsp chopped fresh parsley

1 tbsp brown sugar

2 tbsp vinegar (preferably cider vinegar)

¼ tsp salt

¼ tsp pepper

¼ tsp garlic powder (optional)

Dash of hot sauce (optional)

1 egg

1 ½ pounds lean ground beef

½ cup quick-cooking oats

Cooking spray

### ***Method***

Preheat oven to 350 F (180 C).

Mix together ¼ cup of the ketchup plus the onion, parsley, brown sugar, vinegar, salt, pepper and egg.

Add ground beef and oats; stir until just combined.

Shape mixture into an 8 X 4-inch loaf on a broiler pan coated with cooking spray.

Brush the remaining ¼ cup ketchup over meat loaf.

Bake at 350 F (180 C) for approximately 1 hour + 10 minutes, or until loaf is done.

Let stand for 10 minutes before slicing. Cut into 8 slices (1 slice = 1 serving).

### ***Nutrition Information***

Each slice has approximately 257 calories, 24 g protein, 13 g fat, 11 g carbohydrate, 1 g fibre, 182 mg sodium, 374 mg potassium and 204 mg phosphorus.