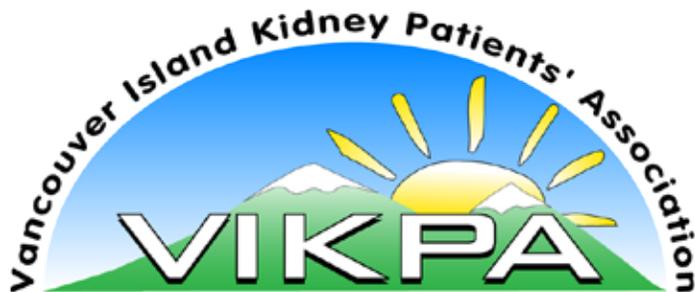


The Renal Review

Fall 2013

Vancouver Island Kidney Patients' Association



President's message



[Cheryl Jones](#)

Thanks

Our treasurer, Etienne Dubé-Blais, has had to step down because of an unexpected schedule conflict. We thank him for his work, and thank Erica McMonnies for taking on the job of treasurer as well as remaining our bursary chair and Tweeter. Erica is very qualified to hold this position and VIKPA is lucky to have her on board.

Let's talk

I am particularly pleased to have in this issue part 1 of an article about the dialysis and transplant experience, written by our Vice President, Gary Pollock. We hope it's helpful to new patients and their friends and loved ones.

We have heard from some patients who are new to the renal program through emails and by phone. If you or a loved one would like to talk to someone who understands the challenges that those with Kidney Disease and their families face, we're willing to help.

That includes all patients, not just new ones, because we know that everyone's situation changes with time, bringing new challenges and stresses. Email us at info@vikpa.org, or leave a message at (250) 595-3650.

Mark Your Calendar

Our major fundraiser this year will be our fourth annual **Silent Auction** on Wednesday March 5, 2013 at Royal Jubilee Hospital (details later in this issue). We rely on fundraisers, donations, and memberships to provide patients on Vancouver Island with many comfort items, grocery gift cards to those in need (done through social workers), equipment such as dialysis chairs, Transonic monitors, Stryker beds, IV pumps, BP cuffs, emergency fund, and other and services that are otherwise not provided.

Also, please make note of our **Christmas lunch**, at noon on Thursday Dec. 19 in the Renal Boardroom, 2nd floor, Royal Jubilee Hospital. All members are invited. Bring a \$2 gift and be prepared for games.

Speaking of where the money goes ...

We recently completed the purchase of another Transonic monitor and have heard from some patients that their units may be in need of new dialysis chairs. We'd like to hear from you if your unit is in need of any equipment or comfort items, because we will soon be doing our budget and goals for 2014. Drop us a line, make a phone call or email us at info@vikpa.org.

Follow us online

Every month a few more people elect to receive their newsletter by email, saving us money. But remember, we're also on Twitter (@VIKPA2) and Facebook (look for "Vancouver Island Kidney Patients' Association").

Mark your calendar ...

... for VIKPA's fourth annual Silent Auction.

**Wednesday, March 5, 2014
in the Royal Jubilee Hospital Lobby
9:00 a.m. to 3:30 p.m.**

The auction promotes kidney month and raises funds for VIKPA to help Island kidney patients.

Each day, on average, fifteen Canadians learn that their kidneys have failed, often due to diabetes or hypertension.

Support Kidney Month and VIKPA by attending this event . Your donations and this auction are the lifeblood of our organization.

We'll have dozens of Silent Auction Items, including a return trip for two to Jasper from VIA Rail, and a return trip for two to Port Angeles by ferry with accommodations. The popular 50/50 draw will also return.

If you have items you wish to donate, please call Lita Rolofs at 250-592-3643

For more information, email us, info@vikpa.org, or leave a message at 250-595-3650.

History of VIKPA, part 3

from Laurie Pollock, our historian

From 1976 to 1980, fundraising events continued to be the main focus of the association.

The VIKPA board was looking into a new apparatus called a "Portable Kidney" or "Suitcase Kidney" which was to be placed in a trailer up island so kidney dialysis patients could have a holiday away from home.

In 1977 the first newsletters were sent out to all the members [*editor's note*: this was ten years before it was possible to do it on a computer].

Speakers such as Dr. Atkins and renal dietitian Judy Duboski were brought in to provide information for kidney patients.

The association was represented at the various Health Festivals held in Victoria through these years.

As of December, 1980, there were eight VIKPA-provided television sets up and running at the Renal Unit of the Royal Jubilee Hospital. [*editor's note*: Patients could have watched Dallas, The Dukes of Hazzard, M*A*S*H, Archie Bunker's Place, or the CBC news with Knowlton Nash.]

You can be part of this newsletter

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

We welcome your feedback ...

What do you like or dislike about this newsletter? Are there things you'd like to see here? Would you like to see more of some things, and not as much of others?

... and your advertising

Would you like to help VIKPA while helping your business? How about placing a business card ad in this newsletter? The rate is \$50 for one issue, or \$150 for four issues.

For all of the above, please email us at info@vikpa.org or leave a message at 250-595-3650.

VIKPA Awards

The Dee Sangha Award and Gordon Duthie Bursaries are awarded annually. Further information can be found at www.vikpa.org under the 'services' tab.

Dee Sangha Award

Purpose: To reward a Vancouver Island kidney patient and member of VIKPA with the same "CAN DO" attitude that Dee Sangha exuded.

This award is to assist a renal patient in improving their life while facing the everyday challenges of living with kidney disease.



Congratulations to Daphne Brookes!

Daphne is a pre-dialysis patient - but that doesn't stop her from being very active in her community.

Daphne has been volunteering at a local elementary school for the past five years

reading with students and supervising the lunch hour chess club. She also spends her time visiting with patients in local care homes and hospitals, and is considering volunteering for Junior Achievement Canada.

Daphne is very involved with supporting her children, grandchildren and great grandchildren.

On top of all that, Daphne has returned to school part time at Vancouver Island University, where she is over halfway through her studies towards a Bachelor of Arts degree in Social Work.

Daphne is also one of this year's recipients of the Gordon Duthie Bursary.

Gordon Duthie Bursary

Purpose: To assist a Vancouver Island kidney patient who is a VIKPA member in good standing, their spouse, child or grandchild, to attend an accredited post-secondary institution in Canada in order to improve their employment skills or qualifications.

VIKPA congratulates the 2013 recipients:

John McGoff is a post transplant patient and is studying at Camosun College. John plans to transfer to UVic in 2014 to complete a Bachelor's degree in Psychology. His long-term goals are to obtain a Master's degree in either psychology or criminology and to work for the United Nations or the RCMP.

Paige Owen, daughter of a Vancouver Island hemodialysis patient, is at North Island College in the Communications Design Program. She plans to continue her studies at a university and attain a degree in environmental or architecture design.

Amanda Bens, daughter of a Vancouver Island home hemodialysis patient, is studying at U.Vic. She has her Bachelor's degree in Education and is now completing her Post Degree Program.

Radoslaw Drogosz is the son of a Vancouver Island transplant patient and is at Selkirk College, in his second year of Aviation training.

Anairen Payne, grandson of a Vancouver Island hemodialysis and transplant patient, is studying at the Visual College of Art and Design. His long-term goal is work in the video game industry.

Lindsay Miles, daughter of a Vancouver Island hemodialysis patient, is at U.Vic completing a Bachelor of Arts in Anthropology with a minor in Public Administration. She hopes to do community-based action research upon graduation. Her long-term goal is a Master's degree in Medical Anthropology.

Daphne Brookes - see text at left

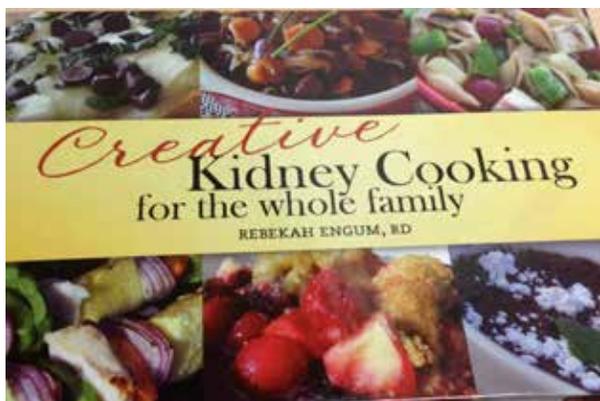
In Memoriam

Our deepest sympathy goes out to the families and friends of renal patients who have passed away in recent months: Philip Anderson, Lawrence Bartleman, Janis Bath, Lilly Beerwart, Gary Dobson, Alfred Foxgord, David Greig, Kenneth Jones, Philip Kolb, Robert Lumsden, Judy Olson, Harold Ramey, Jacques Slik, Allan Thornton, Duncan Williams.

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.

Kidney-Friendly Cookbook Available in Libraries and Stores

by Jane Tosney, RD Victoria Kidney Care Clinic Dietitian



Creative Kidney Cooking for the Whole Family is now available through the Greater Victoria Public Library (GVPL). The author of this appealing cookbook, Rebekah Engum, is a renal dietitian who herself has chronic kidney disease and is a two-time kidney transplant recipient.

This cookbook includes easy-to-follow, kidney-friendly recipes, nutrition information for each recipe, and tips for reducing sodium, potassium and phosphorus. Additional information about the cookbook is available through this link: creativekidneycooking.com/index.html.

Copies of the cookbook are available at three GVPL branches:

- Central Branch, 735 Broughton St., 250-382-7241
- Nellie McClung Branch, 3950 Cedar Hill Road, 250-477-7111
- Juan de Fuca Branch, 1759 Island Highway (West Shore Rec. Centre), 250-391-0653

GVPL users can also go online at gvpl.bibliocommons.com/ to place a "hold" on the cookbook, and can select to have it available for pick-up at their nearest library location. Patients who wish to purchase a copy can check with their local bookstores. Bon appétit!

About VIKPA

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

VIKPA provides items and services to renal units and individuals, and advocates for renal patients on Vancouver Island by attending Hospital Advisory Committees and presenting patients' concerns and needs.

Our address is: Box 5145, Station B, Victoria, BC V8R 6N4

Voice mail: (250) 595-3650 Web: www.vikpa.org Email: info@vikpa.org

President: Cheryl Jones

Vice-President: Gary Pollock

Secretary: Wally Rolofs

Treasurer: Erica McMonnies

Members at large: Lita Rolofs, Tim Hicks, Matt Stanley

Membership update

Why not invite someone to join VIKPA? It's a great time to do it, because memberships received in November or December will be considered 2014 memberships.

You can join or renew online at www.vikpa.org - click on the "MEMBERSHIP" tab near the top of the page. But of course we're always happy to receive a cheque in the mail; you can use the form at right.

Donations

If you wish to make a donation to VIKPA, do it online at www.vikpa.org or by paper when you do your membership by mail (there's a form in each newsletter).

You have just over two months left to make charitable donations for the 2013 tax year.

100% of money donated to VIKPA goes towards renal patients on Vancouver Island. We are 100% volunteer-based.

Want to hold a fundraising 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 done for us as a spaghetti dinner, a pig roast, dinner/dances, auctions, garage sale, golf tournaments, raffles, casinos etc. If you fundraise for something specific for your renal unit, let us know and we can accommodate special requests.

Dialysis at Sea

In the Renal Links section of our website, we have a listing for Dialysis At Sea, an organization that buys cabins on cruise ships and arranges dialysis facilities onboard. VIKPA president Cheryl Jones says she has had many patients report back that it worked well for them. If you'd like more information, visit www.dialysisatsea.com or ask for the information package from info@vikpa.org

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: Pre-dialysis Hemodialysis
 Peritoneal dialysis Transplant
 Family member Care worker
 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

My transplant experience, part 1

by Gary Pollock, VIKPA vice-president

I have had issues with gout since I was a child. Early on, it was put down as I was being lazy, didn't want to participate, or just trying to get attention. In my late teens and early 20s, I experienced more and more discomfort. I just associated it with sports injuries I had over the years. On a dare, I tried sky-diving, and landed on a rock, breaking my foot and ankle. During this stay in the hospital, tests showed very high uric acid levels, and further tests showed protein in my urine and an elevated creatinine level.

I was referred to a nephrologist in Victoria, and from there to Kidney Care in Victoria. I strongly believe that this early intervention kept me off dialysis for many years. During early intervention, your dietitian is your best friend. Following a renal diet will prolong your time off dialysis, and perhaps even let you avoid it. I became obsessive about my diet, and was able to stay off dialysis for many years. But eventually I could see my kidneys failing a little at a time. Visits went from every six months to every three, then to monthly. On the graph where I plotted my numbers I could see the angle of decline becoming steeper and steeper.

In the months before dialysis, I was constantly tired and sick, with severe joint and muscle pain and swollen legs from my kidneys not being able to remove the fluid properly. I had problems concentrating, and sometimes thought and acted irrationally.

I forgot what it was to wake up and even feel decent, let alone good. As the months progressed, my GFR dropped steadily, and my creatinine levels increased, as did some other electrolyte and toxin levels.

Glomerular filtration rate (GFR) is a test used to check how well the kidneys are working. Specifically, it estimates how much blood passes through the tiny filters in the kidneys, called glomeruli, each minute
-- Medline

My biggest problem was an inability to control potassium levels, and I was experiencing heart issues. The decision was made, and I had a peritoneal tube put in. This healed, and soon I started dialysis.

I started a home dialysis program of treatments four times a day through a line inserted in my belly. It ended up not working well for me and two years later I started hemodialysis at the hospital, then moved quickly to a community unit.

During my time on dialysis, I was able to work and live a relatively normal life. I was one of the fortunate people who had few effects from dialysis, other than the normal tiredness after a session. I did, however, have a blood disorder called polycythemia rubra vera. This is an overproduction of red blood cells, and this led to many clotting issues. I got to be a regular customer in angioplasty. Over twelve years, I had one failed fistula and two failed grafts.

A surgeon creates an AV fistula by connecting an artery directly to a vein, frequently in the forearm. This causes more blood to flow into the vein. The vein grows larger and stronger, making repeated needle insertions for hemodialysis treatments easier. For the surgery, you'll get a local anesthetic. In most cases, the procedure can be performed on an outpatient basis.

If you have small veins that won't develop properly into a fistula, you can connect an artery to a vein using a synthetic tube, or graft, implanted under the skin in your arm. The graft becomes an artificial vein that can be used repeatedly for needle placement and blood access during hemodialysis. A graft doesn't need to develop as a fistula does, so it can be used sooner after placement. -- kidney.niddk.nih.gov/

Because of this, along with my rare blood type, I was not a good candidate for transplant.

(continued next issue)