

## Volume 15, Issue 1—January 2020

### Social Worker's Corner: "Coffee and Convo"

*Happy New Year Everyone*

This is Fred Barnhouse your NPR (Kidney Network Patient Rep). I would like to kick off 2020 with our first "Coffee and Convo" at 11:00 AM on Thursday Jan 16, 2020.

We will meet at Mercy Health Plaza (5264 Council St. NE), and utilize the Dialysis conference room. We will start with introductions and then I need your input as to things you feel could be improved as well as things that are being done well. Without your input I cannot make management aware of any concerns you may have.

Attendance is optional but I would truly like to get to know each and every one of you (both Hemodialysis and Peritoneal Dialysis patients).

Thanks,  
Fred Barnhouse

PS: No Matter how bad things may seem to be there are a lot of things far worse than Kidney Disease.



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**Care Conference  
January  
23rd**

Sign up in the waiting room

Join us here at the Plaza for  
**Coffee and Convo  
January  
16th at 11:00am**

# Mercy Dialysis Product Pages

— nutrition news you can use!

DIETITIAN  
RESEARCHED



All varieties are okay



All varieties are okay



All varieties are okay



All varieties are okay



# Mercy Dialysis Product Pages

— nutrition news you can use!



All Nestle Splash varieties contain sodium polyphosphate

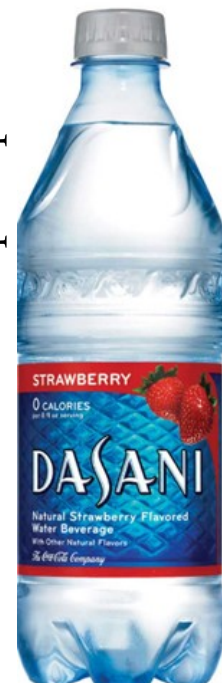


All Propel varieties contain hexametaphosphate

All varieties contain phosphorus



All varieties contain phosphorus







## Recipe: Veggie Egg Bake (makes 12 portions)

### Ingredients

- 3 English muffins (halved— six slices)
- 1 Dozen eggs
- 2 cups of unsweetened original almond or rice milk
- 1 cup shredded mozzarella cheese
- 1/2 cup canned mushrooms (rinse and drain)
- 1/2 cup diced onions
- 1/2 cup diced bell pepper
- 2 tsp. minced garlic
- 1 tsp. black pepper
- 2 tsp. ground mustard
- 2 tsp. dried oregano
- 1/2 tsp. dried rosemary

TIP: Prep  
the day  
before



### Directions

1. Crumble English muffin into a 9"x13" baking dish
2. Beat eggs and unsweetened original almond or rice milk together in a bowl
3. Add remaining ingredients to egg mixture and stir well
4. Pour egg mixture over crumbled English muffin in baking dish
5. Cover with plastic wrap and refrigerate 8-10 hours (to soften English muffins)
6. Preheat oven to 350° F
7. Remove plastic wrap, bake uncovered for 1 hour

### Nutrients

Calories: 177kcal	Sodium: 343mg
Protein: 11g	Potassium: 147mg
Carbohydrates: 17g	Phosphorus: 187mg
Fate: 7g	Calcium: 152mg
Cholesterol: 218mg	Fiber: 1g

# Gout and Kidney Disease

## What is Gout?

Gout is a type of arthritis that causes swelling and pain in your joints. Gout is considered a chronic disease, meaning it does not have a cure and will usually last your whole life. Gout often happens in the big toe but can affect other joints like elbows, knees, hands, and ankles.

1 out of 10 people with chronic kidney disease (CKD) have gout.

## Kidney disease can lead to gout

One cause of gout is a build up of excess uric acid in the body. When you have CKD, your kidneys are not filtering out waste from your body as they should, one of the waste the kidneys filter is excess uric acid. This inability to filter out the excess uric acid causes the build up in the body that may lead to gout in those with CKD.

## There are certain things you can do to help control gout:

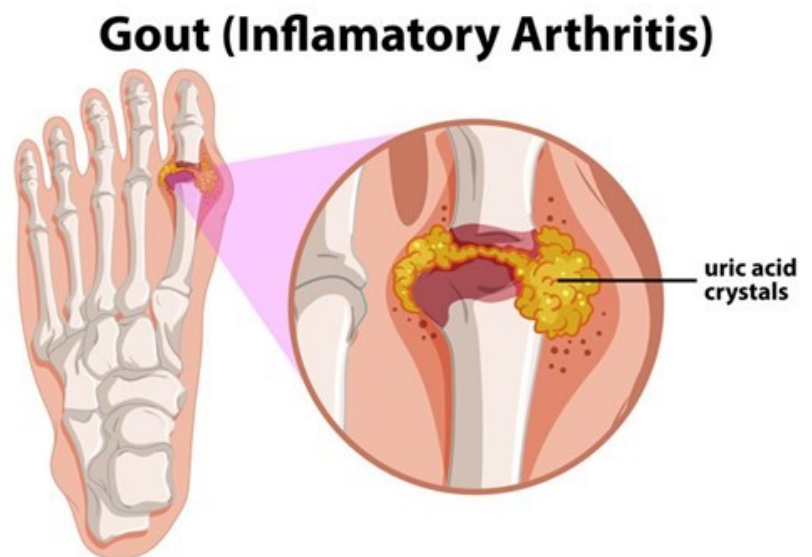
- Keep a healthy blood pressure
- Keep a healthy blood sugar level
- Keep a healthy weight
- Take your medicines exactly as prescribed by your doctor
- Follow a diet low in purines, alcohol, and foods with high fructose corn syrup and sugar content
- Eat a healthy diet rich in fruits, vegetables, and whole grains
- Exercise at least 30 minutes a day, 5 days a week

## Foods and drinks that may be good for gout

### Foods with vitamin C

Some foods like cherries and fruits and vegetables high in vitamin C have been shown to lower the level of uric acid in your blood, which can have a positive effect on gout. Some foods high in vitamin C are:

- Cherries
- Oranges
- Strawberries
- Bell peppers
- Pineapples



(Continued on next page)

## Gout Continued

There is mixed evidence about whether cherries, and foods with high vitamin C can help prevent gout. Eating these foods will not treat gout the way that medicines can. In some cases, they may help improve your condition in some way.

### Foods and drinks to avoid when you have gout

Alcohol is a trigger for gout attacks. When you drink, your kidneys work to filter out alcohol instead of uric acid, leaving uric acid to build up in your body. Beer is especially bad for gout because it has purines.

Sugary drinks (like soda), sugary foods, and foods with high fructose corn syrup should be limited because of their connection to gout. There is less evidence about why these foods and drinks increase the risk of gout, but some connection has been found.

Foods that are high in purines should be completely avoided since they contribute to creating uric

- Animal organs (brains, sweetbreads, kidneys)
- Anchovies
- Asparagus
- Dried beans and peas
- Gravy
- Herring
- Liver
- Mackerel
- Mushrooms
- Mussels
- Sardines
- Scallops

Content courtesy of the National Institutes of Health (NIH):  
<https://www.niams.nih.gov/health-topics/gout#tab-living-with>

## Goal Setting

**S**  
**Specific**  
Who, What, Where, When, Why, Which  
Define the goal as much as possible with no ambiguous language.  
WHO is involved, WHAT do I want to accomplish, WHERE will it be done, WHY am I doing this (reasons, purpose), WHICH constraints / requirements do I have?

**M**  
**Measurable**  
From and To  
Can you track the progress and measure the outcome?  
How much, how many, how will I know when my goal is accomplished?

**A**  
**Attainable**  
How  
Is the goal reasonable enough to be accomplished? How so?  
Make sure the goal is not out of reach or below standard performance.

**R**  
**Relevant**  
Worthwhile  
Is the goal worthwhile and will it meet your needs?  
Is each goal consistent with other goals you have established and fits with your immediate and long term plans?

**T**  
**Timely**  
When  
Your objective should include a time limit. "I will complete this step by month/day/year."  
It will establish a sense of urgency and prompt you to have better time management.

## Learn more about Home Dialysis



### A quick look at Peritoneal Dialysis:

This is the machine that our peritoneal dialysis patients use to do dialysis at home. It fits on a night stand and weighs about 16 pounds. All of the PD supplies are delivered monthly or twice a month if someone has a limited amount of storage. It is recommend you have a wall space of about 5 feet wide by 3 feet tall to store a one month supply of solution. PD patients come into the unit for a monthly clinic appointment where they meet with the entire care team together: the doctor, nurse, dietitian, and social worker. Patients on PD have 24 hour access to RN and machine support. PD home supplies that are needed to be provided by the patient include: antibacterial soap in a pump dispenser, antibacterial hand sanitizer in a pump dispenser, Q-tips, paper towels, and a night stand for cycler/machine and dialysis solution bags to sit on. The night stand should be at approximately the same level of the person when lying in bed.

### Consider the flexibility of Home Dialysis:

Peritoneal Dialysis (PD) uses your body's own membrane, the peritoneal membrane, as a filter to clean your blood slowly removing fluid and toxins more similar to your normal kidneys. PD eliminates trips to and from a clinic multiple times a week as it is done in your own home. The convenience of PD may also let you pursue your hobbies or travel. Most people enjoy the flexibility and independence that they have with PD.

**91% of US kidney doctors surveys would select home dialysis compared to in center.**

**78% of potential dialysis patients are suitable candidates for PD.**

Visit with Dr. Ahmed or Dr. Yacoub during their weekly rounds to see if you may be a candidate for PD.

If you are interested and would like to learn more about peritoneal dialysis please write your name on the slip below and return it to Jeannie and one our PD nurses will reach out to you.

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#### Peritoneal Dialysis Inquiry Form:

Please, return to Jeannie and one of our PD nurses will reach out to you soon.

**Name:**





# JANUARY



Machozi M. 1st

William P. 2nd

Kevin B. 3rd

Wayne M. 8th

Deborah M. 14th

Dennis B. 16th

Eugene 19th

Naomi A. 23rd

Marsha W. 25th

Richard N. 25th

# 2020

# #Goals

GOOD JOB!

REACH GOAL

STICK TO IT

GET TO WORK

MAKE PLAN

SET GOAL

ATTAINABLE

DRIVEN

HONEST

NEW

REALISTIC

TIME-BOUND

DEDLINES

EXCITING

MEASUREABLE

POSSIBLE

SMART

DETERMINATION

GOAL

MOTIVATION

PURPOSE

SPECIFIC

D	C	N	B	A	F	E	P	R	A	M	C	G	R	O
F	E	O	E	V	V	U	M	T	W	E	I	Z	O	Z
O	O	T	C	V	R	X	T	D	S	A	T	Z	P	H
O	N	D	E	P	I	A	N	E	W	S	S	B	K	F
P	T	O	O	R	I	R	N	W	G	U	I	X	E	D
O	O	S	I	N	M	I	D	S	F	R	L	J	X	R
M	E	S	A	T	L	I	D	I	Y	A	A	M	C	U
J	W	B	S	D	A	D	N	U	O	B	E	M	I	T
R	L	Q	A	I	C	V	I	A	R	L	R	Q	T	G
E	O	E	D	A	B	C	I	J	T	E	A	Y	I	X
M	D	G	R	R	L	L	Q	T	W	I	L	G	N	T
L	Y	G	K	M	K	F	E	O	O	A	O	Y	G	R
T	S	E	N	O	H	H	D	M	O	M	F	N	R	A
S	P	E	C	I	F	I	C	G	Q	F	Q	V	B	M
L	U	L	L	X	U	H	M	I	F	E	X	I	U	S



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Cedar Rapids, IA 52402

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Cedar Rapids, IA 52403

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