



Kidney Kronicle

Summer 2022

WWW.LHSC.ON.CA/RENAL

Caring for their Community

Each year, employees at the London McCormick Canada site raise money to give to a charity in their very own community. The LHSC Renal Patient Assistance Fund was highly advocated for, and we were very touched to have been chosen amongst the other incredible charities put forth. On June 4th, members of LHSC were invited to attend McCormick's annual Charity Day, and were presented with a cheque for an incredible \$41, 249 to help support patient needs!



THANK YOU McCormick Canada London for choosing the LHSC Renal Patient Assistance Fund as the recipient of this year's generous annual Charity Day Donation!

→ Your Kidney Corner: A Basketball Story ←

Cole Heessels, a grade 10 student from South Huron, has been chosen to represent Ontario in the Junior National Championship in P.E.I for wheel chair basketball in June of 2022! Cole was diagnosed with a rare genetic disease, atypical haemolytic uremic syndrome, which primarily effected his kidney function. Cole began his battle, including end stage renal disease, at a young age. Throughout his journey he faced complications that required amputation of his left hand and leg, and under went a kidney transplant surgery in 2014. These obstacles did not stop a bright young man from finding love in the game of basketball. Cole began playing basketball approximately 5 years ago, and shown great skill and dedication right from the get go. In an interview with the Stratford Beacon Herald, Cole said he would like to keep advancing with his basketball playing and said the Paralympic Games is a possibility someday. The Junior Provincial Wheelchair Basketball Team includes athletes of all genders as well as those with and without disabilities for those aged 24 and under. The program describes itself as “one of the most inclusive in the country.”. Wishing you the best of luck Cole, though it’s doubtful you will need it!!

To read the full story: www.stratfordbeaconherald.com. The Stratford Beacon Herald by Scott Nixon - March 3, 2022

Want to share your story? Submit via email to: renaladvisor@lhsc.on.ca



As things start to grow, BBQ's fire up, and salads become a staple, here is your reminder for some Renal Diet safe fruit and vegetables!
(Remember to always ask you dietician if you have questions!)

Fruit

- Apples
- Grapes
- Watermelon
- Pineapple
- Blueberries
- Peach
- Pear
- Pineapple
- Plum
- Raspberries

Vegetables

- Green Beans
- Corn
- Carrots
- Eggplant
- Lettuce
- Cucumber
- Carrots
- Onions
- Cabbage
- Peppers

Showdown in the Downtown

Oct 22/2022 5:00-10:00pm
Budweiser Gardens, London ON
14th annual charity professional combat sports event in the fight against Kidney disease!



New Canvas of Life: 50 Shades of Colour

Sept 13/2022 6:00-10:00pm
Museum London

An interactive entertainment event to help fund research for multiorgan transplant programs

For more information, or to buy tickets, visit www.lhsf.ca and see "Upcoming Events"

HOPEFULNESS: Warm Weather and COVID-19

As we move into a time where we get outside, gather with family and friends, and travel around the region, we want to remind you to do what you can to keep yourself safe!

It has been a long road since March of 2020, a time when COVID-19 changed our lives forever. With downward trends of positive cases, and the approval for a 5th booster dose, we are hopeful that this signifies some relief for our patients and colleagues. Research has shown the risk of hospitalization decreasing over time with additional number of vaccine doses, in particular with transplant patients, which demonstrates effectiveness with vaccination. Though things are taking a turn for the better, we still recommend that when possible, you maintain social distancing, try to wear your mask when out in public, always practice good hand hygiene, and get your booster when appropriate. If you find yourself feeling unwell, or if you test positive for COVID-19, call a member of your nephrology team right away, to assess if treatment options might be available.

We also want to remind you to take the time to ensure you are protecting yourself from sun exposure and dehydration while you venture your way outside to enjoy the summer weather. Make sure to wear and pack your sunscreen of SPF50 or more, bring water with you, and take breaks from the heat when needed.

Stay safe and have fun this summer! ☀️

KIDNEY FUN

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

PROTEIN	TRANSPLANT	PHOSPHORUS	BINDERS
GRAFT	CATHETER	FISTULA	ACCESSCENTER
SODIUM	BUN	NEPHROLITHIASIS	URINALYSIS
NEPHROLOGIST	PATIENTS	BPMONITOR	GFR
CREATININE	POTASSIUM	HYPERTENSION	KIDNEY

The Importance of Self Care

Setting aside time for self care in your daily routine can be challenging, but it is a vital aspect of achieving optimal health! The hardest part of self care is learning to say no to others, and yes to yourself. If you are feeling stressed/overworked, saying yes to others can lead to feelings of burnt out. It is okay to say yes to yourself, and to invest time into your own physical, mental, and spiritual health. Here are a few tips to try to add to your self care routine:

- Meditating, or mindfulness
- Writing in a journal
- Taking a walk
- Going on a bike ride
- Reading a book
- Listening to music
- Getting adequate sleep
- Eating right
- Exercise

You are worth the investment!

Start saying yes to YOU!

Lions Camp Dorset

Located in Dorset Ontario, the Lions Camp offers a great cottage experience with dialysis onsite! Despite its remote location, each year the camp provides time to various regional renal programs for patients to come stay with their families and enjoy a summer get away! Set up in the on site medical center, are 16 dialysis stations, running on a Monday, Wednesday, Friday, 2 shift rotation; accommodating 32 patients per day! Nursing staff will work closely with your home unit to ensure everything is set up to meet your dialysis needs. To attend, the camp does have admission requirements, and a nephrologist must review your health history and decide if you meet the criteria. For admission details and requirements, dialysis regional schedules, or to access the forms required for booking, please visit:

Camp Dorset's website at www.lionscampdorset.com.



Chipotle Shrimp Tacos

Prep: 45mins

Cook: 20 mins

Ingredients:

Pineapple Salsa

- 1 cup pineapple, chopped
- 2 tbsp green onions, chopped
- 1 tbsp red onion, chopped
- 2 tbsp cilantro, chopped
- 1 tbsp lime juice

Shrimp Tacos

- ¼ cup olive oil
- 2 cloves garlic, chopped
- 1½ tbsp Chipotle Mrs. Dash
- 1½ pounds shrimp
- 4 corn tortillas, taco size
- 2 cups cabbage, shredded

Directions:

1. In medium bowl, mix together olive oil, garlic and Southwest Chipotle Mrs. Dash. Toss shrimp into this mixture, coating shrimp well. Set aside to marinate while you put salsa together. Shrimp mixture can also be made ahead of time and marinated in refrigerator.
2. Mix pineapple salsa ingredients in a small bowl. Cover and set aside
3. Heat skillet over medium heat. Add shrimp mixture to pan and cook approximately 4 minutes, turning shrimp once, until heated through. (Shrimp can also be grilled in a vegetable type grill basket). Assemble tacos by dividing shrimp mixture among the 4 tortillas. Top with 1/4 cup shredded cabbage. And finally top each taco with 1/4 of the salsa mixture. Each taco will be overstuffed

Nutrition Information:

Calories 250

Carbs 22g

Protein 12g

Potassium 312 mg

Phosphorus 190mg

Calcium 77mg

For information on this Newsletter, please contact:

Ashley Papathanassiou PFAC Facilitator at

renaladvisor@lhsc.on.ca

or 519 685 8500 ext. 34411

Transplant Ambassador Program

Kidney Disease is not an easy thing to live with; no one knows that better than someone who has gone through it. From being diagnosed, to choosing a renal replacement therapy, or looking at transplant options, it can be an overwhelming and frightening experience. TAP's was founded in 2016 by a collection of volunteers who were passionate about increasing the number of living donor kidney transplants happening in our Province. Working in collaboration with the Ontario Renal Network and with Trillium Gift of Life, TAPs has become a part of Access to Kidney Transplant Strategy aiming at increasing living donation. The volunteers are made up of both donors and recipients who share their personal experiences and help guide others navigating their own renal journey. If you have questions, concerns, fears, or are just seeking more information or a different perspective, check out their website www.transplantambassadors.ca, or speak with one of your nephrology team members to be connected with a local TAPs volunteer.



Honouring Friends

We want to acknowledge, and sincerely thank, Janice Barret for her generosity with a donation to the Renal Patient Fund in the amount of \$1000 in memory of her 2 friends, Anna and Ron Haskell. This heart warming sentiment will be use to assist those in need of support in LHSC's Regional Renal Program.

If you would like to make a donation to the Renal Patient Fund to help support the renal patients in your community, contact London Health Science Foundation, at 519-685-8500 ext. 58248

