


Kidney Kronicle



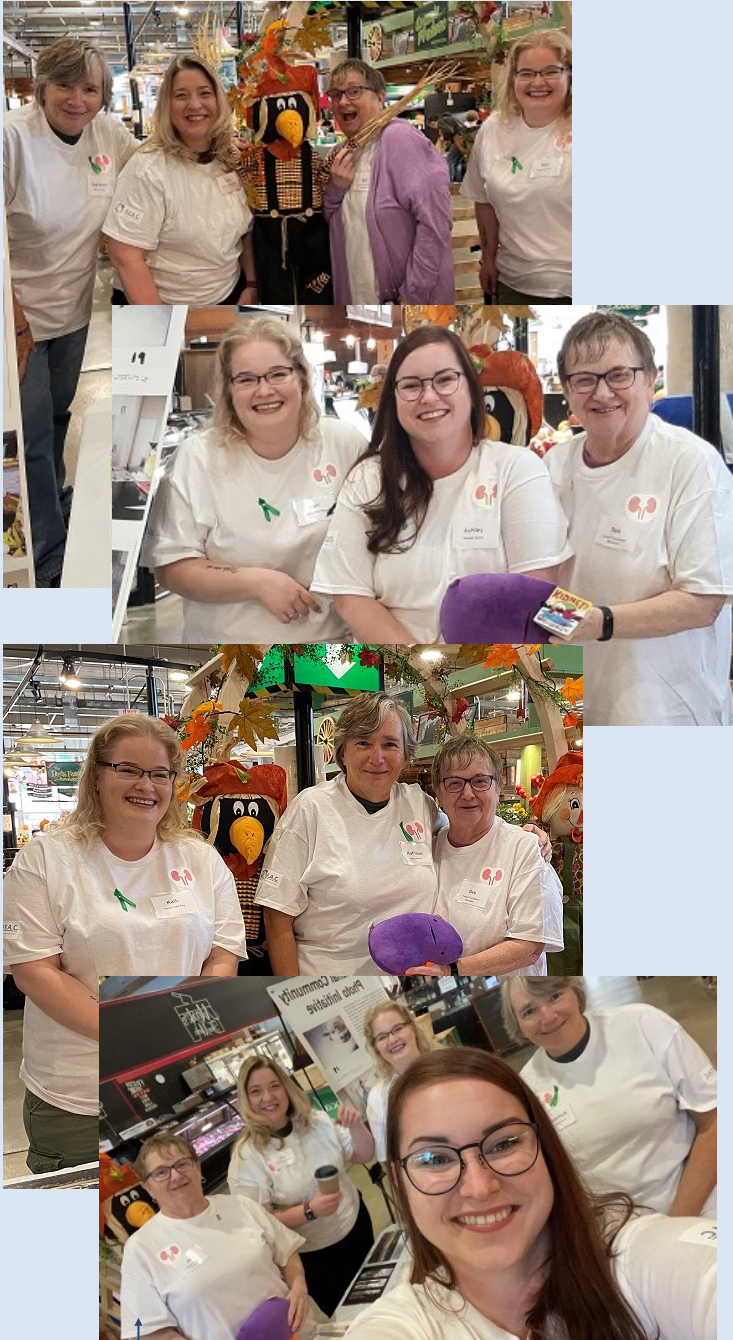
Fall/Winter 2022

WWW.LHSC.ON.CA/RENAL

Ask Me About My Kidney

Raising kidney health awareness in our community!

(Photos from Oct 15th Covent Garden Market event)



From Left to Right: Deb Beaupre (Co-Chair), Terri Chanda (Renal Program Director), Kalli Seiler (Staff Rep), Kathleen Anderson (Chair), Front: Ashley (RPN/PFAC Facilitator)



Obesity Management for Kidney Transplant: A qualitative study (OK TRANSPLANT 1)
Principal Investigator: Dr. Kristin Clemens

Share your experience with us

Our study team has set out to understand patients' experience living with chronic kidney disease and how their struggle with weight-management has impacted their lives.


We are dedicated to listening to your experience and driving change to develop weight-management strategies that are patient-centred and accessible.

This study is funded by Western University, The Western Strategic Support for CIHR Success, and The Collaborative Research Seed Grant.


We are recruiting locally at the Westmount Kidney Care Centre, Victoria Hospital, University Hospital, St. Joseph's Family Medical and Dental Centre, and St. Joseph's Hospital.

Schedule a one-on-one with us via:


 <p>VIRTUAL MEETING Cisco WebEx at a time and location of your preference</p>	 <p>TELEPHONE CALL at a time and location of your preference</p>	 <p>IN-PERSON INTERVIEW at a private and secure location at the hospital</p>
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Tell us about your routine care experience



Let us know about your current weight-loss support system



What can be done differently? Give us your feedback

Interested in participating? Let us know

E-mail us at EndoResearch@sjhc.london.on.ca

or call us at 519-646-6316

Please reach out to your nephrologist for more information on the study.

WE'RE GOING DIGITAL!

Our Kidney Kronicle newsletter will now be available via email! Help us save some tree's and broaden our readership!

To sign up, send an email to:

kidneykronicle@lhsc.on.ca

or scan the QR code! >

SCAN ME



*No personal information required.

*You may unsubscribe at anytime.



As we are settling in for the cold and snow that Fall and Winter bring, the LHSC Regional Renal Program is encouraging all people who are heading towards dialysis or people are currently receiving dialysis in-center or in satellites to consider if Home Hemodialysis or Peritoneal Dialysis would be suitable for your lifestyle.

25% of people on dialysis in our region are having dialysis in their living rooms, rec rooms and bedrooms. These people choose Home Dialysis for many reasons, including **reducing the cost and time for transportation, dialyzing on YOUR schedule** and leaving time to be at work, or with your family.

Home Hemodialysis lets you get high quality dialysis at a frequency that makes you feel the best. Specialized nurses partner with their patients and families to help support them to be safe and successful at home on hemodialysis.



Home Hemodialysis machine

Peritoneal dialysis (PD) is a dialysis treatment that is done **every day overnight while you sleep**. With PD your blood stays in your body and dialysis fluid is cycled in and out of your abdomen while you sleep. People who use PD need a catheter placed in their belly. They come and train in the Peritoneal Dialysis unit at LHSC's Kidney Care Centre in Westmount mall for 1-2 weeks.



Peritoneal Dialysis Cycler

Many people choose PD because they can continue to work or go to school. Dialysis overnight frees up your day to do what you want. Peritoneal Dialysis makes it easier to travel, no need to book dialysis treatments at your destination. Take your PD machine with you!

The PD team will support your plans to travel with PD and help get your supplies ordered to your destination.



Speak to your kidney doctor or with your Nurse Practitioner with any questions you may have.



I MET DEATH ON THE AVENUE ROAD BUS: A MEMOIR By Samantha Albert
Pickle Press | 302 pages | ISBN: 9781778200403
Release date: **SEPTEMBER 25, 2022**
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SAMANTHA ALBERT spent the last 22 years of her life learning that when you don't die from a critical illness, you have to live with it; she wasn't sure which was harder. Sam was a graduate with a Master of Fine Arts in Creative Writing from the University of British Columbia. Her work has appeared in *The Globe and Mail* and *Edible Toronto*. *I Met Death on the Avenue Road Bus* is Sam's first full-length book. An excerpt was short-listed for the Constance Rooke Creative Nonfiction Prize. Sam and her family lived in Stratford, Ontario. Sam died on April 16, 2021.

SamanthaAlbert.ca

I Met Death on the Avenue Road Bus:

A MEMOIR

"Samantha Albert's memoir glitters with joyful love, humour, and grace beyond measure. It is not just a delight to read, it is a literary gift."

Alison Wearing, bestselling author of *Confessions of a Fairy's Daughter*

"The last time I thought I was dying, I made pickles." So opens Samantha Albert's powerful, tender, and surprisingly humorous memoir of a life lived in the shadow of death.

In this posthumous work, Sam takes readers on the deeply personal journey of a young family with plans and dreams. This is not so much a book about illness as much as it is an answer to the question so many people, throughout their lives, must face: how do we live the life we have, rather than the one we hoped for?

I Met Death on the Avenue Road Bus is an intimate look at love, loss, and the power of choosing kindness in the face of crushing tragedy.

EXCERPT:

Kidneys are nothing short of miraculous. Everyone makes a big deal about the heart and the lungs, but without those kidneys working away in the background, life would be impossible. They help regulate blood pressure and red blood cell production and support bone development. They remove excess fluid and filter excess minerals and toxins out of the blood. They not only take out what's not needed, they know what's not needed. They read the body and perceive that you are holding too much potassium and remove the excess. They recognize outside toxins and filter those out. They know you're dehydrated after your day at the beach and don't produce as much urine.

Blood enters your kidneys "dirty" and exits scrubbed clean and fluid balanced. Every day the kidneys perform their magic on your blood over and over again. They don't sleep or take vacations. Smart and dedicated to boot, these are organs to celebrate.

My kidneys began their decline in secret. For years we hardly thought about them.

Cranberry Mint Mocktail!

Ingredients: 2 Servings

2 TBSP mint, divided
2 TBSP fresh cranberries, divided
1 cup diet cranberry cocktail, divided
1/2 cup sparkling water, divided
4 ice cubes

Directions:

Place mint and cranberries in 2 glasses.
Pour cranberry juice and water into each glass.
Add ice and enjoy.

Nutrition Information: Per serving

7.9 kcal
2 g carbohydrates
0.3 g protein
0.1 g fat
5.5 mg phosphorus
40 mg potassium
23.4 mg sodium

Apple Cider Smash!

Ingredients: 2 Servings

1 cup apple cider, warmed
1 oz. spiced rum
1 tsp cinnamon
2 slices of apple

Directions:

Pour apple cider and spiced rum into 2 glasses.
Garnish with cinnamon and apple slices. Enjoy warm or cold.

Nutrition Information: Per serving:

100.9 kcal	
18.6 g carbohydrates	0.1
g protein	0.1 g
fat	2.7 mg
phosphorus	23.8 mg
potassium	12.8 mg so-
dium	

Hospital to home support



Recovering from a hospital visit can be overwhelming for a patient and their family members. Our companions & caregivers are here to help patients feel safe and supported on their journey from hospital to home.

The London Regional Renal Program is recruiting members to be Patient and Family Advisors

Are you,

- ✓ A renal patient at LHSC?
- ✓ A previous renal patient at LHSC?
- ✓ A family member or caregiver of a previous or present LHSC renal patient?

We are looking for individuals to provide the Renal Program with their perspective and ideas on how we can better serve patients and family members.

Your input will help us make improvements in the planning, delivery and evaluation of renal care for patients in London.

- ✓ Advisors will be comprised of volunteer positions.
- ✓ PFAC meetings are held once per month (September-June from 4:00-6:30pm)
- ✓ We ask for a 1-4 hour commitment each month



For information on this Newsletter, please contact Patient and Family Advisory Council at:
renaladvisor@lhsc.on.ca
or 519 685 8500 ext. 34411

For more information and to obtain an APPLICATION FORM, please contact:

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