

## Volume 15, Issue 2— February 2020

### The Heart and Kidney Relationship

Kidneys play a major role in regulating blood pressure. At any given moment, healthy kidneys ensure that blood levels of water, salts, and other key chemicals (such as potassium, calcium, and phosphorus) are in perfect balance. When kidneys begin to fail, this very precise system starts to fall apart. Often dialysis patients experience high blood pressure due to the damaged kidneys not filtering out excess minerals, and fluids.

In efforts to balance the build up of these minerals, the body retains extra fluid in the blood due to the kidneys not filtering them out. High blood pressure is caused due to this extra fluid, which can further damage and scar blood vessels throughout the body including in your kidneys. Scar tissue build up makes it even harder for blood to flow through the body, making the heart work harder to pump your blood around your body.

As your heart works harder to pump blood through the body, it begins to thicken and grow larger (like any muscle that gets is used a lot). Ultimately, your heart begins to get tired and loses its ability to pump. When this happens, your heart can not pump blood to all parts of your body (also known as Heart Failure).

#### What else affects my risk for heart disease?

- Weight: overweight
- Smoking
- Age: men older than 45 and women over 55
- Family history of heart disease
- Diabetes
- Not getting regular exercise
- High levels of fats like cholesterol in the blood
- High blood pressure

\*Talk with your doctor if you have questions.

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### Care Conference February 27th

Sign up in the waiting room

Join us here at the Plaza for  
**Coffee and Convo**  
**February**  
**20th**  
**at 11:00am**

# Mercy Dialysis Product Pages

— nutrition news you can use!

DIETITIAN  
RESEARCHED



**Choose This:**

Dump Salt, and develop a new found LOVE for cooking with herbs and spices!

Cut back on the amount of butter, salt, and sugar you cook with by using more of these herbs and spices! By doing this you may experience additional health benefits such as improving blood pressure and reducing inflammation in your body (Note: Inflammation contributes to your low albumin) while adding flavor to your food!



**Cinnamon:** Perk up your morning coffee or tea with Ground Cinnamon. Sprinkle ½ teaspoon over ground coffee before brewing.— you may no longer need your creamer!



**Oregano:** Add zest to pizza, sprinkle Oregano Leaves over it from the oven.



**Peppers:** Sprinkle hummus or guacamole with Paprika or add a kick by stirring in ¼ teaspoon Ground Red Pepper or Crushed Red Pepper.



**Rosemary:** Dress up your dinner rolls by brushing tops with olive oil, then sprinkling crushed Rosemary Leaves on just before baking, add to chicken, pork, cauliflower, peas or marinades.



**Turmeric:** Lightly dust hot popcorn or snack mixes with a dash of Curry Powder for a new taste sensation.



**Thyme:** Dress up beef, chicken, pork, fish, green beans, beets, carrots, or salad by adding thyme leaves.



**Basil:** Cook with beef, pork and most vegetables, or puree with olive oil for a pesto



**Bay Leaf:** Use with beef pork and most vegetables.



**Curry:** Add to beef, chicken, pork, fish, green beans, carrots, or marinades.



**Dill:** Use with beef, chicken, green beans, cabbage, carrots, peas and in dips.



**Ginger:** Use with beef, chicken, pork, green beans, cauliflower and eggplant. Add to lemonade or tea.



**Marjoram:** Add to beef, chicken, pork, green beans, cauliflower, or eggplant.



**Sage:** Best with chicken, pork, eggplant. Add to your favorite dressing.



**Tarragon:** Try on fish, asparagus, beets, cabbage, cauliflower, or marinades.

Adapted from: <https://www.kidney.org/atoz/content/spice>

# Mercy Dialysis Product Pages

— nutrition news you can use!



Look for salt substitutes that do not contain potassium chloride and have <10mg sodium/potassium per serving.

**\*\*ALWAYS** talk to your doctor before starting any herbal supplements.

## Herbs

**Ginseng:** May cause increased bleeding, increased heart rate or blood pressure

**Kava-kava:** May increase the effects of certain anti-seizure medications and/or prolong the effects of certain anesthetics. May cause serious liver injury. May worsen symptoms of Parkinson's disease. Can enhance effects of alcohol. May increase the risk of suicide for people with certain types of depressions.

**Licorice:** Certain licorice compounds may cause high blood pressure, swelling or electrolyte imbalances.

## **Lawry's Seasoned Salt**

**Salt:** high blood pressure, swelling, water retention

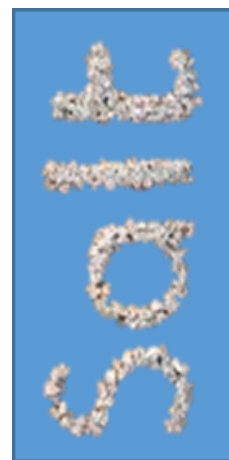
**Grill Mates:** Sodium (salt)

## Salt Substitutes

**Salt Free Seasoning:** 1/4 tsp contains 460mg of potassium

**Nu Salt:** potassium chloride

**No Salt:** 1/4 tsp contains 650mg of potassium



Note: Product ingredients are always changing. Please continue to read ingredient labels.



## **Mercy Dialysis “Coffee & Convo”**

Please join us for our 2<sup>nd</sup> Coffee and Convo!

**Thursday, February 20<sup>th</sup>  
11:00 a.m.**

Mercy Health Plaza (Conference Room)  
5264 Council Street NE

*Bring:* Your thoughts and ideas of how we can improve and what we are doing well!

Open to ALL patients (Hemodialysis/PD)



## Social Workers Corner Continued

Hi everyone,

This is Fred Barnhouse, your NPR (Kidney Network Patient Rep). I hope your year is off to a great start!

Since the January meeting had to be canceled, I would like to kick off 2020 with our ***“Coffee and Convo” at 11:00 AM on Thursday Feb. 20, 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.**



## Recipe: Mexican Seasoning Mix

### Ingredients

3 teaspoons chili powder  
 2 teaspoons paprika  
 2 teaspoons ground cumin  
 1 teaspoon onion powder  
 1/2 teaspoon garlic powder  
 1/8 teaspoon cayenne pepper

### Directions

1. Combine all ingredients
2. Use for your favorite Mexican Dish

try on tacos, fajitas, or quesadillas!

### Nutrients

Calories: 8 kcal

Protein: 0 g

Carbohydrates: 2 g

Fate: 0 g

Cholesterol: 0 mg

Sodium: 30 mg

Potassium: 38 mg

Phosphorus: 7 mg

Calcium: 9 mg

Fiber: 0.7 g

## Recipe: Barbecue Seasoning Mix

### Ingredients

4 Tbsp. dried Basil  
 4 Tbsp. dried sage  
 4 Tbsp. dried thyme  
 4 tsp. black pepper  
 3 tsp. dried savory  
 1 tsp. dried lemon peel

### Directions

1. Combine all ingredients
2. Use for your favorite barbecue dish

try on chicken, hamburgers, or ribs!

Mix with vinegar, lemon juice or olive oil to make a marinade

### Nutrients

Calories: 10 kcal

Protein: 0 g

Carbohydrates: 2 g

Fate: 0 g

Cholesterol: 0 mg

Sodium: 2 mg

Potassium: 60 mg

Phosphorus: 8 mg

Calcium: 64 mg

Fiber: 1.4 g

## 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:**



# FEBRUARY



Paul M. 8th	Mukesh P. 26th
Clara S. 7th	Robert H. 25th
Raymond H. 2nd	Michael E. 21st
John C. 28th	Andre B. 19th

## Love Your Heart

Created on TheTeachersCorner.net Scramble Maker

1. ESRXEECI

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2. LFUDI

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3. SMUIPSTOA

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4. CVTIGENESO RAHTE EFRIULA

---

5. ETRSKO

---

6. ISMODU

---

7. TRAHE ISEESDA

---

8. EDKYNIS

---

9. DBOOL PESERRSU

---

10. GNYXOE

---

11. TAEHR

---

12. LSSE THAN 401/90

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5264 Council St. NE  
Cedar Rapids, IA 52402

Mercy Medical Center  
701 10<sup>th</sup> St. SE  
Cedar Rapids, IA 52403

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502 N. 9<sup>th</sup> Ave  
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