

Volume 15, Issue 6—June 2020

Get to Know Your Fellow Dialysis Patients

Dialysis Patients,

This month I've been given the opportunity to introduce you to Pat Griffioen. Pat has been a Hemo Dialysis patient for the past 15 months.

Pat was born in Iowa City and went to school in Brandon and Jesup. Pat is a widow and has 3 children, Mark from Ely, Danny from Cedar Rapids and Sherri from Cedar Rapids. She has 1 granddaughter and 4 grandsons. I found it hard to believe, but she also has 2 Great Grandsons. Pat's family is the center of her life.

She spent the majority of her working career as a house wife. Her husband didn't want the children to see anyone else as "Mom," that title was reserved for Pat.

Don't get Pat upset because she and her husband owned a Karate School where she taught karate and gained her "Black Belt" along with several trophies.

Pat and her husband did extensive traveling for pleasure which included almost every state and one month in Australia and New Zealand. Colorado was her favorite state because of the serene beauty of the mountains and the availability of skiing that they offered.

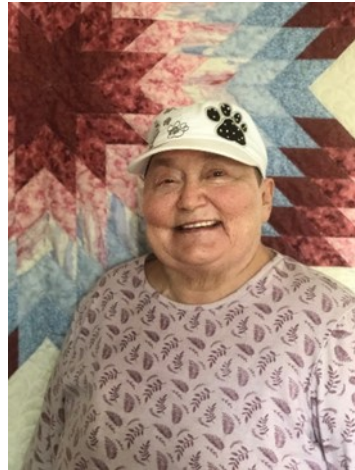
She enjoys reading (suspense and western books), sewing (quilting), TV (Disney Movies) and Ipad games (almost all).

Pat is a pleasure to visit with, I know because I see her three mornings a week just prior treatment. So, if you see her at dialysis or at the next "Coffee and Convo" be sure to say Hi.

Thanks,

Fred Barnhouse NPR

Pat Griffioen



***Interested in having your story published?**
 Contact Fred Barnhouse, your Patient Representative at (319) 899-1281, or let Mary the Social Worker know.

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Care Conference
June 25th
 Sign up in the waiting room

The Dialysis Newsletter is available online:

<https://www.mercycare.org/services/dialysis/newletters/>

Mercy Dialysis Product Pages

— nutrition news you can use!

DIETITIAN
RESEARCHED



Choose This:

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



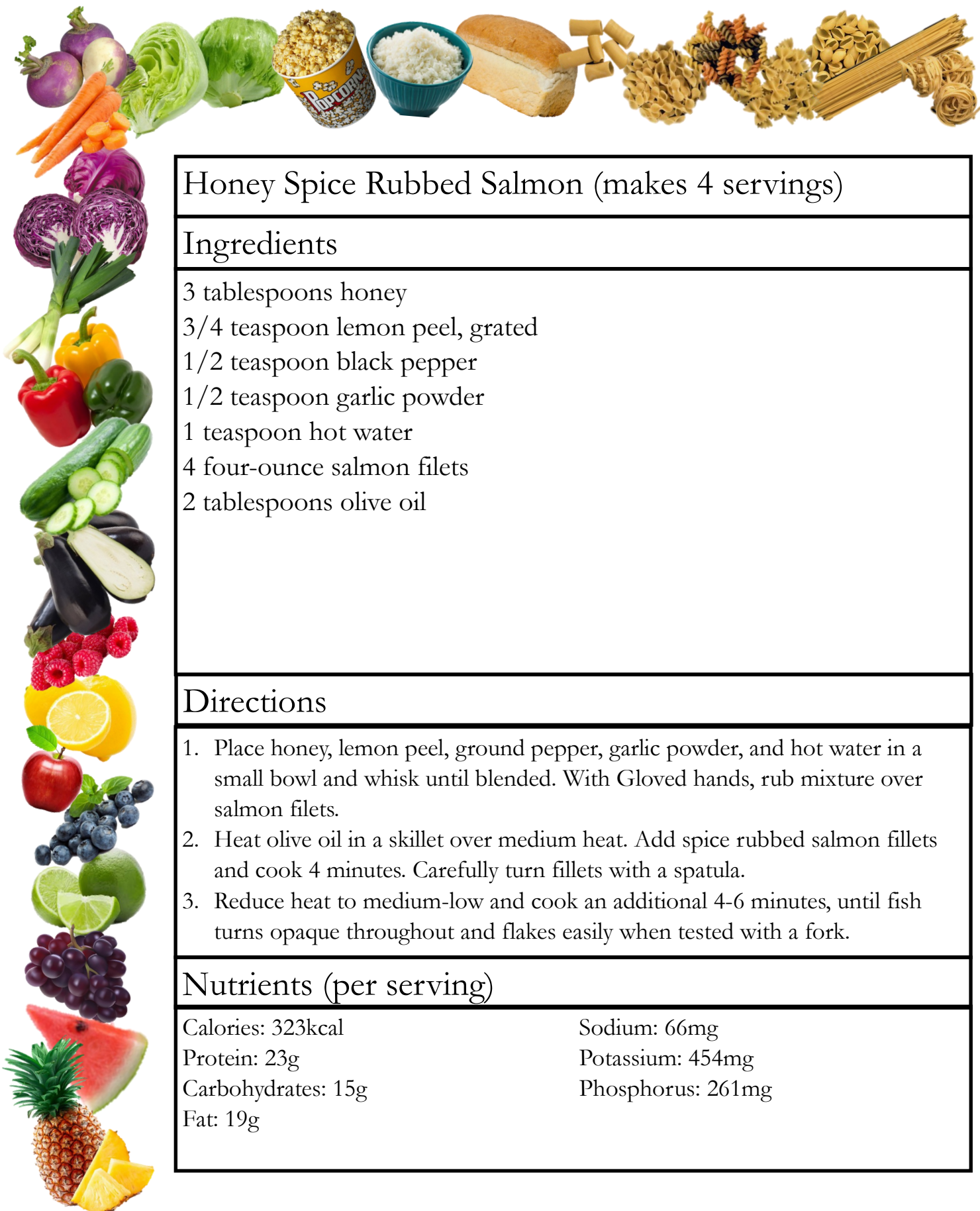
All Propel varieties contain hexametaphosphate

All varieties contain phosphorus



All varieties contain phosphorus





Honey Spice Rubbed Salmon (makes 4 servings)

Ingredients

- 3 tablespoons honey
- 3/4 teaspoon lemon peel, grated
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1 teaspoon hot water
- 4 four-ounce salmon filets
- 2 tablespoons olive oil

Directions

1. Place honey, lemon peel, ground pepper, garlic powder, and hot water in a small bowl and whisk until blended. With Gloved hands, rub mixture over salmon filets.
2. Heat olive oil in a skillet over medium heat. Add spice rubbed salmon fillets and cook 4 minutes. Carefully turn fillets with a spatula.
3. Reduce heat to medium-low and cook an additional 4-6 minutes, until fish turns opaque throughout and flakes easily when tested with a fork.

Nutrients (per serving)

Calories: 323kcal
Protein: 23g
Carbohydrates: 15g
Fat: 19g

Sodium: 66mg
Potassium: 454mg
Phosphorus: 261mg

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 surveyed 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 of our PD nurses will reach out to you.

Peritoneal Dialysis Inquiry Form:

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

Name:





Stress Awareness: Learning to Relax

Stress

We are all familiar with the word “stress.” It’s synonymous with change. Anything that causes a change in your life can cause stress, regardless of whether it is a positive or negative change. Getting a promotion or being terminated can both cause stress. If it is a change in your life, it is stress as far as your body is concerned. However, stress can help or hinder us depending on how we react to it. Positive stress can help propel us into action. Negative stress can result in health problems, such as high blood pressure, heart disease, and chronic migraines.

Everyone has stress. Sometimes we have short-term stress, the kind that hits us when we get lost while driving or when we miss the bus. Even everyday events, such as planning a meal or making time for errands, can be stressful. This kind of stress can make us feel worried or anxious.

Other times, we face long-term stress, such as racial discrimination, a life-threatening illness, or divorce. These stressful events also affect your health on many levels. Long-term stress is real and can increase your risk for some health problems, like depression.

Symptoms of stress

Stress can cause health problems or make problems worse if you don’t learn appropriate and healthy ways to deal with it. Talk with a qualified health professional if you have any of the symptoms below. It’s important to first make sure that your symptoms aren’t caused by other health problems.

- anxiety
- back pain
- constipation or diarrhea
- depression
- fatigue
- headaches
- high blood pressure
- insomnia
- problems with relationships
- shortness of breath
- stiff neck
- upset stomach
- weight gain or loss

Stress reducers

You first need to recognize when you’re feeling stressed. Early warning signs of stress include tension in your shoulders and neck or clenching your hands into fists.

The next step is to choose a way to deal with your stress. One way is to avoid the event or thing that leads to your stress — but often this is not possible. A second way is to change how you react to stress. This is often the better way.

Social Worker's Corner Continued

Other suggestions for reducing stress include avoiding caffeine, which can increase heart rate, anxiety, and adrenaline rush; trying cooperation instead of confrontation when frustrated with a coworker; scheduling recreation, which is essential for good physical and mental health; taking a hot bath and allowing the heat to reduce muscle tension; delegating work to responsible coworkers.

Coping skills

There are different kinds of coping skills, some good and some bad. Constructive coping mechanisms help us. They allow us to use stress toward something productive. Examples include exercise, reading, relaxing, cooking, playing, outdoor activities, listening to music, and not worrying about things we can't control, such as the weather.

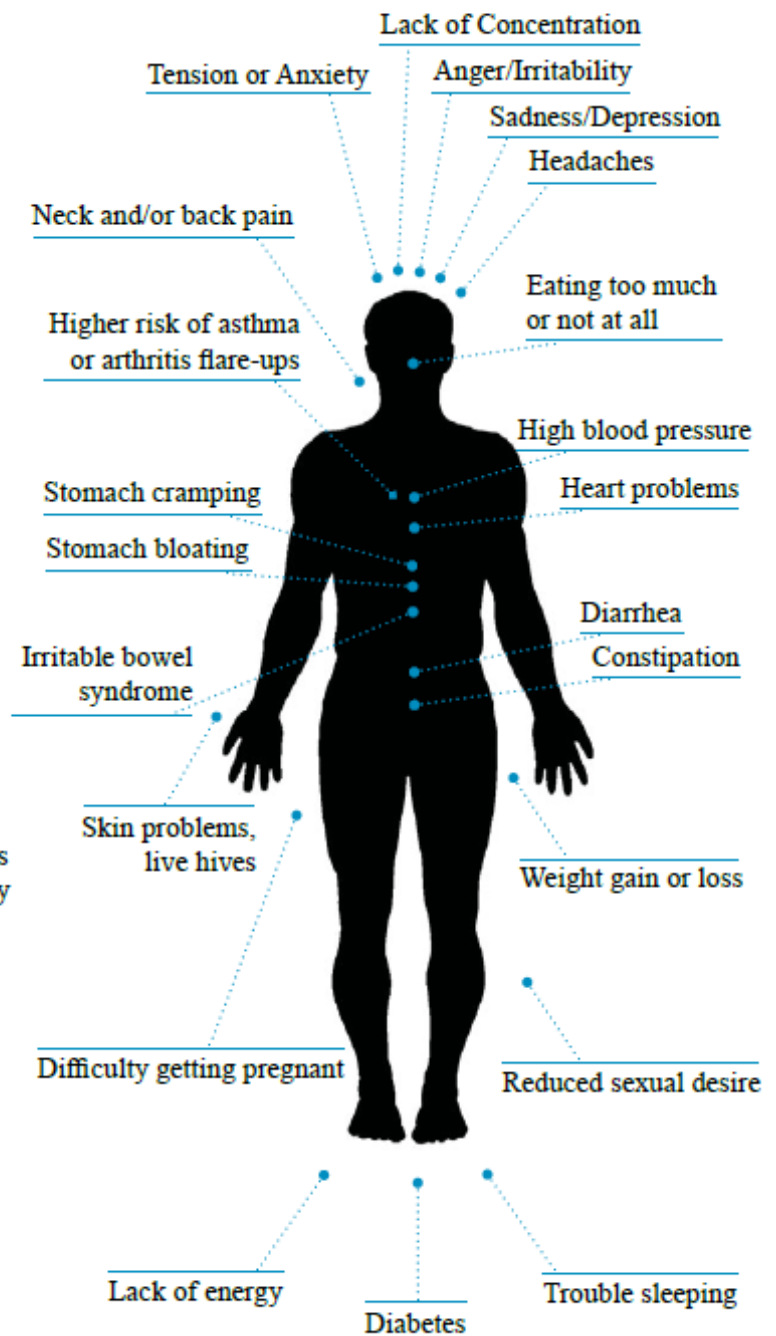
Destructive coping mechanisms hinder us. Not only are they negative health habits, but also they usually make us feel bad afterwards, and that makes us more susceptible to stress. Examples include smoking, drinking, violence, and eating poorly.

How does stress affect my body and my health?

Stress can have effects on your body. Research shows stress has serious effects on an individual's body. Stress triggers changes in the body and makes one more likely to get and worsen existing problems.

If stress is causing any of the problems listed, please make an appointment with your doctor who can provide suggestions that may reduce or help manage stress to keep you healthy.

Problems Caused by Stress



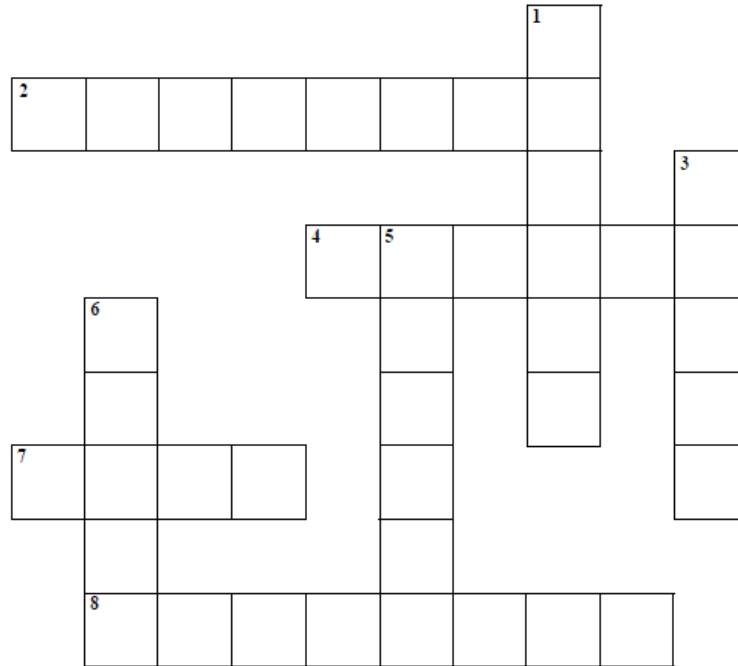


June

Gary B. May 3rd
 Dolores M. June 5th
 Cathy H. June 5th
 LuRie F. June 8th
 Lynn P. June 11th
 Albert C. June 20th
 Barbara S. June 22nd
 Scott M. June 25th
 Jermaine M. June 27th
 Joseph B. June 27th

Exercise to Feel Better Crossword Puzzle

Directions: Complete the crossword puzzle using the clues listed in the table about exercise and overall health.



Across

2. Do this regularly to improve your quality of life. _____
4. Even light exercise can improve _____ health.
7. Chair _____ is an easy form of exercise for dialysis patients.
8. Regular exercise can benefit _____ patients.

Down

1. Exercise as often as you can to feel _____.
3. Daily physical activity will help you _____ better at night.
5. Regular exercise can help increase _____ levels.
6. Exercise can help control _____ sugar.

This resource was developed while under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. Contract #HHSM-500-2016-00010C and #HHSM-500-2016-00012C. The contents presented do not necessarily reflect CMS policy. 20 Q-ESRD 03.049



ESRDNetwork10.org | ESRDNetwork12.org



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