

## Volume 13, Issue 8 — August 2018

### Keep Your Phosphorus in Goal Range

#### Why dialysis patients have elevated serum phosphorus and the consequences

- Healthy kidneys remove extra phosphorus from the body.
- When you have kidney disease, your kidneys cannot get rid of phosphorus very well.
- Extra phosphorus in the blood pulls calcium out of your bones, making them weak.
- High phosphorus and calcium may settle in your blood vessels and heart, known as calcification.

#### Phosphorus Management

- Almost all the foods you eat contain phosphorus.
- Control your phosphorus by limiting foods that are high in phosphorus and by taking your phosphate binders as prescribed.

#### AVOID phosphate additives

- Phosphorus additives in packaged and processed foods and beverages are added for

flavor and as preservatives.

- Foods with added phosphorus are more harmful than foods with natural phosphorus.
- Shop the outer edges of the grocery store and buy fresh foods.
- If you buy packaged foods, read food labels and look for “PHOS” (e.g. phosphoric acid, pyrophosphate).

#### Eat more Plant based Protein

- Phosphorus from vegetables is not used by the body as readily as phosphorus from meat.
- Vegetable protein choices may be used as a main dish in place of animal protein.
- Vegetable protein choices such as beans, other legumes, and tofu are also low in fat and cholesterol.

*(Continued on page 4)*

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### August Care Conference

Thursday  
August 23rd

Sign up in the  
waiting room

# Mercy Dialysis Product Pages

— *nutrition news you can use!*



**Better Choice: No added phosphates listed on the ingredient**



# Mercy Dialysis Product Pages

— *nutrition news you can use!*



**Avoid ANY added phosphates listed on the ingredient list— can vary within one brand**



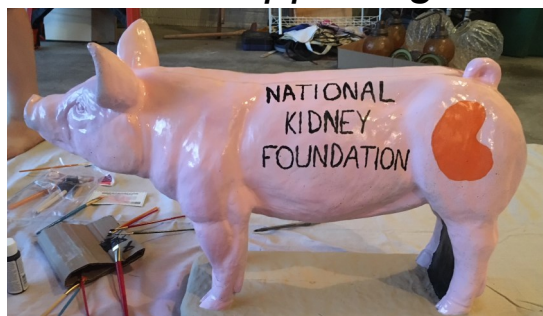
*Note: Product ingredients are always changing. Please continue to read ingredient labels.*

(Keep Your Phosphorus in Goal Range continued from page 1)

### Limit or AVOID dairy

- Milk and milk products are a good source of protein but they are also high in phosphorus and calcium.
- Limit milk to ½-cup per day or use unfortified almond or rice milk.
- You can also change recipe ingredients to reduce phosphorus from dairy (e.g. replace milk with a low phosphorus milk substitute such as rice or almond milk).

## Local Happenings



Look for the **#KidneyPig** at the Iowa State Fair! He will be to the East of "Little Hands on the Farm." We hope to raise awareness for the 41,500 Iowans with kidney disease through the Kidney Pig! **You can fill the grandstand over four times with that many people.** Take a picture at the fair with the pig and **#kidneypig** for a chance to win a prize!

*(make sure to make your post public so we can see)*

## August Recipe: Homemade Almond Milk

### Ingredients

- 1 cup raw, unsalted almonds
- 3 cups filtered water, plus water for soaking
- 1 teaspoon vanilla extract (optional)

Additional tools:

Cheese cloth

### Directions

1. Soak 1 cup raw, unsalted almonds in water overnight in the refrigerator (or at least 6 hours at room temp.)
1. Drain almonds and place in blender with 3 cups of water
2. Blend for about 2 minutes until almonds are finely chopped and liquid turns white
3. Strain liquid through cheese cloth to remove almond meal (discard almond meal)
4. Add vanilla to almond milk if desired
5. Refrigerate for up to 3 days, shake before drinking

**Makes 3, 1 cup servings**

### Nutrients for 1cup serving:

Calories	40 kcal	Sodium	6mg
Fat	3.0 g	Fiber	0 g
Cholesterol	0mg	Potassium	180 mg
Carbohydrates	2g	Phosphorus	40 mg
Protein	1g	Calcium	30 mg



Prescription Services Staffed with part-time licensed pharmacist, Certified Pharmacy Techs, and volunteers, the Prescription Services program typically distributes short-term medications for acute illnesses or injuries.

While this program is primarily for Community Health Free Clinic patients, uninsured individuals unable to afford the cost of their medications may be able to receive at CHFC with a written prescription.

The medications distributed through this program are a combination of **donated samples (i.e. left over sealed phosphorus binders, insulin, and syringes)** and purchased stock medications. *CHFC does not store or distribute controlled substances including narcotics, depressants and stimulants under Schedule II, III, IV and V of the Drug Enforcement Act*

**Prescription Services is located in the Medical Clinic.**

715 10th Avenue SE Cedar Rapids, IA 52401

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## Prescription Assistance Program (PAP)

For individuals with chronic disease who have long-term medication needs, the Prescription Assistance Program may be able to assist. Part-time staff and volunteers work with patients to apply for and receive medications through Pharmaceutical Company donation programs. *As these medications are donated by the companies and not CHFC, patients must meet the qualifications determined by the companies.*

**Hours:** Monday-Thursday: 9am – 1pm

<https://www.communityhfc.org/our-services/prescription-services/>

## 10 Best-Ever Anxiety Treatment Management Techniques



I went to an Anxiety Seminar in April and learned so much, so wanted to share. The title of the Seminar was “Ten Best-Ever Anxiety Treatment Techniques,” and was presented by Margaret Wehrenberg, Psy.D. She had wonderful information that I will

summarize for you here!

### Technique #1- Change Your Intake

Margaret spent a great deal of time talking about the makeup of our brains and the process our body goes through with all of the information that is taken in. If you are “out of balance” and feeling physical symptoms of anxiety, it may be time to change your intake. Margaret suggests Limiting C.A.T.S. (Caffeine, Alcohol, Tobacco, and Sugar and Sweetener).

**Caffeine-** Margaret’s research demonstrated out-of-the-blue panic caused by a person’s genetic makeup tends to be triggered by caffeine consumption.

**Alcohol-** A moderate amount of alcohol can quickly and temporarily induce a relaxed state of mind/body (however, the impact of alcohol is more complicated). Alcohol is an anxiety-causing agent, so alcohol leaves nerves in an agitated state.

**Tobacco-** Many anxiety-provoking effects of smoking exist, among the sensations of dizziness, tingling, shortness of breath, or just believing you should not be smoking because of the health risks associated.

**Sugar & Sweeteners-** Sugar can create anxiety-mimicking effects for people who might be hypoglycemic (i.e. sweating, flushing, nausea). Chemicals in our foods challenge our physical ability to process them.

### Technique #2- Breathe

To manage the anxious body, there is no single technique as effective as breathing. Controlling your breath can calm your physiology, even if you do not believe it is going to. Some different breathing methods include:

- Diaphragmatic breathing to interrupt panic *before* it starts
- Breathing to diminish and then stop panic when it has already started

### Technique #3- Practice Mindfulness

Mindfulness is a great way to relax your mind and body. It is a way of being present in the moment and observing (without judging or making meaning). Engaging in mindfulness directly relieves anxiety. It diminishes the physical impact of stress by allowing people to be more focused, more able to see solutions to problems, and more able to remain peaceful in the face of stress.

Some different types of Mindfulness practice are **Meditation, Body Scans, Mindfulness with Shifting Awareness, and Mindfulness for Panic Attacks.**

### Technique #4- Rest and Relax

When people are under stress, the stress hormone initiates several things, one being muscle tension. Under stress, people can develop illness and pain that intensifies any anxiety they might have. Recovering from and preventing damage from stress involves four things: **eliminating the stressor, managing time and environment, managing attitude and learning to relax.**

Tension in the body often stems from mental tension as well. For instance, people who are prone to panic tend to anticipate trouble, which causes tightness. Similarly, people with generalized anxiety are in mental overdrive, which produces tightness.

### Technique #5- Stop Catastrophizing

When a thought begins with “Oh, no!” (Or “catastrophizing”), your mind will assume the worst is happening. When you believe the worst is happening, you will act as though the worst is happening.

Margaret focuses on learning that a feeling is just a feeling. Reminding yourself that feelings or sensations of anxiety are just that, feelings or

sensations. The best thing to do is distract your attention away from the dread.

### Technique #6- Stop Anxious Thoughts

Margaret recommends that when you have a worry thought (or action); the best option is to erase the trace of that worry. To do this, she explains it is important to practice thought stopping and thought-replacement. Verbally telling yourself to stop a negative thought is a simple, effective way to stop yourself from ruminating. Once the thought has stopped, it is important to replace that thought with something positive (matching the intensity of the negative thought).

### Technique #7- Contain Your Worry

Margaret explains that no one can completely avoid worry all together, but you *can* contain it. She suggests doing the following:

- Making a list and outlining all the things that you could be worried about
- Plan accordingly and set a time when it will be necessary to think about the worry again

Another exercise Margaret lays out is physically containing your worry:

- Imagine a container sitting in front of you (it has a lid, but the lid is currently off).
- Create an image of all of the concerns in your life, and set them in the container.
- Put the lid on the container and set aside.
- In space you just cleared, invite thoughts that most need your attention to come forward.
- Also helpful, contain your worry in **time**. Set a period of time to worry about your concerns, but when that time is up, stop.

### Technique #8- Control TMA (Too Much Activity)

People who have anxiety typified by tension, worry and high-drive activity make their anxiety worse by developing a nonstop lifestyle. It is harder for people with anxiety to change this behavior as high activity diminishes anxiety. Occasionally, when this person holds still and slows down, especially when they have not planned how to use this downtime, the feelings of anxiety crescendo.

Tips to Control TMA:

- Plan for dreaded, unexpected “free” time.
  - o Make a list of things you can accomplish in specific time (things that take 30 minutes vs. all day).
- Counter perfectionism
  - o Find the negative consequences of perfectionism
  - o Stop using “all/never” language
  - o Plan for nonperfection
- Achieve balance
  - o Redirect TMA to enjoy life

### Technique #9- Talk Yourself into Changing Behavior

Managing your anxious mind depends on changing your self-talk (according to Margaret), which is how the anxious mind creates anxious behavior.

Changing your mind with more positive self-talk will change your anxious behavior.

Tips:

- Don't delay seeking help
- Change your self-talk
- Encourage intentional, attainable goals that will result in success and increased motivation
- Change filters on specific experiences
- Recite affirmations

### Technique #10- Implement and Practice the Three C's

1. **Calm**
2. **Competence**
3. **Confidence**

Dr. Wehrenberg explains that the brain learns and unlearns fear. It is important to set goals for yourself, build the skills you need to achieve them, and to practice and develop confidence in these. Remembering that nobody is perfect and we may all feel that we “fail,” it is a learning experience.

#### *Have more questions?*

Let me know! Also, look at some of Dr. Wehrenberg's books and website for more information:

<https://www.margaretwehrenberg.com/>

BUTTER	BEANS
CHEESE	CALCIUM
CREAM	CHOCOLATE
DRIED	DARK
MEAT	FOSRENOL
ORGAN	LIVER
PEAS	MILK
PORK	PANCAKES
SAUSAGE	PHOSLO
MACARONI	PUDDING
NUTS	SOUP
PEANUT	BISCUITS
PIZZA	CARBONATE
RENVELA	COLA
YOGURT	DOGS
HOT	

### High Phosphorus Foods & Binders

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

## BIRTHDAY WISHES

W. Gutierrez 2nd  
 T. Gotschy 5th  
 T. Malone 8th  
 D. Tichy 12th

G. Boyles 19th  
 S. Beatty 19th  
 M. Paz 21st  
 T. McCarthy 22nd

B. Burroughs 24th  
 D. Darling 24th  
 P. Cooper-Besong 27th  
 M. Harper 28th



Mercy Health Plaza  
 5264 Council St. NE  
 Cedar Rapids, IA 52402

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

Mercy Dialysis—Vinton  
 502 N. 9<sup>th</sup> Ave  
 Vinton, IA 52349

# IMPORTANT INFORMATION

## MERCY OUTPATIENT DIALYSIS PATIENTS

### THE HANDICAP ACCESSIBLE PARKING SPACES WILL BE CHANGING\*\*

THESE CHANGES MAY IMPACT THE WAY YOU CURRENTLY ACCESS THE BUILDING

FACILITIES WILL BE REARRANGING THE CURRENT SPACES SO THAT THEY ARE MORE ACCESSIBLE AND TO ENSURE THE SAFETY OF THOSE ACCESING THE BUILDING.

AS ALWAYS, THANK YOU FOR YOUR UNDERSTANDING FROM THE MERCY DIALYSIS TEAM!

\*\*If you have any questions, please ask Hope or Donna

### Lab Report Bulls-eye

Below are scorecards for each dialysis unit, based on lab averages for the units as a whole. May labs were used as a baseline to compare June labs for scoring.

**Unit June Results:**

**Plaza: 3**

**Vinton: 2.4**

**Inpatient: 1.6**

**In general a score of:**
















**3=** labs within defined limits

**2-2.9=** improved from last month

on average however are still out of range  
**1-1.9=**no change from last month and are out of range

**<1=** labs got worse and are out of range

\*\*\*Patients that keep their running average at a 3 over the course of the game will be entered into a drawing for a grand prize.

Plaza July				Inpatient July				Vinton July			
Monthly Average:		Running Average: 2.6		Monthly Average: 2.2		Running Average: 2.2		Monthly Average: 2.7		Running Average: 2.7	
Lab	Goal	Monthly Points	Running Average Points	Lab	Goal	Monthly Points	Running Average Points	Lab	Goal	Monthly Points	Running Average Points
	>3.3	2.3	2.4		>3.3	1.6	1.8		>3.3	2.6	2.4
	<5.5	2.9	2.9		<5.5	3	2.9		<5.5	2.6	2.8
	<5.5	2.1	2.1		<5.5	1.2	1.5		<5.5	2.1	2.4
	<10.2	3	3		<10.2	3	3		<10.2	3	3
	<3kg	3	2.9		<3	2	2.1		<3	3	2.8

*Unit averages are just for fun! There will be no unit prizes awarded- just bragging rights ;)*

# Dialysis Day Sack

## Lunch Meals

### Appropriate Items to Send:

- ✓ Peanut butter sandwich or Meat Sandwich: Roast Beef, Turkey, Chicken, Egg/Tuna/Chicken Salad
- ✓ Fresh or canned Fruit: Pears, Grapes, Pineapple, Apple, Applesauce, Canned Peaches, or Fruit Cocktail
- ✓ Carrots, Cucumbers, Cauliflower, or Celery Sticks
- ✓ 8 ounce Drink: Water, Apple Juice, Grape Juice, Cranberry Juice, Lemonade, Gingerale, Lemon-lime Soda, Sprite, 7-up, and Orange Sodas
- ✓ Snack items: Jelly Beans, Sour Ball Hard Candy, Unsalted Pretzels, Unsalted Popcorn, Vanilla Wafers, Gingersnaps, Graham Crackers, Vanilla Sandwich Cookies, Angel Food Cake, Unsalted Pretzels, Granola/Protein Bar (No Chocolate)

❖ **Please make sure to pack Phosphate binders with lunches and snacks!**

### Do not send any of these items:

- ∅ Bologna, Ham, Ham Salad Sandwiches
- ∅ Hot dogs, Corn Beef, Salami, Pastrami
- ∅ Cheese, Ice Cream, Milk, Pudding
- ∅ Raisins, Nuts, Chocolate, Figs, Candied Fruits, and other Dried Fruits
- ∅ Tomatoes, Potatoes, Spinach, or Beets
- ∅ Banana, Melon, Fresh Peach, Orange
- ∅ Milk, Orange Juice, Grapefruit Juice, Cola Sodas, Gelatin
- ∅ Chocolate Candies, Jerky, Pickles, Chips, Salty Snack Foods, Nuts, Olives, Salted Popcorn