



KIDNEY MATTERS

The Newsletter of the Q.E.H.K.P.A. February 2009

Visit www.kidneymatters.co.uk

Queen Elizabeth Hospital Kidney Patients' Association

K.P.A. Christmas Draw

The Christmas Draw this year was a great success. We have raised over £3000. Our thanks to all those who supported the K.P.A. We were also very pleased to have the support of Sainsburys, Walsall again this year when we held a Tombola on Saturday 12 December which raised an additional £550.

The picture on the right is the K.P.A. Committee putting 2000 magazines and raffle tickets into the post to send out to patients. Anyone want to help next year please!!



Picture to the left The draw taking place on Wednesday 14th January 2009. The lucky winners will all be contacted but all the winning ticket numbers are listed below.

Our thanks to Ward Sister Farfia Capper for drawing the winning tickets.

| NAME | ADDRESS | TICKET No | PRIZE |
|-----------------------|----------------------|-----------|------------|
| MR C FALMER | HEATH HAYES | 11568 | £300.00 |
| MR S WEBB | ALDRIDGE | 34978 | £150.00 |
| MR M YATES | ERDINGTON | 13898 | £75.00 |
| MS D LEWIS | WEST BROMWICH | 12485 | £5.00 |
| Y BURNS | ADDRESS UN- KNOWN | 24741 | £5.00 |
| MR B CLEGG | KIDDERMINSTER | 38446 | £5.00 |
| MRS E SMITH | BURTON ON TRENT | 10613 | £5.00 |
| MRS S BAKER | ALVECHURCH | 22681 | £5.00 |
| MRS E SMITH | BURTON ON TRENT | 10616 | £5.00 |
| MRS M AINGE | WALSALL | 38034 | £5.00 |
| MS C KAVANAGH * | HALESOWEN | 13875 | £5.00 |
| MR P OSBORNE | YARDLEY WOOD | 05453 | £5.00 |
| MRS E THURS- FIELD | SUTTON COLDFIELD | 04581 | £5.00 |
| MRS J REYNOLDS | HARTLEBURY | 11247 | TEDDY BEAR |
| MR S DICKINSON | TAMWORTH | 29481 | BOOK |
| R GISBOURNE | STRATFORD | 13620 | BOOK |
| E DIXON | SELLY OAK | 32770 | BOOK |
| P WEBBER | BIRMINGHAM | 02751 | BOOK |



The K.P.A. collecting at Sainsburys, Walsall. We raised £550. with a Tombola. The K.P.A. would like to thank those who very generously donated prizes and those who bought tickets.

* Donated prize money back to K.P.A.

Eating Well on Dialysis

by dietitians U.H.B.

What the Kidneys do?

The kidneys remove waste that builds up in the blood. This results from the food and drink that we take each day and from the constant breakdown of our body tissues. These waste products include potassium, sodium (salt), phosphate and fluid.

As you are probably aware, your haemodialysis is doing the work of your kidneys in removing these products, as they are no longer able to manage alone. Dialysis itself does not completely replace the work of the kidneys so in order for you to stay fit and healthy it may well be necessary for you to change certain foods and drinks in your diet.

It is important to create a healthy, balanced diet for life.

The key is to think about food in a new way. By understanding what is in the food you eat, you can have more control over your well-being.

This information is designed to introduce you to the haemodialysis diet and help you lead the healthiest, most enjoyable life you can.

What is a healthy diet when on dialysis?

Your body needs:

- Regular, balanced meals
 - The right number of calories
 - The right **amount** of protein
 - A balance of calcium and phosphate levels controlled by diet and medication.
- More of certain vitamins that are 'washed out' by dialysis.

Your body **does not** need:

- Excess potassium
- Excess salt and fluid

Fluid

What is a **fluid** or liquid?

It is anything that flows, melts or pours at room temperature.

What does this include?

It includes: milk, squash, ice cubes, ice-cream soup, tea, water, gravy, custard.

What is your daily Fluid Allowance?

Your daily fluid allowance is the amount of fluid you are safe to drink each day. It is important you know your allowance. Please ask your named nurse/dietitian if you don't know yours.

What is potassium?

Potassium is a mineral found in your bloodstream and body cells. It is found in many foods and drinks. Healthy kidneys remove excess potassium from your body. Potassium helps your muscles to work; too much or too little can damage your muscles including your heart – this can cause a heart attack. Your levels will be monitored every month and advice given regarding your diet .

What is phosphate?

Phosphate is another mineral mainly found in your bones and muscles. It is also found in many foods and drinks. Healthy kidneys remove phosphate from your body. Phosphate helps keep your bones strong and an imbalance can lead to weak, brittle bones. A build-up of phosphate in the body can lead to an accumulation of it in your blood vessels. Your levels will be monitored every month and you will be advised regarding your diet

Salt

Having lots of salt in your diet can make you thirsty and increase your blood pressure.

Avoid adding extra salt to your food.

Eating well to feel well

Now that you are on dialysis, it does not mean that certain foods and drinks are forbidden. It does mean learning

How your Dietitian can help

Every month you will have your blood tested for the levels of waste products. If these are too high, your Dietitian can help you:

To learn what is in the food you can eat (e.g. potassium, fluid, salt and phosphate content)

To make food choices that will help improve your blood results

By giving you new snack and meal ideas

Remember, you can eat all foods. You just have to eat less of some and a *lot less* of others.

More information in the next edition of Kidney Matters

DIARY DATES FOR THE K.P.A.

K.P.A. meetings are held at the Q.E. Hospital on the 2nd Wednesday of each month at 8.00 pm in the seminar room (next to the Boardroom).

EVERYONE IS WELCOME. SUPPORT YOUR K.P.A.

THE BIRMINGHAM TRANSPLANT GAMES TEAM

As well as a second chance of an improved life, transplantation also gives us a second chance at other things. Before your transplantation you may have had an active life, including sports, or you may have chosen to exploit your new capability. One way of achieving this goal is the British Transplant Games – a team from Birmingham has taken part in the games for a number of years now. Anyone who has had a Transplant is eligible to join The Birmingham Transplant Games Team.

Some of the events are more challenging than others and if you qualify you could even represent the United Kingdom at the World Transplant Games.

The events that you can compete in are:- Archery*, Badminton, Lawn Bowls, Cycling, Canoeing*, Darts, Fishing*, Golf, Snooker, Swimming, Squash, Sailing*, Table Tennis, Tennis, Ten Pin Bowling, Volleyball and Track and Field.

- Not at every event.

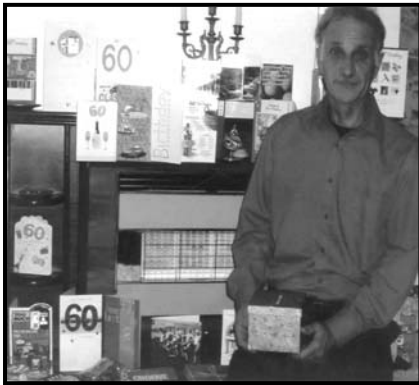
The British Transplant Games are not only a great sporting event, they also give the opportunity meet others who have undergone the same life changing event and, you can have fun as well.

This year, Coventry is the venue for The British Transplant Games and takes up the weekend of Thursday 30th July 2009 to Sunday 2nd August 2009. Above is a photo of the 2007 Team at the Gala Dinner at The British Transplant Games that took place in Edinburgh.

For more information see, www.transplantsport.org.uk
Or contact The Team Manager via Gerald.Brown@sit.aero



Surprise party for Peter Hamer



Last summer, the family of Peter Hamer organised a surprise party for Peter's 60th Birthday and very generously asked that instead of presents they would like donations for the Queen Elizabeth Hospital Kidney Patients Association. They have raised £300.

The K.P.A. would like to thank all those who supported Peter and we wish Peter a belated very Happy Birthday.

WWW.KIDNEYMATTERS.CO.UK

Those who have the internet, have a look at our web page. There are some very interesting links and items of interest. We are updating regularly with items that we hope you will find useful. There is also a patients forum which will give you the opportunity to voice your thoughts and ideas with us and with other renal patients. Please post your comments or problems as this may help resolve some of them or pass on ideas as to how to deal with day to day problems of dialysis.

Thanks

We would like to thank the families and friends who have made donations to the Queen Elizabeth Hospital Kidney Patients Association in memory of loved ones. Our thoughts are with you at this time. Should you wish the money to be used specifically for one of the dialysis units, this can be arranged. Please make cheques payable to Q.E.H.K.P.A. and include a note telling us which unit you would like the money to be used for.

Patient Transport

The recent national survey amongst Haemodialysis patients was very successful and two thirds of patients took part from all the units covered by the U.H.B. The results will be available in April. It will be interesting to see what the patients views are about transport. If anyone wishes to comment about transport arrangements please send an e-mail or letter to the K.P.A. We are always interested to find out the views of patients. We will put the findings of the survey in future editions of this newsletter.

Palliative Care Planning

A subject that we all never wish to talk about is palliative care, but thankfully the hospital is looking at the way in which it deals with this very delicate and sensitive subject.

For many people all that is needed is to be free from distressing symptoms and to be treated as an individual with dignity and respect, to be in familiar surroundings with those we love and care about. Although most people wish that they could end their days at home, for many this is not possible and therefore they are in hospital.

A team at the U.H.B. is working hard to ensure that patient's wishes are respected.

The Department of Health has committed £250m nationwide over the next 5 years for these ideals to become a reality. During the last 3 years a team of clinicians from U.H.B. and South Birmingham P.C.T. have developed a programme to provide excellent care for those patients in this situation.

The team will care for the patient in the final months rather than in the last few days. This will enable the patient to have a greater influence on the course of their treatment and care.

For further information please contact the:-

Supportive Care Pathway Team.

Division 1 Offices

Selly Oak Hospital

0121 627 2978 Ext. 52085

Are you Black African or Caribbean and over 18 years of age?

If so, we invite you to attend free screening for Chronic Kidney Disease.

Early kidney disease has no symptoms but can progress to kidney failure if untreated.

African Caribbeans are four times more likely to develop kidney failure than Caucasians.

- Diabetes and hypertension are major causes of chronic kidney disease.

- Most people do not know they have chronic kidney disease until it is severe.

- Early treatment of kidney disease can slow down or even prevent kidney failure.

- Treatment of high blood pressure is particularly important. Kidney disease can be effectively treated if detected early. Drugs called 'ACE inhibitors' and 'A2 blockers' are recommended.

At this free screening programme, after we have given you information and obtained your consent we will ask you a few questions about your health and then check your blood pressure and weight. We will also take blood and urine samples with your permission.

We will inform you of the results of these tests and with your agreement will inform your General Practitioner as well.

These Free Screening Sessions will run each Saturday from Saturday 17th January until Saturday 4th April 2009 at Aston Pride Community Health Centre, 74 Victoria Road, Aston, Birmingham, B6 5HA.

Doors open at 09:30 with the last screening at 15:00.

For further information please contact the Kidney Health Information Line on 0845 300 1499 (9am-1pm Mon-Fri) or email kidneyhealth@kidneyresearchuk.org

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CONTACT YOUR K.P.A.

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