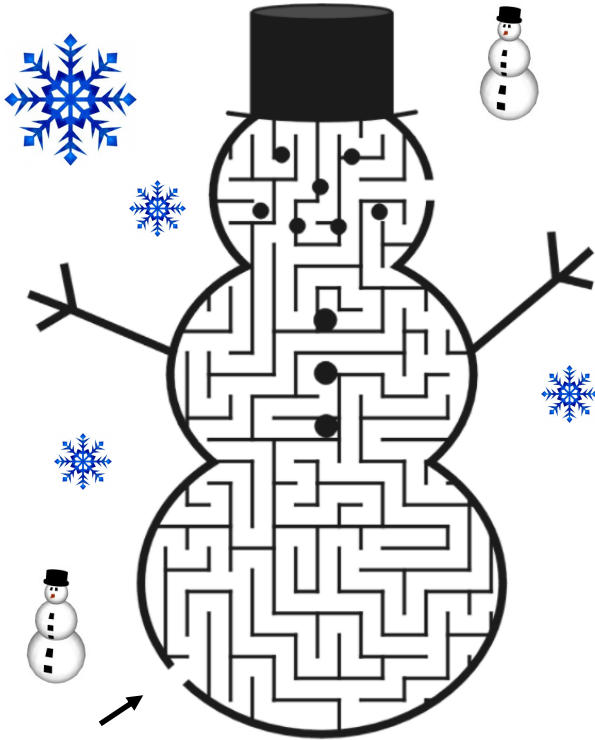




Kidney Kronicle

Winter 2021/2022

WWW.LHSC.ON.CA/RENAL

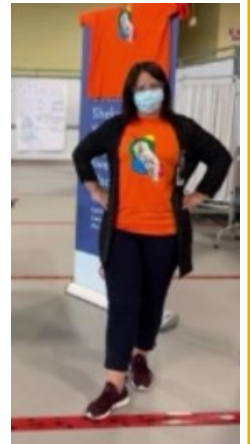


Find Your Way Through The maze!

(Maze from: www.printactivities.com)

Stronger Together

One of our own in the Renal Program at LHSC, director April Mullen, was featured on CTV News London in November to highlight her incredible contribution in the effort against COVID-19. April acted as project lead and helped launch the LHSC and Middlesex-London Health Unit's Western Fair District Agriplex Vaccination Clinic in December of 2020. While managing through a time of continuous change, April also helped to implement processes and information to better serve the variety of populations in our region, including partnership with the Southwest Ontario Aboriginal Health Access Network. For full story details, please visit: www.london.ctvnews.ca/stronger-together-april-mullen-1.5671898



→ Your Kidney Corner: Deb's Story ←

I was diagnosed with diabetes in my early 20's and proteinuria in my 30's while living in Saskatchewan. After moving to London, I was sent to Dr. Louise Moist and I am thankful for her and her team for helping and guiding me. In October 2012 I had some surgery and a few complications and lead to a longer stay in hospital. Following that experience I was doing better, but in March 2013 I ended up in the hospital with fluid and at that time dialysis was talked about and it scared me. I ended up on dialysis in May of that year, and I did not want to say anything or talk about it as I was sure people would not understand and I was so afraid.

I started with hemodialysis and then moved to peritoneal dialysis, which was amazing. I found my voice and talked to people about the journey. It is like being in construction. Sometimes it is smooth, and other times it is a detour; which is frustrating, but being able to share the journey and advocating for others has been helpful. In June 2015 I received a kidney transplant from a living donor, which I am thankful for.

Being able to be part of the renal PFAC has been a way I can be a voice for patients, and also learn and appreciate the role so many of you play. It is a team that when we work together we can accomplish so much. As we know the word TEAM has no I, and being able to be part of this team really shows how effective we can be together.

Submitted by Patient, and PFAC member: Deb Beaupre

Want to share your story? Submit via email to: renaladvisor@lhsc.on.ca

Xenotransplantation

(Transplant Between Different Species)

- A Brief Opinion Piece By Dr. Faisal Rehman MD, FRCPC, M.Ed.

In 2018, there were over 4400 patients waiting for a solid organ transplant in Canada. Of these 3300 patients were waiting for a kidney transplant. Unfortunately, only 1709 kidney transplants were performed. Too many of our fellow citizens die while waiting for a solid organ transplant. There is a dire need to increase rates of organ donation and find other avenues to improving outcomes and access to transplantation for our patients.

Recently, surgeons in New York performed a kidney transplant in a patient who was neurologically deceased. The donor was a genetically altered pig.

With the family's consent, the surgeons attached the pig's kidney to the braindead patient whose respiratory system was supported on a ventilator. After the operation, the patient was

monitored for 54 hours. The kidney started working and making urine and was successfully eliminating the uremic toxins from the body. The kidney was attached to the patient's leg and exposed to the environment so that the surgeons could directly observe the organ.

Xenotransplantation, the process of transplanting organs or tissues between different species, has a long history.

As early as the 1960s, kidneys from chimpanzees were transplanted into human patients with poor results. Subsequently, liver and hearts and even bone marrow were transplanted from chimpanzees and humans with once again suboptimal results.

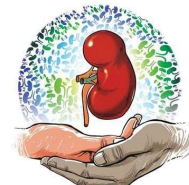
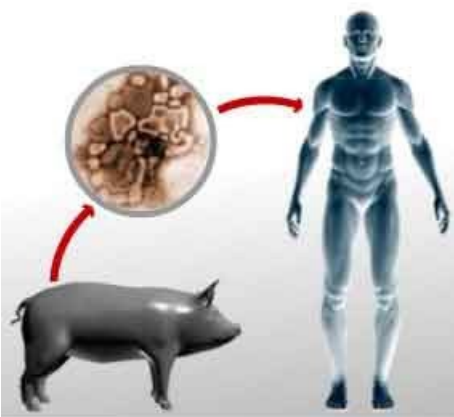
However, pigs offer many advantages over primates. They are much easier to raise in large numbers and their organs mature to adult human size in 6 months. The additional advantage of being able to genetically modify the pig helps reduce the risk of acute rejection once the organ is transplanted into the human patient.

Despite efforts to increase both living and deceased organ donation, the number of people who agree to donate remains far below our needs. Xenotransplantation is still considered by some scholars and researchers to be a future viable option.

There are still a number of concerns with pursuing this as an option for our patients. We need more long-term studies to ensure that both acute and chronic rejection rates as well as graft survival are acceptable. We do not have these long-term data. Also, a major concern is the risk of transmission of viral pathogens from the pig donor to the patient. We must never forget that human immunodeficiency virus (HIV) and other viruses that plague humans originated in other species. There are a number of porcine viruses that theoretically could infect humans with unknown consequences.

As with anything, we also need to consider the ethical consequences of pursuing pig to human transplants as a therapeutic option. Raising animals only to sacrifice them to meet a human need will trouble those of us who are strong proponents of animal rights. I have to say that we sacrifice millions of pigs every year in the name of the food industry.

In my humble opinion, research studies in xenotransplantation, especially with pigs as organ donors needs to be pursued further. We are already using pig heart valves in human patients with valvular heart disease. However, this research needs to be conducted with the utmost rigor and there needs to be strict oversight to make sure these studies are conducted in a safe and ethical way before pursuing this as a viable option in large numbers of patients.



Is a Vegetarian Diet Safe for Kidney Disease ?

A vegetarian diet is a specific eating pattern that includes plant-based foods and excludes meat. Some vegetarians may choose to include products from animal sources such as eggs and dairy in their diet. A vegetarian diet, carefully planned with a renal dietitian can be safe if you have kidney disease. Careful consideration and planning are important to prevent loss of muscle, vitamin/mineral deficiencies and to prevent or manage high levels of potassium and phosphate. Vegetarian diets contain fibre, antioxidants, vitamins, and minerals that may be beneficial in slowing down the progression of kidney disease and other chronic diseases. However, people with kidney disease may need to limit certain plant-based foods if they are high in potassium and phosphate. It is important to follow your dietitian's recommendations or consult with a dietitian who can help you choose the foods that will work for you.

Protein: Your body's protein needs vary depending on stage of kidney disease, age, gender, body size and nutritional status. Protein from vegetarian sources is less easily absorbed by our body than meat. If you are on dialysis, your protein needs are higher, and your dietitian may recommend protein powders or supplements.

Phosphorus: You may need to limit foods such as dairy, whole grains and meat and alternatives if your dietitian has recommended a low phosphorus diet. You can identify phosphate additives by reading food labels and looking for the word "phos" in the ingredient list.

Potassium: Many plant-based foods are high in potassium. You may need to limit the portion of these foods if your dietitian has recommended a low potassium diet.

Sodium: Be sure to check food labels as many ready-to-eat vegetarian foods, canned beans/lentils, meat substitutes and plant-based cheeses are high in sodium.

It may be safe to follow a vegetarian diet but no single diet is right for everyone with kidney disease. Speak to your dietitian who can provide recommendations based on your blood work, stage of kidney disease and eating habits.

Written by: Sharan Gill—Dietetic Practicum Student



The Joys of Caregiving

While caregiving can have its challenges, the rewards often far outweigh the difficulties. According to a new study conducted by Campaign Research Inc., 91% of Ontario seniors hope to stay in their home for as long as possible. Being a caregiver, you are able to spend more time with your loved one. There is a peace of mind knowing that the person is living with people who love and care for them.

Caregiving can change your perspective on life. It can open you up to a different way of thinking. Your priorities change when you are a caregiver, you become more patient and compassionate. Rising to the challenges of caregiving you realize that you are stronger than you think, that you are not alone and support is available.

With the holiday season quickly approaching, Spectrum Health Care is now offering gift certificates that you can provide to your loved one for services they will appreciate and value. Our gift certificates are a thoughtful and convenient way to show your loved ones how much you care.

Visit our website www.seniorsforseniors.ca or call our toll-free number 1-844-339-8638 to purchase the gift of care.

Gift cards can be used towards services including: Drop-in companions, Live-in companions, Overnight assistance, Driver companion, House cleaning, Personal care & homemaking, and more!

Mexican Crock-Pot Shredded Chicken

Prep: 15mins

Cook: 6 hours

Ingredients:

- 2 ¼ lbs boneless/skinless chicken breast
- 1 cup onions, diced
- ½ cup lime juice
- 1 teaspoon chili powder
- 1 teaspoon ground coriander
- 2 ½ teaspoons cumin
- 1 ½ teaspoons garlic powder
- 2 teaspoons paprika

Directions:

1. Spray the bottom and sides of a crock-pot with cooking oil
2. Place onions on the bottom of the crock-pot; add chicken, lime juice, and spices .
3. Cook on high for 6 hours or until the chicken is done .
4. Shred chicken with 2 forks.

Nutritional information:

Calories 116
Carbohydrates 3.2 g
Dietary Fiber .6 g
Protein 19.6 g
Fat 2.4 g
Saturated Fat 0.5 g
Sodium 47 mg
Potassium 347 mg
Calcium 16 mg
Phosphorus 193 mg

(Recipe : National Kidney Foundation. <https://www.kidney.org/content/shredded-mexican-chicken-crock-pot>)



As caregivers ourselves and hearing from thousands of caregivers across the province, it is clear the past

18 months have been some of the most challenging. If there is anything positive to come from a pandemic, it is the expanded understanding of what caregivers do and why they are essential partners in care.

The pandemic has made the role of the family caregiver harder than it has ever been before. More caregivers are investing 10 or more hours a week providing care. More caregivers say they feel exhausted, overwhelmed, worried, and trapped. Half say their mental health is worse than last year. The majority who work say they struggle to balance their job and caregiving responsibilities. The financial impact is also greater than previous years and a third have thought about quitting their job to be more available to the care recipient. Caregivers support more than their family member or friend; they also contribute to Ontario's health care system by providing care to someone before and after a range of treatments .



82%

care for one person, usually an older family member, often a parent. Almost 1 in 5 are caring for more than one person



36%

of caregivers are supporting someone with problems associated with old age or frailty



46%

care for the person in the caregiver's home, 38% in the care recipient's home

We all know a caregiver and we can all do something to help. You can learn more about ways to help and the programs, peer supports, and services Ontario Caregiver Organization offers at ontariocaregiver.ca. Our hope is that you will join us in our mission because we need caregivers and they need you.



58%

of caregivers feel burnt out



61%

of caregivers find caregiving stressful overall, up from 49%



42%

of caregivers say their mental health is worse now compared to a year ago



23%

of caregivers say they are not coping well, as compared to 17% the year prior

For information on this Newsletter, please contact:
Ashley Papathanassiou PFAC Facilitator at
renaladvisor@lhsc.on.ca
or 519 685 8500 ext. 34411

Information in this article was taken from OCO's 2021 Spotlight report - The Impact of Covid-19 on Caregivers: Year Two. The full report can be found at: ontariocaregiver.ca/publications/oco-spotlight-report/