

share *for* care

RECIPE

Salmon fillet
in a savory
Parmesan crust

A PATIENT'S STORY

A young Frenchman
follows his dreams

HEALTHY LIFESTYLE

Artistic windows
to the soul

TRAVEL STORY

GUIMARÃES

The cradle of Portugal



Dear readers,

ISSUE 1-2020

You should never hesitate to live your own life – that's the inspiring motto we want to put right at the top in this latest issue of *share for care*. It comes from Yann-Cédric, whom you'll be meeting in this issue. Born in Côte d'Ivoire and treated for renal failure in France ever since his childhood, he has stayed true to his own dreams – and above all to his passion for traveling – throughout his life.

share for care

Yann-Cédric recommends a mixture of perseverance and willingness to compromise – not giving up your dreams, but adjusting them to circumstances. Because although life is wonderful, it's only perfect for a few of the moments in it. Life puts obstacles in your path, and happiness depends on the way you deal with them.

Everyday tasks can be a real burden when you have a chronic disease, and they can make you feel you don't have enough time for the things that are really important in life. This issue of *share for care* gives you a few tips on how to enjoy life more consciously.

For example, in our travel story – we take you this time to the beautiful north of Portugal, ready to inspire you with its ancient history as well as scenic beauty and pleasantly refreshing summer temperatures. And there's our time management guide as well, which will help you track down things that are stealing away your time in daily life and make you more alert to what's essential. Finally, we'd also like to recommend an activity familiar since childhood that can help you rediscover/uncover your own concerns and interests: painting. When you pick up a brush, you may not become a well-known local artist right away. But you'll find out how much enjoyment of design you have hidden away inside and how much clarity and energy it can give you.

Energy that can also be used to deal with difficult issues. For example, the annoying itching that many dialysis patients have, which this issue's special topic focuses on. Looking for an effective treatment may sometimes involve a bit of time and effort, but it's worth it, because if you're persistent enough it usually leads to success: a much better quality of life. In that spirit: never hesitate to live your own life! You too can make a fresh start toward achieving your goals and getting to places you've been longing to visit. In any case, we wish you plenty of those perfect moments for the coming summer!

In these difficult times, we appreciate that you may be worried about the impact that COVID-19 might have on you and your family. It is therefore important that you take precautions to stay safe, and we advise you to talk with your care team about precautions to take during the pandemic. Because of the current restrictions placed upon all of us in relation to travel, holiday dialysis is currently not possible. However, what we can be certain of is that this will change in the future, and we'll keep you informed when the time comes.

If you have any questions, comments, or ideas for the magazine, write to us as always at our e-mail address, dialysis@bbraun.com.

Your editorial team,

Christopher Boeffel

Martin Kuhl

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Guimarães: A charming Portuguese cultural capital with a thousand-year history.

BLOOD PRESSURE DRUGS BETTER BEFORE GOING TO BED

Many patients take their blood pressure tablets in the morning, not in the evening. One of the largest investigations on this topic, the Hygia Chronotherapy Trial in Spain, with more than 19,000 participants, has provided arguments showing that it's better to take the tablets before going to bed. It was found that taking the tablet in the evening not only improved blood pressure control overall but also led to a markedly lower risk for cardiovascular diseases.

The risk of a severe cardiovascular event such as heart attack or stroke was overall 45% lower than among participants who took the tablets in the morning.

EFFECTIVE HELP WITH ITCHING

Difelikefalin is a novel drug that has been developed to relieve itching in dialysis patients. In a 12-week study, hemodialysis patients in 56 sites in the USA received either the drug or a placebo. The patients in the drug group

reported noticeable relief of their symptoms three times more often than the control group and stated that they had a marked improvement in their quality of life. The agent, which still requires further research, was generally well

tolerated and non-addictive, according to the study's authors. However, occasional side effects included diarrhea, dizziness, and vomiting.



NEWS

Listening to music before an operation can relax the nerves just like a tranquilizer – and usually without any side effects.

Researchers at the University of Pennsylvania used a special song for a study including over 150 people ("Weightless," by the British band Marconi Union) and compared its effects with midazolam, a sedative that relieves anxiety and is often used before local anesthesia is administered. While one patient group received the drug, the other listened to the song for three minutes. The reduction in the anxiety level was similar in the two groups.

However, some of the patients in the music group said they would rather have brought their own choice of music with them, or that the headphones made it harder to communicate with the doctors.

Music

RELIEVES ANXIETY ABOUT SURGERY



It's enough to "drive you up the wall," is what patients regularly suffering from itching say. Often it's such a burden that it leads to additional problems like insomnia, scarring on the skin, and depression. You shouldn't let things get that far — because effective relief for the annoying urge to scratch is available. Find out more about it in this article.

What can you do about

chronic itching?

For people affected by it, itching can be as excruciating as pain. But while there are extremely effective drugs for treating pain and its causes, as yet there is no similarly universal agent against pain's "little brother" — itching. However, it's still important to look for a cause. People affected by itching should speak to their nephrologist and dermatologist as soon as possible, not when the problem has become critical and symptoms have continued for more than six weeks. For many patients, there's a diagnosable and treatable skin disease behind the problem. Even if only symptomatic treatment is possible, there are numerous ways of getting the problem well under control.

PHOSPHATE PLAYS A KEY ROLE

The skin — the body's largest organ — is subject to stress in people with kidney diseases, because the drop in the kidneys' filtering power means that damaging metabolic products are left in the body. In addition to other substances that are usually eliminated in urine, phosphate — a substance contained in many foodstuffs — plays a key role here. If there's too much of it in the blood, phosphate binds with calcium to form a salt that can build up in body tissue and trigger the "uremic" itching that's typical in kidney patients. So if you're experiencing itching, you should definitely have your calcium and phosphate values checked and discuss with your doctor any ways of adjusting your dialysis that might be possible.

Another way of getting better phosphate values and fighting itching is via the diet. Many patients say that a strict low-phosphate diet and taking phosphate binders daily leads to a noticeable improvement in their itching problem. So for your sources of protein, choose low-phosphate options and avoid fast food and prepackaged meals. To avoid going above a favorable level of phosphate intake for you (usually around 800–1,200 mg daily), it's best to keep a nutrition diary.

ITCHING IN SPITE OF GOOD DIALYSIS VALUES

Even patients who have very good phosphate values can suffer from itching, however. Finding the cause in these cases can be like detective work. If the itching starts during treatment in particular, it could be a side effect of the dialysis or an allergic reaction against the heparin or other drugs or products used, for example. You can discuss with your doctor whether changing one of your drugs might be an option for you, or whether taking an antihistamine during dialysis ought to be tried.

In principle, particularly when the itching doesn't have a clear cause, timely symptomatic treatment with a drug can lead to noticeable relief. Your doctor can decide along with you whether in your case a painkiller, anti-inflammatory drug, H1-receptor antagonist, or new generic agents such as difelikefalin (see the News section) may be appropriate. Of course, treatment also includes lotions that act locally — those containing urea in particular are often helpful, as they improve the skin's water content.

But it's also important for you to be kind to your skin daily. For example, an air humidifier in the home can give you better protection against dehydration. Important points when showering are: not too often, not too long, and not too hot (maximum 35 °C/ 95 °F). You can apply fragrance-free, rehydrating, and pH-neutral shower gels and body lotions, place a cold compress on the affected area in case of severe itchi-

ness, or in an emergency use a soft, fabric-covered "scratching cushion" that will not damage the skin. For clothing, you should avoid tight pullovers or clothes made of wool or synthetic fiber and wear only loose clothes and skin-friendly materials such as cotton and silk.

Mental aspects also have a role to play, since nervousness also aggravates itching. Anything that reduces stress can therefore be helpful: yoga, meditation, relaxing breathing exercises before going to bed, or even writing a diary. It's best to try various things out, and be patient with yourself.



BECAUSE ONE THING'S CERTAIN:

The more carefully you observe your itching, the more likely it is that you'll be able sooner or later to track down what's causing it.

Our Renal Care Compass app, which you can download to your smartphone for free, can give you good support with this.



iOS



Android

AN INSPIRING FIGURE

– with insatiable wanderlust



Yann-
Cédric

Yann-Cédric was born in Côte d'Ivoire and has been living with chronic renal insufficiency since early childhood. Traveling inspires his zest for life – and his imagination. During his dialysis sessions, he now writes science-fiction novels. Yann-Cédric has really been traveling all his life. As a child, he hardly ever got to know the country he was born in 36 years ago, Côte d'Ivoire. Born with a renal defect, he wasn't able to be treated in his home country

and was taken to France for diagnosis and surgery. At the age of six months, he underwent surgery at the Necker-Enfants Malades Hospital in Paris. But by that time, his kidneys were already incurably damaged. To be able to continue receiving treatment in France, he often had to travel from Côte d'Ivoire to Paris during his first five years, and eventually he moved there permanently and grew up with his aunt. Yann-Cédric became dialysis-dependent when he

was 14, but he received his first transplant after only a few months. It failed – something that happens to lots of other people with the condition as well and meant two more years of dialysis for him.

But he also went traveling during this difficult period whenever possible, even if only inside France, in order to be on the spot in time if a donor organ might become available.



ONE DAY IN 2000 IT FINALLY HAPPENED:

Yann-Cédric received another transplant. It changed things for him greatly. Living with a functioning kidney made it possible for him to pursue ambitious goals: Yann-Cédric completed his schooling and studied dental surgery and biology. After graduating, he started his career in a pharmaceuticals company, where he still works today as a medical and scientific consultant on hematology and oncology.

He was born in Côte d'Ivoire and has been living with chronic renal insufficiency since early childhood.

At the age of six months, he underwent surgery at the Necker-Enfants Malades Hospital in Paris.

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His second transplant was successful.

He started his career in a pharmaceuticals company.

Born with a renal defect, he wasn't able to be treated in his home country and was taken to France for diagnosis and surgery.

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One day in 2000 it finally happened: Yann-Cédric received another transplant.

He completed his schooling and studied dental surgery and biology.

In 2015, he started having rejection problems and had no choice but to return to dialysis again.

NEVER BORED IN DIALYSIS SESSIONS

During those years, Yann-Cédric was also gadding about, not only on private trips but also for his work. But in 2015, he started having rejection problems and had no choice but to return to dialysis again. He takes a surprisingly relaxed view of it. His everyday life now involves more organization, he admits: "Three four-hour hemodialysis sessions a week, that takes some preparation!" But he's never bored during the dialysis sessions. "I use the time to enjoy my second passion: writing science-fiction novels."

In other ways as well, he has kept up an active and mobile lifestyle and has even found a practical solution for his business trips: "When I'm traveling for work, which is at least twice a week, I'm either only away for one day or, if I have to stay overnight, then I make sure I'm always back for my dialysis session at six o'clock."

Yann-Cédric plans longer trips in France or abroad together with the local dialysis centers. He has been delighted to find out how many centers for holiday dialysis are now available, and how committed the staff working there are to making patients feel as free and mobile as possible.

"I get treatment in a B. Braun dialysis center, for example. If I need to travel, or if I want to, I check the list of partner locations and make contact with them to see whether they have a space for me on the day I want to be there. My center then sends me the information and the documents I need to receive care locally. It's a bit complicated to organize, and it needs to be done at least a month ahead of time, but whether it's in France or abroad, I've never had any problems getting an appointment — except for once, when there were no free places."

"Travel wherever you like and of course always keep an eye on what you need to do in your circumstances."

NEVER HESITATE TO LIVE YOUR OWN

life.

Not everything's always perfect, of course. During dialysis sessions, you have to adjust to local circumstances, and that doesn't always fit in with your own vacation plans. Although there's a wide choice of destinations, it's not limitless, and outside France you have to be able to speak English if you want to make yourself understood. "But traveling's still tremendous fun!" A little willingness to compromise makes everything easier, Yann-Cédric advises: "This summer I was hoping to go to the Azores, but there wasn't a dialysis center there. But I wanted to visit an island, so I opted for Madeira instead." Whenever he goes on vacation with family or friends, he tries to make the best of the precious time they

share in the sunshine. The dialysis sessions are just part of it. "The dialysis sometimes makes me tired. I have to take a rest, and I'm not so involved in things. But everyone's very understanding." And he's usually back in the swing of things again pretty quickly — going on hikes together, running, playing badminton or volleyball, playing around with the others during exercise sessions, but always remembering to be careful with his AV fistula.

Yann-Cédric still has loads of travel plans, both for work and private trips. His tip for other people in his position is to do the same as he does:

"Never hesitate about traveling because you're worried about problems. You have to live your own life, spend time with your family and friends, travel wherever you like, and of course always keep an eye on what you need to do in your circumstances."



“quality time”

Are you wanting to have more time for a hobby or for your friends, but your job and treatment appointments are taking up too much time in your life? Using our time management tips can help you find time slots for doing the things that mean a lot to you.



WHAT IS IT THAT MAKES YOU HAPPY?

1 Think about what you'd like to have more time for in the future. Write a list, so you can identify your priorities clearly.

RE-PLAN

2 Draw up a table for the week and mark down your fixed dates in color in three different groups: times when you're fully occupied — e.g., at work or shopping. Then times when you're partly occupied, such as dialysis sessions or travel times. And time slots that are free for you.

PUT TOGETHER A JIGSAW PUZZLE FOR YOUR IDEAL WEEK

Check which activities on your list belong to which category, and find space for them in your plan. Use the free time slots for appointments and physical activities, and use the partly free time for example for writing, doing research, studying, reading, listening to music, watching TV, or checking your e-mails.

3

TRACK DOWN THE THINGS THAT ARE WASTING TIME IN YOUR LIFE

Speaking of TV, Internet, etc.: no matter how entertaining the media are, they also take up a lot of time and can distract you from your own goals. Plan what you want to watch and then switch the TV off afterward. Have you noticed that some of your social contacts aren't good for you? Leave less space for them in your schedule in the future.

4

SPREAD YOUR EVERYDAY TASKS OUT

Instead of reserving a whole day for household tasks, it's better to stick a list on your fridge and pick one task out from it each day. Ten minutes of dusting is more fun than a whole day's cleaning, and it's an ideal way of using a short time slot.

5

PRECOOKING MEALS SAVES TIME

You don't need to prepare new meals every single day. When you're in the kitchen, why not cook more portions and then freeze them for another day? Then you'll have something ready for days when you don't have any time for cooking.

6

STAY RELAXED

It's not a matter of getting as much as possible done — it's about finding time for what's essential. After all the planning, ideally you'll still have enough time for things you enjoy doing spontaneously.

7

WHY AM I NOT ALLOWED TO STOP MY DIALYSIS TREATMENT?

When you're suffering from chronic renal insufficiency, you are permanently dependent on dialysis. Your body is constantly producing toxins and isn't able to filter them out anymore. That's why dialysis is as vital for you as your kidneys were beforehand. Your treatment team has adjusted the dialysis dosage precisely to your needs and requirements. Even only a brief interruption of dialysis will lead to a reduction in the prescribed dialysis dosage and holds risks for you. If you have problems of any sort, ask the physician treating you, who will work with you to find a suitable solution.

WHOM CAN I TALK TO ABOUT ORGAN TRANSPLANTATION?

Are you wondering whether organ transplantation might be an option for you? No matter whether you'd like to join a waiting list for organ donation or have a close relative who might be a potential donor, you should talk about it to the nephrologist treating you. He has training in the field and will be able to explain what the options are for you, what the legal framework is, and which examinations need to be done to clarify whether you can receive a transplant.

WHAT DO DIALYSIS PATIENTS NEED TO PAY ATTENTION TO WHEN MAKING TRAVEL PLANS?

Once you've chosen a specific destination, the first thing is to make sure there's a dialysis center locally where you can be treated during your stay. Fortunately, there are now dialysis centers in lots of places all over the world. But before you decide where you want to go, you should always get advice from your nephrologist about the destination, traveling time, and medical precautions that need to be taken. It's only then that you should contact a facility and have information exchanged between your dialysis center and the vacation center. As soon as a place for your holiday dialysis has been confirmed, you can book your accommodation and travel arrangements. You should check with your health insurance company beforehand whether and how your dialysis treatments and medication during travel will be reimbursed. There are also specialized travel agents for dialysis patients, for those who prefer doing less of the organization themselves.

THE CRADLE OF

PORTUGAL

GUIMARÃES

Wide beaches, a fascinating mountain world, the enchanting Douro Valley, and of course Portugal's second-largest city Porto make the green north of Portugal an attractive and varied summer travel destination for people who enjoy life and also for those who like exploring things.

In the very midst of it, only 50 kilometers (31 miles) from Porto, is Guimarães, a special little town with restored country houses, ivy-clad castles, beautiful squares, and street cafés.

PORTUGAL

It's special because it was in Guimarães that Alfonso I, the country's first king, is said to have been born. The town's history was shaped for centuries by its links to Portugal's rulers – a fact that is reflected even today in the large numbers of church buildings and palaces. The old city, with its narrow alleys, has been a UNESCO World Heritage site since 2001, and in 2012 the little town with its 40,000 or so inhabitants was in the international



limelight for a year, attracting millions of visitors as the European Capital of Culture.

Despite all the bustle there was when it was Capital of Culture, Guimarães has remained an insiders' tip. Tourists often visit the city on one-day round trips, taking in the Palace of the Dukes of Braganza, the Church of Nossa Senhora da Consolação, and the ancient *castelo*, which once protected the city against enemy attacks. But if you stay longer, you can tune in to the atmosphere of the student village and the magical quiet of the town's green slopes, find your own new favorite café, maybe enjoy one of the old town's many *pastelarias* undisturbed by tourists, and admire the *azulejos*, the famous colored ceramic tiles on the façades of the buildings, which make the town one of the gems of Portuguese urban design.



If you've had enough of the peace and quiet and you've already taken a trip on the funicular to the peak of the local mountain, Serra da Penha, you can start exploring further afield whenever you like.

The cool of the Atlantic Ocean and the beaches on Costa Verde are there to tempt you. Try the vibrant city of Porto with its gourmet restaurants and modern art fairs, the cathedral-sized bookshop Livraria Lello that J. K. Rowling used as an inspiration for Harry Potter, or a trip on the historic tram no. 18 to the posh villa and beach suburb of Foz.



A detour taking in Vila Nova de Gaia, the home of the world-famous port wine, is a must for many visitors. One of the finest ways of experiencing nature in northern Portugal is on a river trip through the Douro Valley, Europe's oldest wine region, with its uniquely beautiful countryside.



Another unforgettable highlight is a hike in the Peneda-Gerês National Park, a rugged mountain area on the border with Spain where it's perfectly normal for wild horses to cross your path and where shepherds still live with their flocks just as their ancestors did long, long ago.

TOTALLY
AUTHENTIC
PORTUGAL

Guimarães Renal Care Center | Rua Dr. Joaquim de Meira
s/n 4800-010 Guimarães | Guimarães, Portugal
Due to coronavirus travel restrictions, the clinic is
currently closed for holiday dialysis patients.

Salmon

in a Parmesan crust



 ★★★ 20 min.



The salmon

Mix the eggs and Parmesan. Dredge the salmon in flour first and then in the egg-Parmesan coating. Heat a non-stick pan and place the breaded portions of salmon into it. Sear until golden brown.

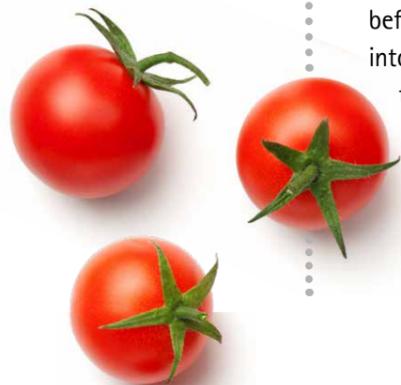
The sauce

Sweat the onion in 5 tablespoons of olive oil, add the peeled tomatoes, reduce the heat, and simmer for 5 minutes. Season to taste with chili cubes, sugar, and salt.



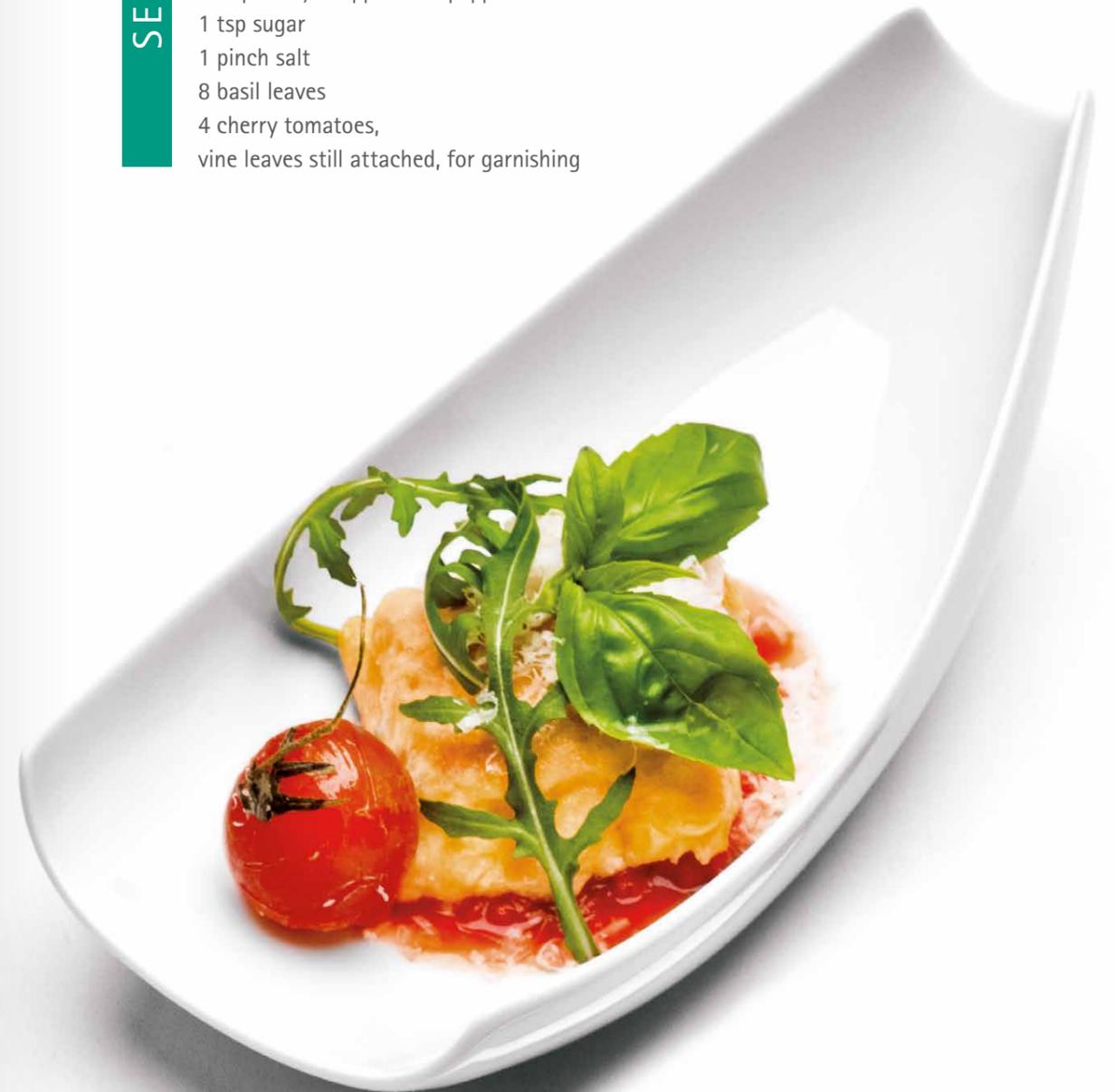
The garnish

Cut the basil into fine strips and add just before serving. Place the cherry tomatoes into a hot oven for 10 minutes until they burst open. Plate with the fish as a garnish.



SERVES 4

- 2 eggs
- 100 g finely grated Parmesan
- 4 x 60 g skinless salmon fillets
- 1 tbsp flour
- ½ red onion, cubed finely
- 5 tbsp olive oil
- 200 ml peeled tomatoes (canned)
- ½ tsp finely chopped chili pepper
- 1 tsp sugar
- 1 pinch salt
- 8 basil leaves
- 4 cherry tomatoes, vine leaves still attached, for garnishing



Nutrition value (All nutritional information per serving. This corresponds to ¼ of the total recipe.)

Energy	Carbohydrates	BE	Protein	Fat	Potassium	Phosphate	Sodium	Water
285 kcal	6 g	0.5	14 g	23 g	230 mg	252 mg	225 mg	103 ml

power

THE HEALING

OF BRUSH
AND
CRAYON

When was the last time you painted or drew a picture? A long time ago, maybe decades? Most adults – apart from professional artists and a few amateur painters – will give the same answer. But we all painted when we were children. The ability and need to express yourself in pictures are there in all of us, just like the ability to speak.

Do you still remember the fun you had when you plunged into all the different paints and the feeling it gave you? The freedom to design your own picture, consisting of lots of tiny individual decisions, in exactly the way you wanted it?

Being able to get in touch with your own feelings and strengthen your own judgment and self-confidence while you are being creative are decisive reasons why painting and other artistic techniques have been used successfully in medical therapy for many years. The positive effects of art therapy have been scientifically proven –

for example, in cases of pain and for psychological problems such as depression and anxiety. When you're concentrating on your own work, it can give rise to what happiness researchers have called "flow": a feeling of being totally absorbed in something and at the same time fully yourself. That's why painting can not only help you to relax and help you work through difficulties – it can actually make you happy. And completely independently of your own personal gift. The only thing you need is a bit of open-mindedness and curiosity. It helps to view the world through different eyes.

WHY NOT TRY IT OUT?

PAINTING GIVES YOU MORE SELF-CONFIDENCE,
A GOOD FEELING, AND A SENSE OF BALANCE –
AND IT'S NOT JUST FOR GREAT ARTISTIC MASTERS.

This is how you can bring art into your

life

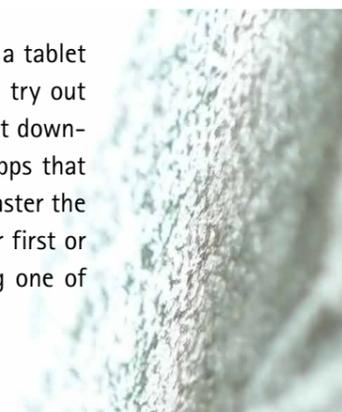


FIND INSPIRATION AND SUPPORT

Not sure whether you really want to paint or which technique you should try? Start with something simple like a coloring book, or draw using a pattern. Find inspiration in anything that appeals to you: works of art, photos, music, nature. You can get support for finding out how to put your ideas into practice in courses and seminars, as well as on the Internet, where there are now lots of instructional videos. Ask at your dialysis center about special art-therapy services, if you think you'd like some mentorship and support through discussions.

PAINTING DURING DIALYSIS

This can be done really well with a tablet computer and a digital stylus. To try out the digital version of painting, just download one of the many drawing apps that are available and launch in. To master the programs, you can visit a seminar first or teach yourself step by step using one of the many free online videos.



SWITCH OFF THE PRESSURE TO ACHIEVE

No matter whether you pick up a brush, a stylus, or a palette knife, you shouldn't see it as a test of your skill, but rather as a source of personal enjoyment. Whatever you put down on paper is not meant to conquer the international art market, but is above all intended for you yourself. Your own instincts are the standard.



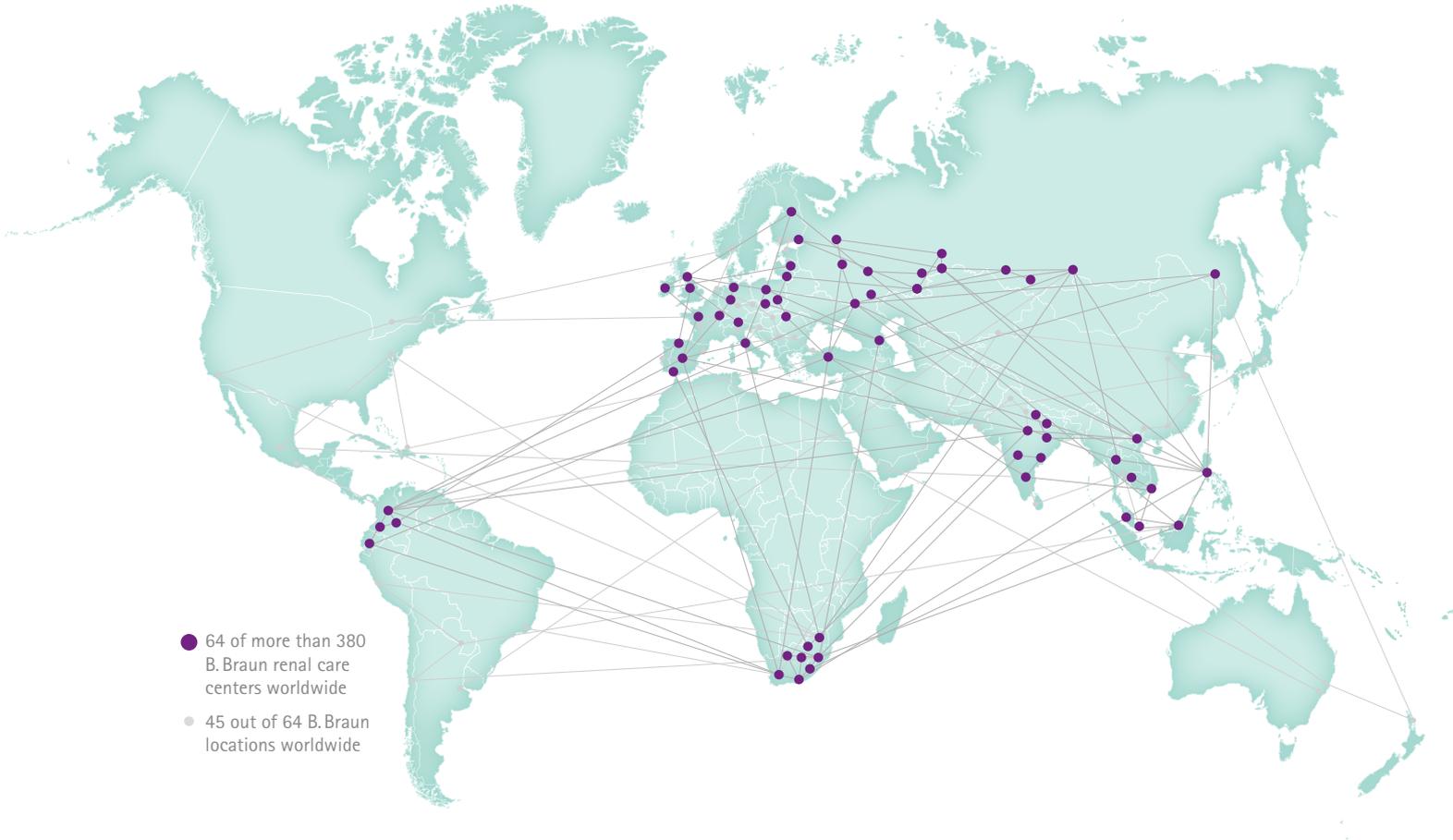
You can find useful information for your **health & fitness** at our website, www.bbraun-dialysis.com.

FIND INSPIRATION IN ANYTHING THAT APPEALS TO YOU: WORKS OF ART, PHOTOS, MUSIC, NATURE.



A NETWORK OF COMPETENCE

Exploring the world with B. Braun



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