

share_{for}care

A PATIENT'S STORY

A once passionate globetrotter rediscovers his love for travel

TRAVEL STORY

The many faces of Zurich: City goers and nature lovers find it all in this beautiful Swiss canton capital

RECIPE

Deliciously different: Lean boiled beef with an Asian twist

HEALTHY LIFESTYLE

LESS IS MORE: DIGITAL DETOX

Reduce your screen time and benefits are yours for the taking



share for care

Dear readers,

Hand on your heart – when was the last time you took a look at a cookery book in analog form or picked up a city map printed on paper? That's the way things are nowadays:

the smartphone has got us all in its tentacles. Do you sometimes find yourself spending the whole day looking for excuses to glance at the screen on your magic little device? One of the topics we're presenting in this issue of *share for care* is how to use "digital detox" – balancing digital consumption – as a smart way to increase your own sense of well-being in everyday life.

Sometimes it's clearly up to us to make things better for ourselves by applying the right changes – and in the process, we sometimes at least manage to change the way we look at things. And a different point of view can also be extremely effective, as this issue's patient story about Alberto Carlos Rigo from Madrid shows. Traveling was Alberto's biggest passion. After his kidney disease started, he succeeded in finding a new approach to enjoying life by reliving his abundant memories and viewing the disease itself as a very special kind of adventure trip.

If you want to see the power of human action to achieve tremendous changes, all you need to do is look with well-justified amazement at the way medicine has developed over the last few months. The threat of the coronavirus pandemic is not yet fully over, of course. But a milestone was achieved in 2021: several different, effective vaccines are now already available against the virus, and they have been developed in an unbelievably short period of time. Our special topic article in this issue explains how vaccination against COVID-19 can protect you as a dialysis patient, along with points you still need to pay attention to.

It's always a good piece of advice to try to enjoy life to the full. That can include reducing stress – by making sure you have a carefully packed bag ready for your dialysis day, for example (we've put together a few tips about this for you) – and of course by making plans and having dreams. Maybe this issue's profile of the Swiss metropolis of Zurich and the fantastic world of the Alps will start you thinking about travel plans again?

Wishing you lots of fun reading this issue,
Your editorial team



Christopher Boeffel



Martin Kuhl

P.S. If you have any questions, comments, or ideas for this magazine, you're always welcome to write to our e-mail address: dialysis@bbraun.com.

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Put down your smartphone and pick up your trekking poles. Too much screen time can have undesired consequences.

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TRAVEL STORY

With its picturesque surroundings, there's something for everyone in lovely Zurich.

RECOVERY FROM INFECTION DOES NOT PROVIDE SUFFICIENT PROTECTION

After a COVID-19 infection, the recovered patient will be protected, at least partially, due to the formation of antibodies. However, dialysis patients are more likely to develop a repeat coronavirus infection than patients without kidney disease, according to a U.S. study. But the good news is the preformed antibodies of the first infection tend to make the disease course less severe. Nevertheless, vaccination should be considered for additional protection – regardless of whether or not you have already had COVID-19.

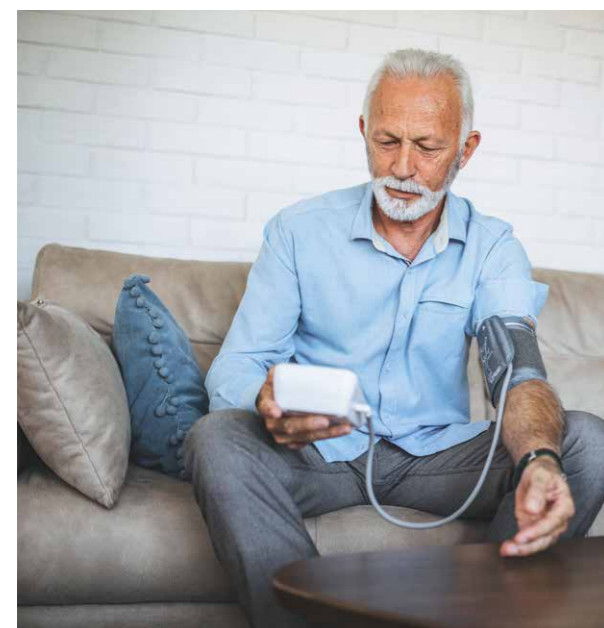
[For more information about vaccination, see the special topic article in this issue.](#)



BLOOD PRESSURE OFTEN HIGHER AT HOME THAN IN THE RENAL CARE CENTER

A research study has shown that almost one-third of patients receiving in-center hemodialysis had higher blood pressure at home than they had at the renal care center before the start of treatment.

This was a surprising result for the investigators, since blood pressure at the center shortly before the dialysis treatment is measured at the highest level of fluid overload of the dialytic cycle. The blood pressure in the first hours after the treatment reflects the lowest level of blood pressure and fluid overload of the dialytic cycle. According to these surprising results, the authors conclude that it is important to check the blood pressure at home more often than before in order to avoid overlooking insufficient blood pressure control. Home blood pressure monitoring is easy for patients to perform and may reflect the average blood pressure load more accurately than predialysis blood pressure measurements.



SECURE POWER SUPPLY

for patients with chronic disease

Very few people who rely on electrically powered medical devices such as respirators or dialysis machines have an additional power source in the home in case there's a blackout. Researchers in the United States have warned that this could lead to life-threatening situations, particularly since power failures are expected to become more frequent in the future due to extreme weather, driven by climate change. The researchers have therefore called for policy measures to support crisis-proof energy systems – for example, power storage in domestic batteries in combination with solar photovoltaic systems to provide an emergency power supply. One thing to note is that B. Braun dialysis machines can have a battery installed to ensure that in the event of a power outage during treatment, the patient stays safe, and treatment can be stopped safely if needed.



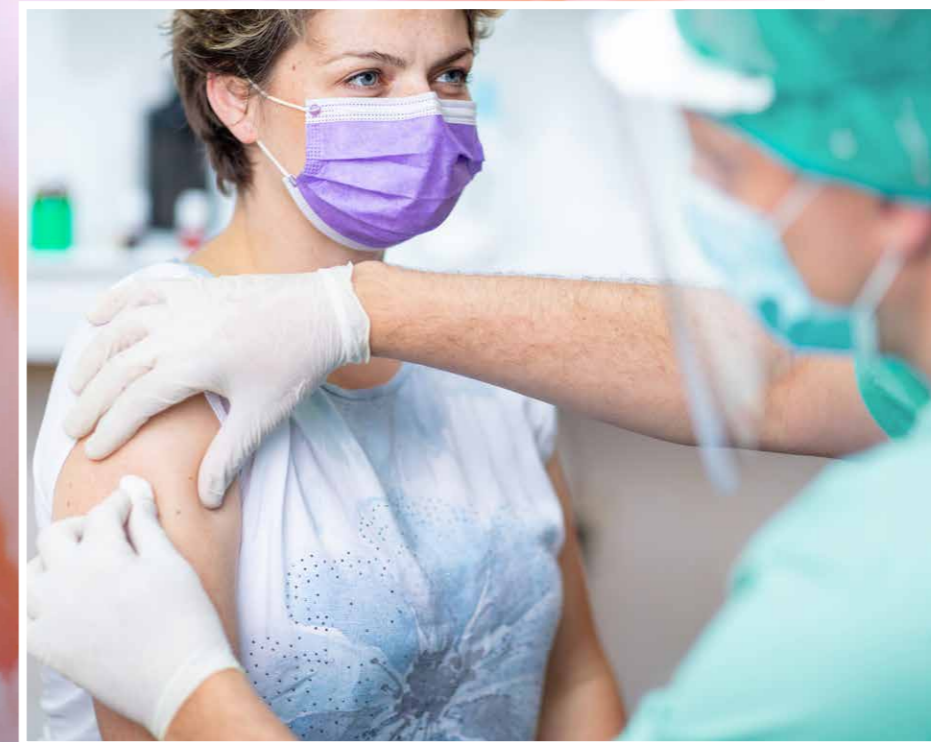
LOWERING PHOSPHATE LEVELS WITHOUT PHOSPHATE BINDERS

Phosphate levels in dialysis patients can be reduced using tenapanor – either in combination with phosphate binders or without. The agent, which inhibits sodium–hydrogen exchange, prevents the uptake of phosphoric acid without the known side effects of phosphate binders such as iron deposition or hypercalcemia. Tenapanor is regarded as a strong phosphate lowering agent offering the opportunity to reduce the daily pill burden of phosphate binders. In a study carried out in Japan, the number of phosphate binder tablets taken daily by the participants was prominently reduced. In almost one-third of the patients, it was possible to switch the phosphate binder treatment completely to tenapanor.

NEWS

VACCINATION: HOW TO PROTECT YOURSELF AND OTHERS EFFECTIVELY

Vaccinations are still the most important form of protection against many infectious diseases. Vaccines safely prepare the immune system for the first contact with the pathogen and therefore help the body to help itself. Vaccination is particularly important for people with a weakened immune system, such as dialysis patients. The body's own defenses need extra support to fight the pathogen successfully — and the same applies to COVID-19.



Even before the coronavirus pandemic, vaccination was already an impressive success story. Vaccines have saved the lives of millions of people or prevented them from suffering diseases.

RETURN TO A NORMAL LIFE

In 1980, for example, the World Health Organization officially declared that smallpox had been completely eradicated worldwide — the first disease for which this has ever been achieved. Polio as well — a severe viral disease affecting the nervous system — is now regarded as no longer present in many parts of the world, thanks to international vaccination programs.

Vaccination is often the only effective tool we have

against severe viral infections, since antibiotics are powerless against viruses and antiviral drugs are not always available. Although efforts to develop a vaccine against HIV are still unsuccessful even today, a sensational result has been achieved during the coronavirus pandemic. In the space of less than a year, international researchers succeeded in developing several highly effective vaccines against the COVID-19 pathogen. Many of them were certified in many countries after

having been checked for effectiveness and safety in research studies.

The pandemic is still not over, but there is justified reason to hope that it will be the international vaccination campaigns that will take the pandemic horror out of the virus in the medium term and enable us all to return to a life, without contact restrictions and without overstretching the health-care system.

WHAT DO YOU NEED TO KNOW ABOUT COVID-19 VACCINATIONS?

As a patient with chronic kidney disease, or as a renal patient with a weakened immune system, you are at higher risk of contracting severe or even life-threatening disease if you are infected with COVID-19. You should definitely seek advice from your doctors about a COVID-19 vaccination.

HOW DO THE COVID-19 VACCINES WORK?

The best-known COVID-19 vaccines are either vector or mRNA vaccines. They present the body with one trait of the coronavirus in order to trigger an immune response. The COVID-19 vaccines stimulate the body to actively produce the spike protein of the coronavirus. The surface of the virus is covered with this spike protein, like needles, and it is therefore easily recognized by the immune system once vaccinated with one of the COVID-19 vaccines. Some of the approved vaccines against COVID-19 only have to be administered once or sometimes twice in order to produce full vaccine protection and a booster vaccination to produce more sustainable protection. If needed, cross vaccination with two different vaccines (e.g. first vaccination: vector vaccine, second vaccination: mRNA vaccine) can be carried out.

How secure is the protection provided by a COVID-19 vaccination?

Compared with non-vaccinated individuals, the likelihood of becoming infected with COVID-19 after vaccination is already low. The likelihood of becoming sick due to the virus is even lower. If disease develops despite vaccination, which may occur in rare cases, the vaccines still provide a very high level of protection against severe or fatal disease courses. Generally, vaccination thus provides a high degree of protection. But it still isn't a "free ticket" back to a normal life without additional safety measures. Particularly in patients with chronic kidney disease, protection by the vaccination is lower than for healthy individuals. A study conducted in Israel showed that in patients with renal transplants, for example, disease could occur in spite of complete vaccination. This is because the immune response is weaker when the immune system is being suppressed by medication. The fact that vaccines may be less effective in patients with kidney disease than in people with healthy kidneys



is also known from some other vaccines, such as the Hepatitis B vaccine. It may therefore be a good idea to have your serum levels checked after vaccination to see how well the body is producing antibodies. Researchers are currently debating whether timely booster vaccinations should be recommended for specific groups of patients in order to refresh the immune response.

Precisely because chronically ill people are not able to protect themselves as well as healthy individuals, they are dependent on a high rate of vaccination in their social environment, a condition named herd immunity. When a sufficient percentage of a population has become immune to an infection, e.g. through vaccination, the vaccinated reduce the likelihood of infection for individuals who lack immunity. So you shouldn't hesitate to remind people around you that every vaccination protects not just themselves, but also other people.

DON'T FORGET YOUR OTHER VACCINATIONS

Lots of issues to do with COVID-19 vaccination are still being investigated by researchers and are very much in the public eye. Despite this, don't forget to get the other vaccinations you need or update them. These include: measles, mumps, rubella, tetanus, diphtheria, pertussis (whooping-cough), Haemophilus influenzae, hepatitis B, polio, and varicella (chickenpox, shingles). You also shouldn't miss your annual influenza vaccinations in the fall or vaccinations against pneumococci. Ask the team treating you at the renal care center for individual advice before every vaccination, to see what is advisable for you personally.

Alberto Carlos Rigo: on a Journey

TO DISCOVER A GOOD NEW LIFE — WITH DIALYSIS

One in 10 people worldwide suffers from some form of chronic kidney disease. Thanks to dialysis and kidney transplantation, many of them manage to survive and have a good quality of life. Alberto Carlos Rigo is one of them — a patient at the B. Braun Avitum renal care center in Madrid, Spain. His story shows how much strength your imagination can give you, and how maintaining your own confidence and optimism is the best way to overcome this and any other kind of obstacle.

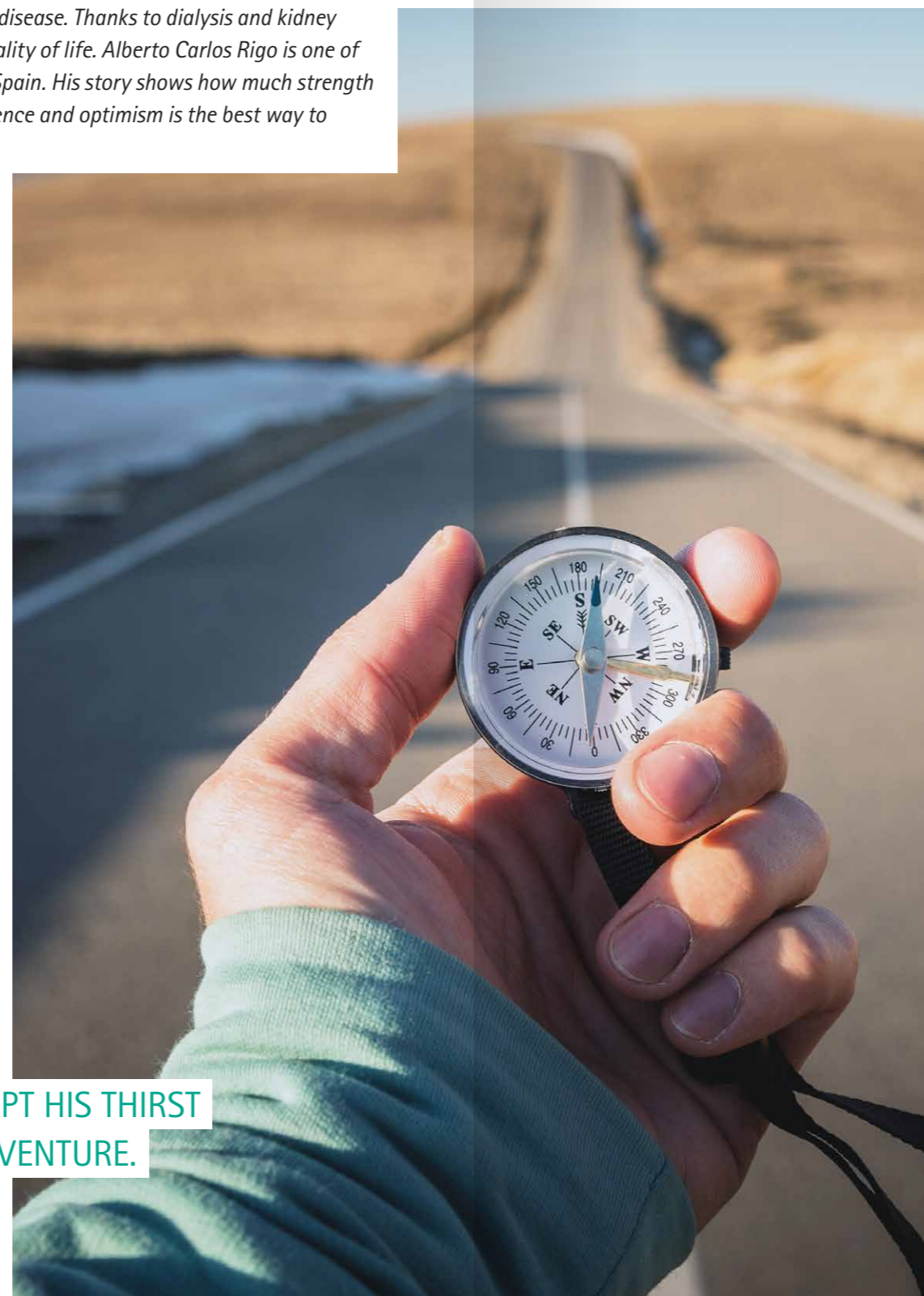
Alberto's story began 15 years ago. He suddenly started feeling very tired and had difficulty breathing. Before that, he had always been full of energy — not just for mastering the challenges of his job, but also for traveling all round the world. Traveling to distant destinations was his biggest passion. But when the disease struck, everything changed from one day to the next. Even just walking a few steps became a major effort for him. Although he didn't realize it to start with, his kidneys were beginning to fail.

"They call it the silent disease," as Alberto describes it — because to start with, the symptoms are very subtle, and you don't necessarily associate them with a disease. But finally, the point came when a visit to the family doctor

turned his life upside down. The diagnosis was suddenly confirmed, and he was immediately admitted to hospital. From then on, lots of things in his life changed, and above all his priorities: "Before, I was always interested in everything and took lots of things very seriously," he recalls. Now, he says, his temperament has calmed down.

Chronic kidney disease is a disorder with a huge incidence in our societies as a result of the aging population.

His memories are his greatest resource. In his "backpack" of globetrotting memories, he carries friendships and anecdotes from the nearly 50 countries he has visited, and his dream is to go on exploring other cultures in the future together with his traveling companion: Mirta, his wife.



BUT HE'S KEPT HIS THIRST FOR ADVENTURE.



Mirta and his two children are his compass and his main support as he travels the path back to health and balance, not to mention his granddaughter, who was born in the midst of all the hustle and bustle when the disease and the diagnosis brought radical changes into his life.

Alberto has regained his vitality and enthusiasm, thanks in part to the care provided by the B. Braun Avitum healthcare team in Madrid. He is one of the 70 patients who come to the renal care center in Madrid for dialysis treatment three times a week, for an average of four hours a day. Over and above the medical therapy, the healthcare staff give the patients plenty of attention and care, along with many moments of companionship, empathy, and understanding — "hidden" values that may not be easily tangible but still have a tremendous influence on the patients and their ability to face the (sometimes colossal) challenges that the disease involves for them and their families.

Alberto's story shows that the spirit of adventure means more than just discovering new countries and regions. It can also mean starting a journey into a completely new life, without losing your sense of curiosity and your capacity for enthusiasm.

The true thirst for adventure is when we have the courage to transcend our limits, become the best version of ourselves, and live out our dreams and hopes.

Alberto's example can inspire everyone suffering from chronic kidney disease to go on traveling and pursuing their personal plans in spite of the condition.



AND WHAT HAVE YOU GOT IN YOUR BAG?

Dialysis days can be strenuous – but getting into a routine can be a big help. To make sure you don't leave anything important at home, you can pack a bag the evening before with everything you need to help you have a good, relaxing time at the renal care center. The things you put in could include:

1 The tablets or medication you need during the day (in consultation with your treatment team, of course).

The book you're reading at the moment or a magazine.

2

3 A notepad and pen for any ideas and things to do that you want to make a note of.

Handkerchiefs, a cleaning cloth for your glasses, and other personal comfort items.

4

5 If you want to use your cell phone or tablet computer: don't forget to take the charger with you!

6 Headphones are also very useful for enjoying music or films on your digital device. This is often an enjoyable alternative to the daytime TV program.

7 If your dialysis treatment starts in the morning, it's also best to prepare your snacks and drinks the night before. That means you can stay in bed a little longer and don't have to get up so early on the treatment day.

And by the way – the other patients in your center may also have more ideas. The best thing is just to ask around during your next visit to see what other people have brought with them. That way you'll not only get more ideas but possibly also find interesting people to talk to during the treatment session!



FAQs

WHY DO I FEEL COLD DURING DIALYSIS?

Renal patients tend to have a slightly lower core body temperature. Patients with anemia, including kidney patients with renal anemia, often feel cold as a symptom of anemia. If the dialysate temperature is higher than the blood temperature, blood vessels may be dilated during the treatment, which can lead to a dangerous drop in blood pressure during the treatment. That's why the temperature of the dialysate is kept at a slightly lower level than the normal body temperature resulting in a loss of warmth (loss of thermal energy) to the environment. So it's not unusual for patients on dialysis to feel cold during the treatment.

CAN DIALYSIS BE REDUCED TO ONLY TWO SESSIONS PER WEEK?

In earlier times, it was actually the rule for patients to attend for treatment only twice a week. But at that time, a session lasted eight hours, and the reason for the schedule was that there weren't enough renal care centers and spaces to treat all of the patients three times a week. Experience from that time showed the disadvantages that result if the period between dialysis sessions is very long: large amounts of fluid and toxins accumulate in the blood, and patients often feel unwell and short of breath. In the meantime, research has confirmed that dialysis treatment three times a week is basically better than twice a week. Indeed, there is evidence that six treatments can have advantages over three treatments, even if the weekly treatment time remains unchanged. Many home hemodialysis patients use this dialysis regimen.

CAN I EAT DURING MY DIALYSIS TREATMENT?

Each individual reacts differently to meals during dialysis treatment, so there's no single answer. Typically, a small snack is no problem, but a large meal should be avoided. If problems occur, they usually don't appear right away, after having completed the meal. If you start feeling unwell, it's often due to low blood pressure. Hypotension is a widespread side effect of eating during the treatment. The body reacts to food intake by increasing the blood supply to the gastrointestinal tract, thereby reducing it to other organs, e.g. the brain. This effect can be intensified by the dialysis and the associated fluid removal so much that a rapid and potentially dangerous drop in blood pressure occurs. If you're not sure about eating and drinking during treatment, discuss it with your dialysis care team.

Hi TO ZURICH

A metropolis that's as small and precious as a Swiss watch, Zurich is full of variety and surprises – and it has more to offer than just luxury items and shiny bank buildings.

Are you looking for lakes and mountains, city life and villages, history and nature? Zurich's the place!

Switzerland's largest city is well known as an important center for international banking and finance. But thanks to the extraordinary variety it offers within a tiny space, this mini-metropolis set amidst the mountains on picturesque Lake Zurich is also one of the cities with the world's best quality of life – and that alone is worth the trip.

Zurich has a population of around 400,000, but the city's commuter belt includes another 1.5 million people. More and more companies are setting up branches in this attractive region, bringing cosmopolitan flair to the city-center streets – an intriguing contrast to the splendid historic facades.

Distances are short, and the best plan is to take a stroll along the Limmat river and explore the old city. Highlights include the Fraumünster, a church dating from the middle of the ninth century, which has choir windows designed

by Marc Chagall. Only a few steps away, in the Grossmünster church dating from the eighth century, the Swiss Reformation was sparked off by the famous Huldrych Zwingli, a lay priest.

You could maybe join one of Zurich's many city guides for a day to venture deeper into the town's fascinating history. Or discover the city at your own leisure and wander through all the galleries and museums, the zoo with its fascinating Masoala Rain Forest Hall, and splendid cafés such as the famous "Sprüngli," which offers freshly made pralines every day. On an excursion to Zurich West, you can trail around the young Zurich with its alternative culture – for example, in the "Viadukt," with a cultural center, design stores, and vintage shops.

The best plan is to take a stroll along the Limmat river and explore the old city.



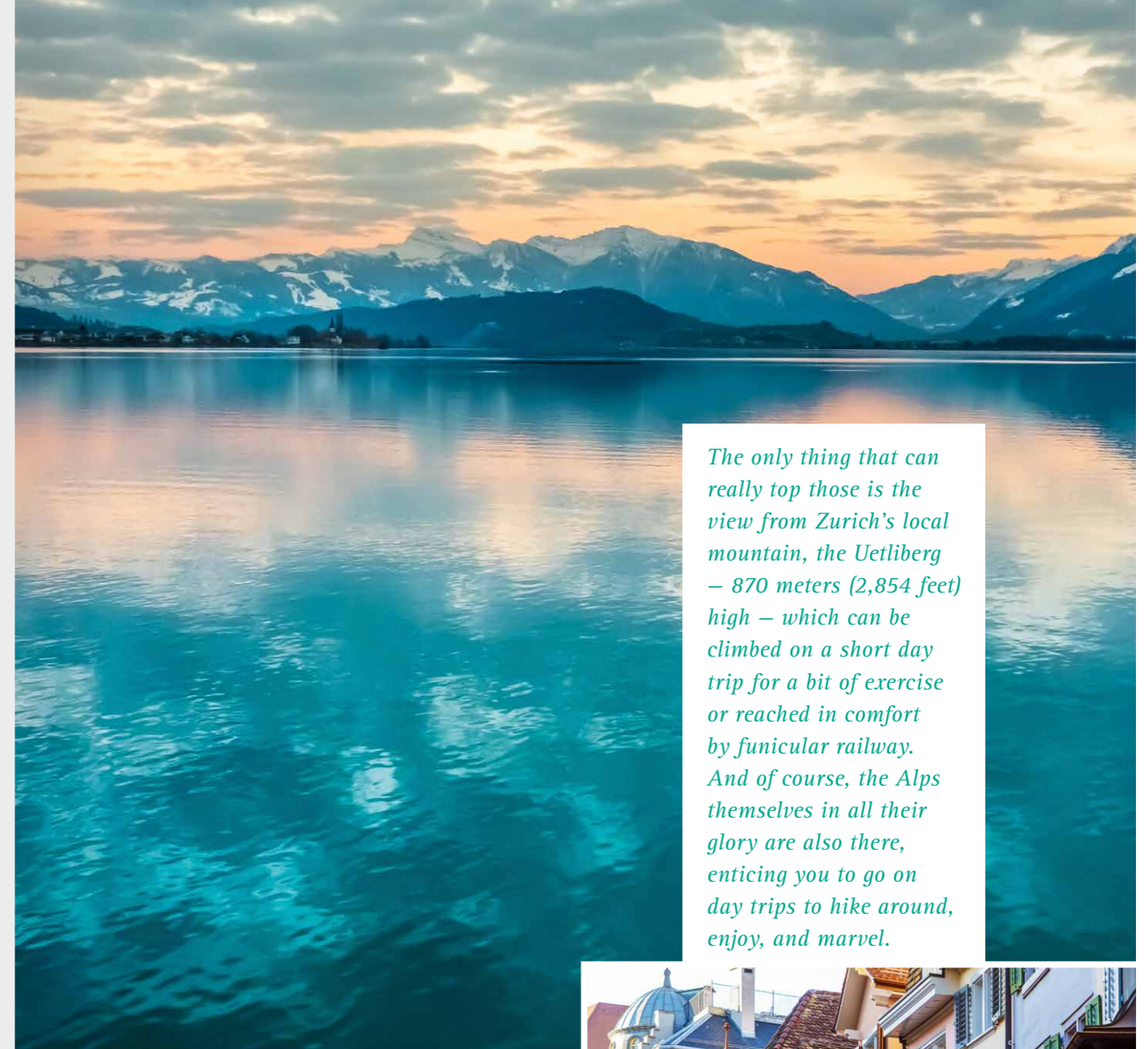


Thanks to the outstanding local public transport network, it's a pleasure to explore the city and its surroundings in depth. You can get where you want in Zurich comfortably, safely, and fast using suburban trains, trams, and buses. And don't forget you can even use your bus and tram ticket for boats on Lake Zurich and the River Limmat.

There's also a good transport connection from the city center to the B. Braun renal care center slightly outside the city in the rural town of Urdorf, south-west of Lake Zurich. The suburban train journey from Urdorf to the main station lasts only 12 minutes, taking you quickly from the idyllic peace of the countryside back to the lively center of the city.



With Zurich as your starting point, there are countless outings you can plan, thanks to the short distances typical for Switzerland. You can get to Bern by train in less than 90 minutes, for example, and to Basel in an hour. Outings to smaller towns such as the spa resort of Baden, Rapperswil, Einsiedeln Abbey, and also the Rhine Falls (Europe's largest waterfall) are also worthwhile. Favorite trips for city-dwellers and visitors also include going up the mountains to enjoy the dazzling view, of course. There are three mountain railroads that can take you rapidly to the peaks of the hills above the city: the Polybahn, in the city center; the Dolderbahn, which takes winter sports fans from Zurich to their popular ice-skating rink during the colder months; and the Rigiblick funicular railway.



The only thing that can really top those is the view from Zurich's local mountain, the Uetliberg – 870 meters (2,854 feet) high – which can be climbed on a short day trip for a bit of exercise or reached in comfort by funicular railway. And of course, the Alps themselves in all their glory are also there, enticing you to go on day trips to hike around, enjoy, and marvel.



WORTH KNOWING

Getting there: Zurich airport is the largest in Switzerland and has connections to numerous departure points all over the world. You can get from the airport to the renal care center in around 15 minutes by regional train, taxi, or hire car.

MORE INFORMATION AT: WWW.ZUERICH.COM/EN

RENAL CARE CENTER INFORMATION

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BOILED BEEF

WITH WASABI FOAM



The boiled beef provides lots of protein. Those who love mashed potatoes should make it from scratch using water-boiled potatoes. Add cream and butter to elevate it. Instant potato flakes contain excessive amounts of potassium.

- 600 g rump roast
- 1 small carrot, peeled and cut into cubes
- 2 spring onions, cut into cubes
- 1 brown onion
- 100 g celery stalks
- 1 laurel leaf
- 1 clove
- 5 peppercorns
- 4 juniper berries
- 225 ml heavy whipping cream
- Juice and zest of half a lemon

THE MEAT

Cook the meat in plenty of water with the vegetables (carrot, spring onions, brown onion, celery) and the seasonings – laurel leaf, clove, peppercorns, and juniper berries, for 90 minutes.

MASHED POTATOES

Peel the potatoes, cut them into small cubes, and boil in plenty of water until soft. Drain the water, allow the steam to evaporate. Add 100 ml cream, 50 g butter and a pinch of freshly grated nutmeg, ground pepper, and a pinch of salt to taste.

SERVES 4

- 50 ml of the boiled beef broth
- Potato starch as needed
- Wasabi in a tube, to taste
- ½ TSP sugar
- 480 g potatoes
- 75 g butter
- Pinch of freshly grated nutmeg
- Freshly ground pepper
- A pinch of salt
- 1 red beet
- 1 carrot
- 1 leek

TO MAKE WASABI FOAM

Heat up 125 ml of cream and boiled beef broth with lemon juice in it; if necessary thicken the sauce with some potato starch. Season to taste with wasabi, lemon zest, and sugar. Prior to plating, use an immersion blender to beat the cream-wasabi blend into a foam.

THE VEGETABLES

Julienne the red beet, carrot, and leeks; boil separately until soft in plenty of water. Mix together just before plating and sweat in a pan with a teaspoon of butter.

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

Energy	Carbohydrates	BE	Protein	Fat	Potassium	Phosphate	Sodium	Water
658 kcal	34 g	2.8	38 g	41 g	1381 mg	483 mg	180 mg	434 ml

These nutritional values represent average figures, which may differ in certain cases. They should be used only as a guide and cannot replace a consultation with your doctor or nutritionist.

LESS IS MORE: DIGITAL DETOX

Smartphones and other digital devices are now an indispensable part of everyday life, but we shouldn't let these versatile companions dominate our lives. Using "digital detox," you can make time for some genuine experiences again – and improve your physical and mental well-being in everyday life as well.

The digitalization of every area of life is changing the world even more than the invention of printing once did, and almost all of us are now carrying around the most successful product of the new age – the cell phone. Although we're using them less and less to make actual phone calls, we send each other messages, spend lots of time on social networks, and in the meantime we're organizing almost every aspect of our daily lives using apps.

Digital devices have been showing their benefits during the coronavirus pandemic in particular. We're able to work despite the lockdown and keep in touch with friends and relatives, and even with the doctor. There's really no such thing as boredom any more, because there's always something to pass the time with on the Internet. It's all certainly tempting, but it's also changing our behavior. Many people now feel a kind of compulsion to be constantly online, having to read and respond to messages instantly, along with the fear of missing out (FOMO for short).

Researchers have shown that we now look at our smartphone screens every 17 minutes – interrupting what we're otherwise actually doing. However, constant distractions and the high stimulation level created by multimedia consumption are putting stress on the brain and straining the body:

excessive cell phone use can lead to insomnia, poor concentration, restlessness, and depression.

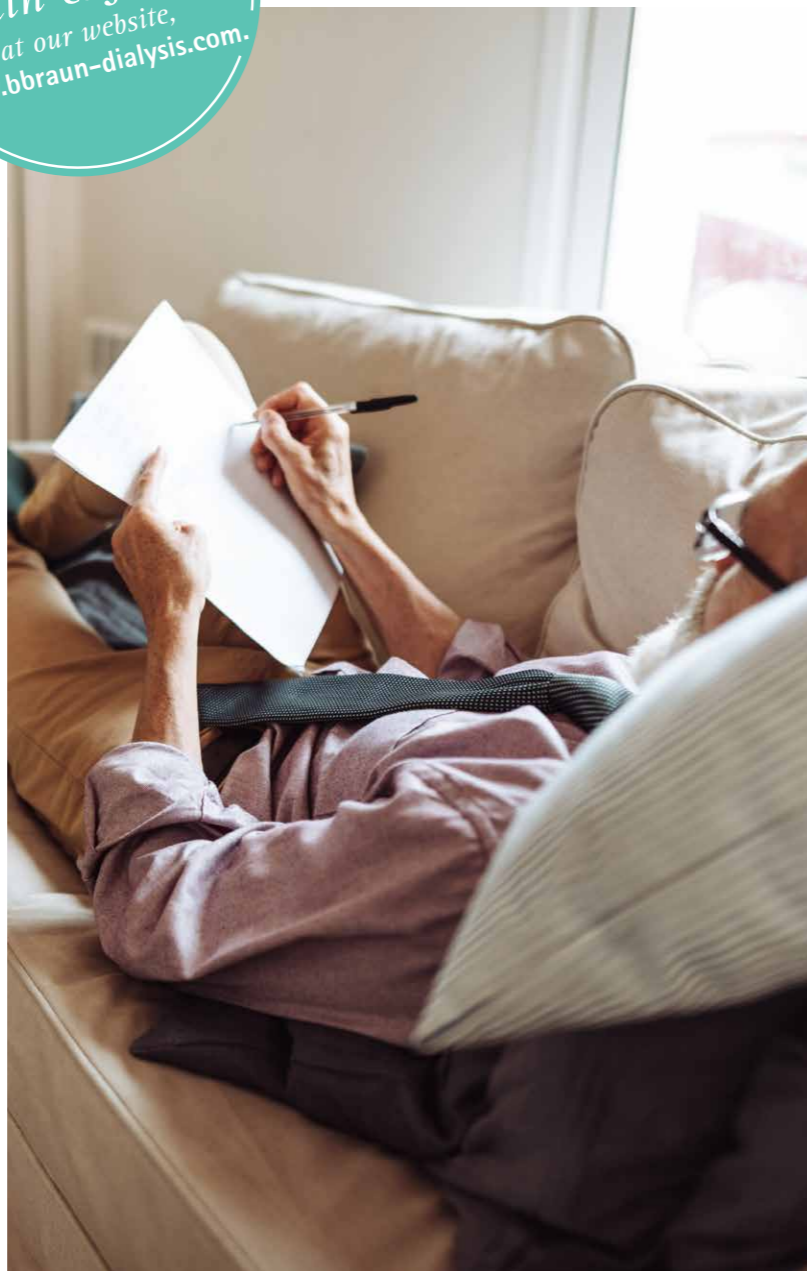
All day long, there's always some reason to look at your smartphone – even if it's just to see what time it is.

HOW DIGITAL DETOX HELPS

If you think the little device is taking up too much space in your everyday life — for example, if you're neglecting friendships and hobbies — you can readjust using your own personal digital detox program. The best way to start is with self-monitoring, spending one day keeping a record of how often and why you reach for the smartphone. You can also make a note of what you want to change.

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

Experiment with deliberately choosing offline times and places that you can make into cell phone-free zones in your life. As an immediate step to get a better night's sleep, it's a good idea to ban the smartphone and other digital devices from the bedroom and start using an analog alarm clock again.



**YOU CAN ALSO
MAKE A NOTE OF
WHAT YOU WANT
TO CHANGE.**

Tips for reducing cell phone stress



Overall, always remember to use your digital devices within limitations that you yourself have chosen. Not everything you can do digitally has to be done digitally. After all, instead of apps, you can also use the "old-fashioned" analog alternatives: a wristwatch, a cookbook from the bookcase, a photo album, keeping a diary on paper, and good old maps and street plans. These are all great ways of consciously slowing down and making sure there's less "digital noise" in your everyday life.

- 1 Just turn it off. Even during meals, exercise, and walking, don't let yourself be disturbed by looking at your device.
- 2 Disable all push messages and other audible notifications that you don't absolutely need.
- 3 Use an analog notepad and make a list of things you want to do later online. Then get them all done in one burst if possible, so you can be "device-free" again afterward.
- 4 If you notice that the colorfulness of the digital world keeps luring you back in, the best thing is to use the phone's settings to switch the display to grayscale.

A NETWORK OF COMPETENCE

Exploring the world with B. Braun



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