Fresenius Medical Care ✣ May 2009

PatientLine

Caring for the Total Patient

Remarkable People

In this issue you will read about many remarkable people with chronic kidney failure who are living rich, full lives on dialysis. Fresenius Medical Care presents Quarter Century Awards to people who have been on dialysis for 25 years or more. You will also read about remarkable triathlete and fellow dialysis patient Shad Ireland who is beginning a 4,000 mile "**What Inspires You**" Bike Tour across the United States, dialyzing along the way. Follow his ride on *www.UltraCare-Dialysis.com/shadireland*.

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Fresenius Celebrates World Kidney Day

Kidney disease is a growing problem in the United States, and certain racial and ethnic minorities, including African, Asian, Hispanic and Native Americans are at higher risk than the general population for developing conditions that lead to kidney failure.

The main causes of kidney disease in the U.S. are diabetes and high blood pressure, and both of these conditions are more common among minorities.

Photos:

Left to right: On National Kidney Day **Jon Gonzalez**, RD, Fresenius Medical Care Weslaco, joined Fresenius Medical Care Harlingen staff **Jessica Cortez**, PCT, **Angela Alexander**, RD, **Emily Garcia**, Clerical Assistant, **Christine Lopez**, RN Clinical Manager, **Yvette Martinez**, PCT , **Andrew Levine**, MD, Medical Director, and **Miriam Flores**, LCSW, Social Worker Fresenius Medical Care Harlingen and Weslaco for a barbecue and other patient events.

Left to right: **Jon Gonzalez**, RD, Dietitian Fresenius Medical Care Weslaco, **Noemi Sandoval**, **Amgen, Amanda** Krippel, National Kidney Foundation Regional Outreach Manager South Texas and **Miriam Flores**, LCSW, Social Worker Fresenius Medical Care Harlingen and Weslaco joined patients in celebrating World Kidney Day.

March was National Kidney Month and Fresenius took the opportunity to help raise awareness by encouraging Americans to learn more and take steps now to preserve kidney health. On March 12, World Kidney Day, while a contingent of FMS patients and staff stood with Al Roker, Matt Lauer and Meredith Viera on the Plaza at the Today Show, small groups in Fresenius facilities around the country held celebrations of their own.

In Harlingen Texas, Dr. Andrew Levine, Social Worker Miriam Flores and other local FMC staff at Fresenius Medical Care Harlingen took inclement weather in stride and joined Amanda Krippel, Regional Community Outreach Manager for the National Kidney Foundation (NKF) for South and Central Texas to make the day special for our patients.

NKF estimates one in nine Americans has chronic kidney disease (CKD) but many do not know it. In South Texas, the figure is one in six. KGBT Channel 4 News was on hand to interview Dr. Levine, Area Manager Eddie Hernandez and a few patients. Patients enjoyed the opportunity to reach out to the community and tell their stories and the importance of early detection.

Dietitians Angela Alexander, Jon Gonzalez, and Teresa Lepe hosted several demonstrations including how fluids impact the heart; how easy and important it is to have a thirst survival bag; and the weight of a gallon water jug. Also available to patients was information on the Treatment Options Program (TOP), advance care planning, and copies of the Lone Star Newsletter.

Social Worker Gloria Ramos, Fresenius Medical Care Financial Coordinator for the area was on hand to assist with the day's events and address patients' financial concerns. Eddie Hernandez, and Clinical Manager Christine Lopez celebrated with patients and their families as they

enjoyed a Barbecue lunch hosted by Dr. Levine. Noemi Sandoval from Amgen made available kidney-friendly cookbooks.

If your clinic is planning activities that other dialysis patients would find of interest, please contact PatientLine.

TODAY Show co-host **Matt Lauer** greets **Maureen Marshall**, left, a nurse, and **Maria Mejias**, a unit secretary, both at Fresenius Medical Care Union, New Jersey (1338). They joined other Fresenius staff and patients on Rockefeller Plaza on World Kidney Day to raise awareness of kidney disease.

Fresenius Medical Care Rx Can Fill Your Prescriptions

As part of our commitment to deliver the highest quality care and to enhance your pharmacy options, Fresenius Medical Care Rx can provide all of your prescriptions, over-the-counter medications and diabetic testing supplies directly to you through the mail.

We offer the expertise of pharmacists and support personnel focused on the specific needs of the dialysis community as well as the security of a national, retail pharmacy.

- **Convenient home delivery – no more waiting in lines**
- **No monthly premiums, start-up costs or mail order fees**
- **Co-pays per your existing insurance plan**
- **A pharmacist on call, 24 hours a day, seven days a week**
- **A pharmacist review of all medications for possible drug interactions**
- **Monthly reminders to you and your doctors for refills**
- **Management of your prescriptions, refills and prior authorizations**
- **Direct billing to your insurance company and no paperwork for you**

Participating in the program is simple. Pharmacy representatives are available to explain the benefits of the program and answer your questions. In addition, we encourage you to speak with your doctor regarding the benefits of this program. **Call 1-800-947-3131 to learn more about Fresenius Medical Care Rx pharmacy services.**

Salute to the Quarter Century Winners

Bobbie Ayers
Lenoir, NC
28 Years on Dialysis

Lee Beck
Grenada, MS
30 Years on Dialysis

Patrice Blasdell
Limerick, PA
25 Years on Dialysis

Wealthy Brown
Miami, FL
25 Years on Dialysis

Deborah Caldwell
Pittsburg, PA
35 Years on Dialysis

Tony Casarez
McKinney, TX
35 Years on Dialysis

Adolph Christensen
Live Oak, TX
27 Years on Dialysis

Rose Coleman
Chicago, IL
25 Years on Dialysis

David Davis
Smyrna, GA
28 Years on Dialysis

Janiesa Dawkins
Irvington, NJ
25 Years on Dialysis

Charles Evans
Newton, MS
30 Years on Dialysis

Clarice Fenton
Boston, MA
28 Years on Dialysis

Duane Fort
Pontiac, IL
30 Years on Dialysis

Cynthia Garcia
Seguin, TX
27 Years on Dialysis

Charles Gray
Southampton, VA
26 Years on Dialysis

Michelle Gorney
Bethel Park, PA
25 Years on Dialysis

Franklyn Hall
Salem, NJ
25 Years on Dialysis

Winona Harrison
Denver, CO
30 Years on Dialysis

Wanda Haynes
Union, NJ
28 Years on Dialysis

Ronald Howell
Norfolk, VA
31 Years on Dialysis

Kevin Jones
Dallas, TX
28 Years on Dialysis

Sylvia Killough
Amarillo, TX
30 Years on Dialysis

Martin Luther King
Savannah, GA
25 Years on Dialysis

Jean Landers
Blue Springs, MO
26 Years on Dialysis

Rufus Lassiter
Roanoke, NC
25 Years on Dialysis

Anthony Lewandowski III
New Castle, DE
25 Years on Dialysis

Altermease Lewis
Gainesville, FL
29 Years on Dialysis

David McCulla
Rolling Meadows, IL
31 Years on Dialysis

Alexandra Martin
Dover, DE
26 Years on Dialysis

Juan Martinez
Medina, OH
28 Years on Dialysis

Richard Martinez
Dallas, TX
28 Years on Dialysis

Kitty Neal
Columbia, SC
32 Years on Dialysis

Tommy Parker
Welch, WV
28 Years on Dialysis

Patricia Patee
Wichita, KS
34 Years on Dialysis

Charles Price
Birmingham, LA
32 Years on Dialysis

Michael Quang
Denver, CO
25 Years on Dialysis

Edna Rice
Meridian, MS
25 Years on Dialysis

Ethel Rogers
Europa, MS
34 Years on Dialysis

Estanislao Rodriguez
Chicago, IL
25 Years on Dialysis

Russell Silvera
Irvington, NJ
26 Years on Dialysis

David Stapel
Haltom City, TX
25 Years on Dialysis

Eddie Taylor
Norfolk, VA
25 Years on Dialysis

Tracy Warren
Amarillo, TX
29 Years on Dialysis

David Weatherford
Nashville, TN
26 Years on Dialysis

Michelle Williams
Fort Valley, GA
26 Years on Dialysis

The above list represents only patients who approved the public release of this information. If you feel you belong on this list and would like your name publicized, please contact us at 781-699-4171.

Dialysis Patients Go the Distance

Fresenius Medical Care and the AAKP Honor Patients On Dialysis for More than 25 Years

By J. Michael Lazarus, M.D.
Chief Medical Officer and Senior Executive Vice President of Fresenius Medical Care North America

This article, authored by **J. Michael Lazarus**, MD, Chief Medical Officer and Senior Executive Vice President of Fresenius Medical Care North America, was first published in the March 2009 issue of ***RENALIFE***, a publication of the American Association of Kidney Patients, in honor of patients who have been on dialysis for 25 or more years.

Modern dialysis methods are giving patients with kidney failure a better chance than ever to live long, healthy lives. But long-term dialysis treatment requires that patients make changes in their lifestyle and take a more disciplined, active approach to their health care. To acknowledge and honor patients that have dedicated themselves to their treatment for 25 years or more, Fresenius Medical Care North America and the American Association of Kidney Patients (AAKP) created the Quarter Century Patient Recognition Program.

As a nephrologist who has treated hundreds of dialysis patients over the last 40 years, I am well aware of the challenges associated with dialysis treatment, and its impact on patients' lives. I have also learned a great deal from patients about the human factors that are critical to long-term success in dialysis treatment, and their insights and perspective have been invaluable in my practice.

A Healthy Outlook Goes a Long Way

In order to create a sustained and successful dialysis treatment plan, patients first need to try to maintain a positive attitude and embrace their new lifestyle. This primarily means that they follow the advice of their health care team, adhere to their treatment program, and stay in good overall health. But these seemingly straightforward steps can be difficult, as patients have to balance a new way of life with family and other priorities. By the same token, having a strong and supportive network of family and friends can be a great motivator.

> **Altermease Lewis of Gainesville, Fla., has been on dialysis for 29 years, and has three children, eight grandchildren and seven great-grandchildren. She credits strict adherence to her treatment plan for her continued success. "Take your meds, eat properly, and don't miss treatments," she advises.**

Most quarter-century patients say that the success of their treatment is due to healthy diets, being compliant and maintaining an active lifestyle.

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Fresenius Medical Care

Likewise, when patients take the time to understand their diagnosis, they are more likely to remain on track with their treatment program. In fact, many of the successful long-term dialysis patients I encounter are independent and self-reliant people, who want to live as normal a life as possible.

Anthony Lewandowski III of Wilmington, Del., is an avid baseball fan and says, "I stay active and healthy by coaching little-league baseball, maintaining a positive attitude, spending time with friends and family, and collecting baseball cards. I've traveled to the Baseball Hall of Fame in Cooperstown, N.Y. for little-league games, as well as to Disney World and the Poconos," he adds.

There is no fixed formula for long-term success with dialysis, but patients have the most success when they maintain an optimistic outlook, are active participants in their healthcare and follow the advice of their doctor.

Better Technology and Treatment Options

Dialysis has been widely available since the mid-1970s, and I have seen significant technological advances that have led to the advanced equipment, medication and treatment modalities that today are more effective than ever.

As a physician, I want to prescribe a dialysis treatment plan that is both effective and efficient, and the patient plays an important role in designing this plan. Patients often have choices about when and where they will receive treatment, and creating a realistic plan is critical to their success. Treatment plans may depend on what is available in a patient's area, but can include in-center daytime and night-time hemodialysis. Patients can also dialyze in the comfort of their own home to have a more flexible schedule, with options including home hemodialysis and peritoneal dialysis. For patients with qualifying insurance, Fresenius Medical Care is introducing the UltraCare ***at home***™ Staff Assist Program, where a caregiver administers hemodialysis treatment at a patient's home. I encourage patients to work with their healthcare team to find a treatment available in their area that works best for their lifestyle

Fresenius Medical Care is dedicated to giving the best possible care and treatment to all dialysis patients. The Quarter Century Patient Program honors patients who have gone the distance, committed to their dialysis treatment plans and are living long and rewarding lives.

Patients can visit www.UltraCare-Dialysis.com to find facility locations and available treatment options near you.

The Adventures of
CAPTAIN BINDER!
Love these Smart Snacks!
PRETZELS
Oh no, where is it?
Got Binders?
Rx Diet Binders Dialysis
POW!
I was looking for the remote ...but thanks, I need those binders too!
CLICK
Remember to take your binders with snacks!

Phosphorus and Snack Time

Healthy snacking is one of life's "little pleasures" and a great way to put energy and protein into your body. Did you know that phosphorus is in almost everything that you eat, including snacks?

Be a CHAMPION - Have your "Smart Snack" and a good phosphorus level too:

1. **TAKE your phosphate binder medicine with your snacks as directed by your doctor.**
2. **TALK with your dietitian about your snacking habits. Here are a few "Smart Snack" suggestions:**

Protein Bars	*Low Salt Popcorn*
Fruit Cocktail	*Angel Food Cake*
Dry Cereals (ex. Cheerios®)	*Low Salt Pretzels*
Vanilla Cookies	*Hard-Cooked Egg*

3. **LOOK at the handout "My Phosphate Binder Medication" to review the phosphate binder medication prescribed by your doctor and the times you should take it.**

If you don't have the handout, ask your dietitian to give you one.

The handout is part of the Strong Bones, Healthy Heart program.

"Got Binders?"

Word Search: Searching for Healthy Snacks

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

Find these hidden words in this puzzle:

ANGEL FOOD CAKE
APPLE
APPLESAUCE
BERRIES
BLUEBERRY MUFFIN
CEREALS
FRUIT COCKTAIL
GRAPES
HARD BOILED EGG
LOW SALT POPCORN
LOW SALT PRETZEL
PROTEIN BAR
SHERBET
VANILLA COOKIE

ATTENTION PATIENTS
If you have a computer and email access and would like to participate on a Patient Editorial Advisory Board for this publication, please contact us at Rosemary.Heinold@ fmc-na.com.

Triathlete and dialysis patient **Shad Ireland** at the kickoff of his "What Inspires You" bicycle tour across the United States from May through July, 2009 to help raise awareness about the leading causes and dangers of kidney disease.

Shad Ireland's "What Inspires You" Cross Country Bike Tour for Kidney Disease Education

Shad Ireland and his "What Inspires You" tour may be coming soon to a town near you. If you are not yet familiar with Shad Ireland, you will be hearing a lot more about him in the coming months. In 2004, Shad Ireland made history as the first dialysis patient to ever complete an Ironman Triathlon consisting of a 2.4 mile swim, 112 mile bike ride and 26.2 mile run.

As a professional athlete, Shad remains on dialysis and competes in triathlons despite not having kidneys after being diagnosed with kidney failure at age ten and surviving two failed kidney transplants. In 2008, Shad also became one of the first physically challenged athletes to ever complete the entire Lifetime Series of Triathlons, consisting of the Minneapolis Triathlon, New York City Triathlon, Chicago Triathlon, Los Angeles Triathlon and Dallas Triathlon – all while on kidney dialysis.

The mission of his "What Inspires You" tour is to help raise awareness surrounding the dangers and leading risks associated with kidney disease, as well as inspiring other dialysis patients to pursue their own dreams.

Shad's ride will begin in Los Angeles and he will visit 13 states and the District of Columbia from May 1 through July 30, 2009 including numerous cities and towns along the more than 4,000 mile route. During the "What Inspires You" tour, Shad will share his inspiration message at community events, public health screenings, motivational speaking opportunities to patients at several Fresenius dialysis clinics, and various media opportunities along the journey.

"Fresenius Medical Care is proud of our sponsorship of Shad Ireland, and we look forward to continuing that relationship and supporting the "What Inspires You Tour" and his exciting new CKD prevention initiatives" said Tom Graham, VP Marketing for Fresenius Medical Services. "We have long appreciated the inspirational connection Shad can make with the entire renal community, not only through his leadership as a triathlete, but because of his uncompromising philosophy that inspires others with end stage renal disease. We sponsor him as one of our UltraCare® initiatives, to bring his inspirational message to Fresenius clinics across the country and we look forward to our ongoing partnership."

"Together we can make a difference in the fight against kidney disease," said Shad Ireland. "I hope you will join me this summer in pursuing your dreams and inspiring others to overcome the obstacles in their life. There are no limitations, only inspiration."

Some of the cities on the "What Inspires You" Tour route:

Los Angeles
San Diego
Phoenix
Dallas/Fort Worth
Austin
Houston
Baton Rouge
Mobile
Gulfport/Biloxi
Atlanta
Charlotte
Washington, D.C.

Traveling This Summer?

Let Us Help With Your Dialysis

Today there are thousands of dialysis clinics in the United States and around the world, some even on luxury ocean liners. If you are in reasonably good health and your doctor agrees, dialysis patients can travel and receive treatments as they go. The Fresenius Medical Care Patient Travel Service can help. Traveling by car, train, plane or ocean liner, there are no limitations to your destinations.

For more information, call us toll-free at 1-866-4DIALYSIS (434-2597) Monday – Friday from 8:00 a.m. to 5:00 p.m. (CST), fax us at 1-866-932-4775, or visit ***www.UltraCare-Dialysis.com***.

Recipe: Tortilla Chips

Ingredients:
2 pkg. Flour tortillas (8 oz. each)
Non-stick vegetable oil or spray

Mexican Seasoning
Ingredients:
12 Tbsp. chili powder
4 Tbsp. ground cumin
3 tsp. onion powder

Optional:
1-1/2 tsp. thyme
1-1/2 tsp. oregano
6 tsp. basil
1 tsp. black pepper

Method:
Separate tortillas.
Spray each, sprinkle with Mexican Seasoning (see above or just sprinkle with onion powder if you prefer). Stack one on top of another until you have four.
Cut into eight wedges.
Spread on baking sheet.
Repeat with remaining tortillas.
Bake at 350° for about 10 minutes until crisp and just barely brown.

Yield: 10 servings,
16 chips per serving

Each serving provides:
Calories 224
Carbohydrate . . . . . 40 grams
Protein. . . . . 6 grams
Fat. . . . . 4 grams
Sodium . . . . . 268 milligrams
Potassium. . . . . 70 milligrams
Phosphorus . . . 34 milligrams

Thank you to The Council on Renal Nutrition of New England for contributing this recipe.

Through UltraCare®, Improving the Quality of Life of Every Patient, Every Treatment.

UltraCare® represents our commitment to deliver excellent care to patients through innovative programs, the latest technology, continuous quality improvement and a focus on superior customer service. UltraCare is delivered by highly trained staff and demonstrated through dedication, leadership and compassion by every team member, every day.

Elements of UltraCare®
- Clinical Leadership
- Superior Customer Service
- Individualized Patient-Centered Care
- Continuous Quality Improvement
- Team Approach to Care

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Please send PatientLine comments and story ideas to Rosemary Heinold at *rosemary.heinold@fmc-na.com* or the address above.

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