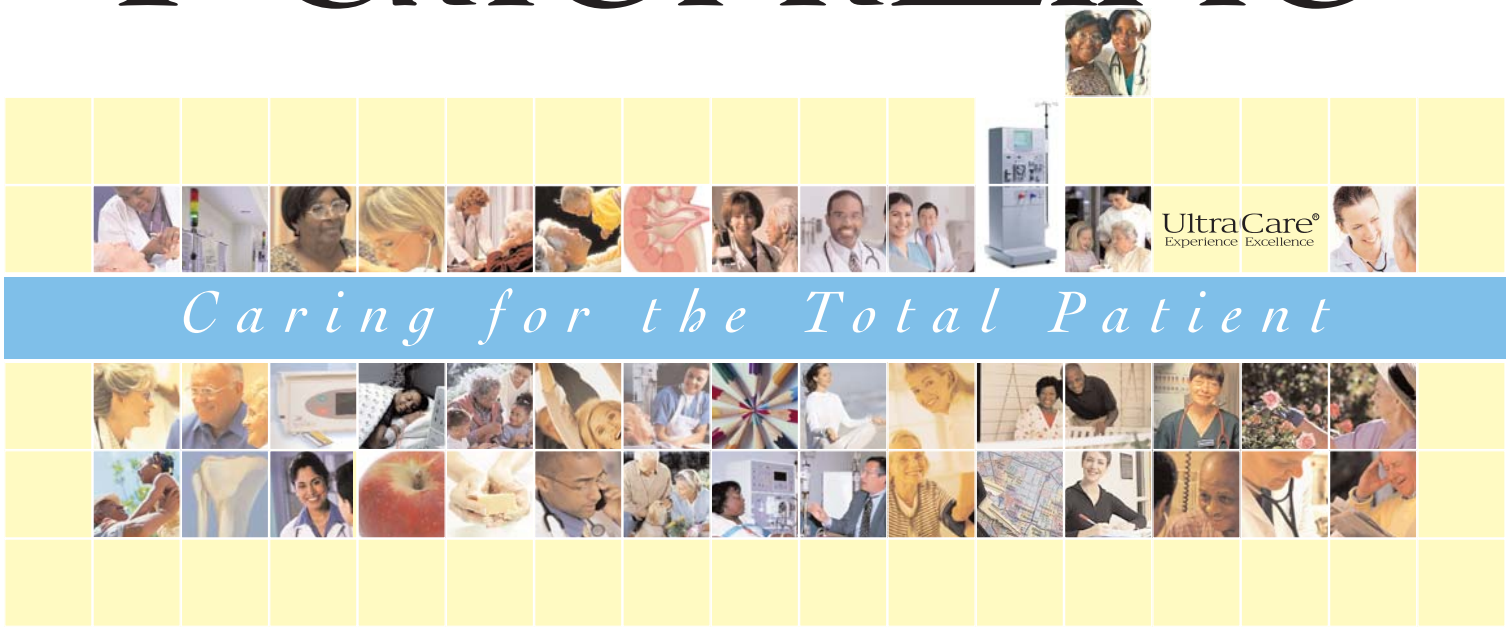
Fresenius Medical Care ❧ Winter 2005 - 2006

PatientLine



Quarter Century Recognition Program

We all know dialysis treatment is life-saving, but it is also a huge commitment that changes a patient's lifestyle in many ways. All of our patients deserve to be recognized for their dedication to their treatments, especially those who have been successfully dialyzing for 25 years or more! Every year these patients are awarded with a congratulatory letter, a medal, a plaque and a one-year membership to the American Association of Kidney Patients (AAKP) through our Quarter Century Recognition Program.

In addition to trying not to miss their dialysis appointments, most of these patients credit their years of successful dialysis to; taking care of themselves by eating right and getting regular exercise, trusting in their faith, and having good relationships with friends and family.

Be sure to watch for a Quarter Century Recognition Program article, including profiles on patients who have reached the 25-year mark, in the March/April 2006 issue of AAKP's Renalife Magazine. In the meantime, meet some of our Quarter Century patients inside!

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Congratulations!

Congratulations to our Quarter Century Patients!

The following patients have given us permission to list their names. Each has been on dialysis for 25 years, unless otherwise noted.

Annie Butler, Texas

Johnny Byrd, Illinois

Milton Gaines, Louisiana, 26 years

Hazel Hamm, Texas

Terry Holton, Louisiana

Dianne Mitchell, Louisiana, 30 years

Cynthia Motley, North Carolina, 30 years

Jessie Payne, Tennessee

Ruben Perez, Illinois, 31 years

Thelma Steed, Texas, 26 years

Steven Franklin, Texas

Ronnie Griser, Texas

Ronald Howell, Virginia, 28 years

Patricia Jackson, Virginia

Phyllis Kerner, Massachusetts

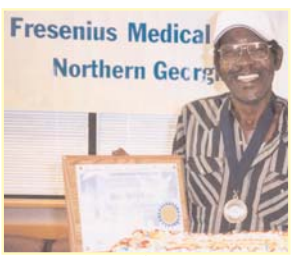
Juan Martinez, Ohio

Harrison Akingbade, North Carolina, 27 years

Raul Rodriguez, Texas, 29 years

Doug Shoemaker, Georgia

Mary Ann Sisson, Virginia, 26 years



Roy Bridges, Georgia

Ruby Walker, Texas, 30 years

Jacqueline Williams, Michigan

Fletcher Willis, Texas, 30 years

Holiday Party Survival Tips

Eat well and exercise to feel your best through the holidays!

Before the party:

- Talk to your host to find out what is on the menu. If needed, offer to bring something you can eat and enjoy.
- Make family and friends aware of your diet so they are able to serve foods that are healthy for you.
- Talk with your dietitian about the foods that are important to you. He or she will help you learn how to include foods that are not usually on your diet.
- Have a snack before the party, so you are not starving when you arrive.
- Keep a food record so you can plan your sodium, fluid and potassium intake around the special event.

At the party:

- Limit temptation - move away from the buffet table!
- Know your diet so you can make wise food choices. Choose lower sodium, potassium, and phosphorus foods from what is offered.
- Sauces and gravies are usually salty and full of fat. Limit the amount you have by putting them 'on the side'.
- At a buffet or cocktails, keep a plate with a napkin on it in one hand, and a cup in the other. This will help to limit the urge *others* may have to tell you to eat and drink more.
- Take your phosphate binders. Your dietitian can help you know when to take this medication.

When planning your own party:

- If you're cooking or planning the food for a party use renal-friendly substitutions in your recipes, such as:
  - Non-dairy creamer instead of milk
  - Leave out salty ingredients
  - Soak potatoes
  - Add extra spices and herbs for more flavor
- Ask your dietitian to recommend a kidney-friendly cookbook.

Renal Friendly Holiday Word Search

Find these words hidden in the puzzle:

- Apple crisp
- Christmas
- Collards
- Cranberry
- Deviled eggs
- Fruit salad
- Green beans
- Hanukkah
- Healthy
- Hot apple cider
- Kwanza
- New Year
- Shrimp
- Spices
- Thanksgiving
- Turkey

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

Protect Yourself During Cold and Flu Season

It's cold and flu season again, and do you know one of the best ways to protect yourself only takes about 20 seconds? It's true. 20 seconds of hand washing with soap can prevent you from picking up some of the germs and bacteria that can make you sick. When you touch something that others have touched, and then eat, or put your hands on your nose, eyes, or a cut on your body without washing first, you risk getting sick or spreading germs to others. It's also important to wash up after you sneeze or blow your nose, go to the bathroom, and take out the trash to prevent the spread of germs.

As a dialysis patient, it's important to try to keep yourself as healthy as possible. In addition to becoming a regular handwasher, there are other steps you can take to lessen your risk of getting colds and the flu this season. It's important to get at least 8 hours of sleep every night, eat balanced meals, exercise regularly and get your vaccinations on time. Vaccines can prevent you from getting the flu or Pneumococcal disease, which often leads to Pneumonia and other serious respiratory illnesses. Some people still get these illnesses even after receiving the vaccine, but the symptoms are much more mild.

Ask your nurse or doctor when the vaccines for Influenza (flu) and Pneumococcal disease (Pneumonia) will be distributed at your dialysis facility, and if you need them.

Uplift Your Spirits Through Art

We're excited to introduce our new "Uplift Your Spirits" section. We hope it will give you creative ideas for living a healthy lifestyle on dialysis.

At PatientLine, we admire and applaud you for your dedication to dialysis treatment. Even though you accept your treatment, there still can be inner conflicts when a life-threatening disease is diagnosed. This can lead to stress and negative thoughts and emotions. Art making can be a great way to relax and help you release your feelings, and art can even be done during dialysis to pass the time!

Here are some tips on how to begin:

- Get a sketch pad and color pencils or pastels.
- Take a moment to relax all the parts of your body.
  - Allow yourself to let go and remember talent or expertise in art is not important.
  - Be loose and work quickly without thinking about what you're creating.
- Put down the first lines, shapes, and colors that come into your head. Doodle away!
- Look carefully at your work when you are finished.
  - *Do any symbols, shapes, or colors hold meaning to you?*
  - *What feelings do you have when you look at your art?*
    The meaning may not be clear, but keep exploring these things in your artwork and see how they change when you create other works of art.

Studies show the benefits from making art are healing and life-enhancing for your:

MIND - To cope with symptoms and process grief or anger.
BODY - To boost your immune system.
SPIRIT - To soothe stress and promote a sense of well-being.

Remember art making may help you express yourself and can be used to heal hidden feelings. In the process, you may find out that you have a talent you didn't know you had. Check your local bookstore or library for books on art therapy.

Please send PatientLine comments and story ideas to Hilary Thorne at hilary.thorne@fmc-na.com

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