



Fresenius Medical Care

Patient

Line

Features

September 2009

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Shad Ireland visited dialysis patient **Doris Merrill** at Fresenius Medical Care Deming in Deming, Arizona.

Staying Active on Dialysis

In this issue of PatientLine, you will read about two dialysis patients, Charles Price and Shad Ireland. Charles is a Quarter Century Patient who has been on dialysis for more than 32 years; Shad (pictured above with patient Doris Merrill) has been on dialysis for 27 of his 37 years of life. Charles, a former high school football quarterback, worked as a pharmacy technician while on dialysis, and Shad has just completed a strenuous 4,639-mile bike tour across the United States, dialyzing along his route at Fresenius clinics. Both men believe in the benefits of staying active and remaining fit. Their stories are an inspiration to all dialysis patients.

It's also time to prepare for hurricane season. Please take a moment to review the Emergency Preparation Tips on page 13 and 14, just in case.

Shad Ireland, Triathlete, Dialysis Patient, Completes Cross Country Bike Ride

Shad received his dialysis therapy at Fresenius clinics all along his route. This shot was taken in Las Cruces, New Mexico.



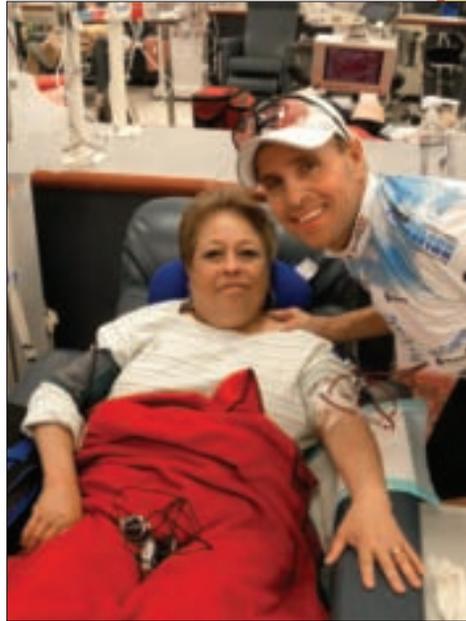
Shad Ireland, national spokesman for Fresenius Medical Care, is more than a patient advocate. He's a patient inspiration. On July 30, Shad finished his 4,639-mile "What Inspires You" bike trek across the United States begun in May in Los Angeles. Along the way, he stopped at Fresenius clinics to dialyze and visit fellow patients. He conquered the extreme 100-plus degree temperatures in the Southwest, roads with no shoulders, storms, witnessed a fatal accident on the highway, and other hazards. But his dialysis treatments happened regularly and without incident, and on July 30 he arrived in Washington D.C., fulfilling his goal of biking across the United States.

Shad's bike tour took him through 13 states, visiting more than 45 Fresenius



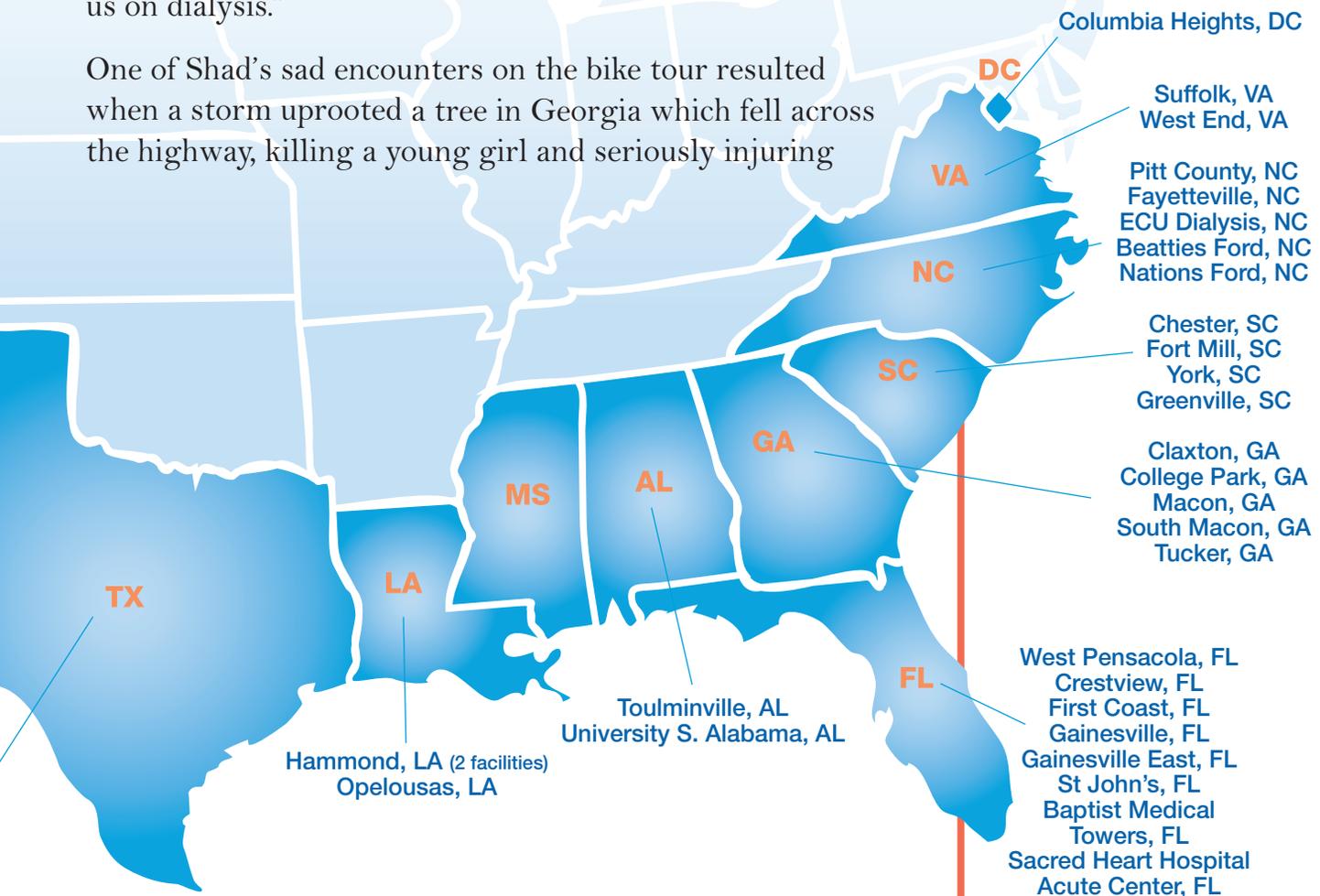
dialysis facilities along the way. Fresenius is Shad's dialysis provider at home and on the road, and he partners with us to promote chronic kidney disease (CKD) education and awareness. Through his athletic feats, Shad also strives to inspire and empower people on dialysis, encouraging them to live their lives to the fullest.

"It was great to meet so many patients and health care staff during this tour, and I hope they will commit to healthier lifestyles, and live their lives to the fullest," said Shad. "I'm thankful to Fresenius Medical Care for its sponsorship, which helped raise awareness of CKD, and for its dedication to finding new ways to improve the lives of those of us on dialysis."



Shad met with dialysis patient **Yolanda Martinez** while visiting Fresenius Medical Care SE San Antonio, TX.

One of Shad's sad encounters on the bike tour resulted when a storm uprooted a tree in Georgia which fell across the highway, killing a young girl and seriously injuring



her father. Shad's tour vehicle was directly behind the car that was struck. His experience of helplessness at the scene renewed his determination to persevere in spite of the hardships he was facing along the way.

Shad, now age 37, was diagnosed with kidney failure at age 10. He survived two failed kidney transplants and has been on dialysis for the majority of the

past 27 years, but his condition hasn't stopped him from accomplishing a series of extraordinary athletic feats.

In 1993, weighing just 75 pounds and recovering very slowly from the rejection of his first transplanted kidney, Shad was watching TV and saw a race he had never seen before — a triathlon. He was captivated by the strength and determination of the athletes in this difficult race, and told his mother he would someday compete

in a triathlon. After a second kidney transplant rejection several years later, Shad began training for his first Ironman triathlon. At age 31, he became the first dialysis patient to

complete an Ironman triathlon, and he continues to compete at the professional level today.

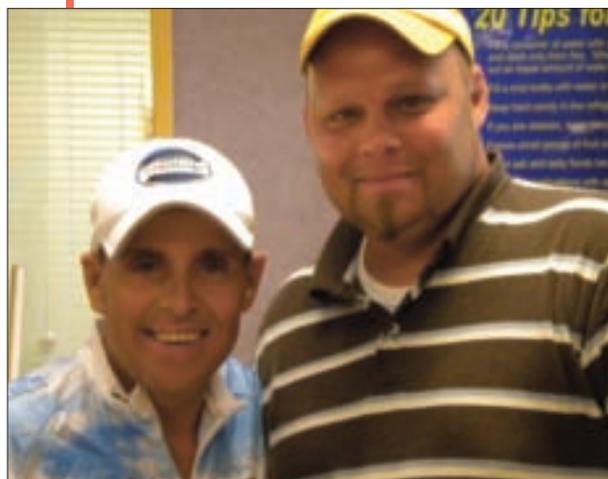
Mats Wahlstrom, Co-CEO of Fresenius Medical Care North America and CEO of Fresenius Medical Services said, "Shad completing his 4,639-mile trek

Shad shared time with **Steven Newton**, a patient at Fresenius Medical Care Tarrant County, Ft. Worth, TX



Barbara Dalco and Raymond Mims asked Shad about his training at Fresenius Medical Care Tarrant County, Ft. Worth, TX

Jason Van Horn, a patient at Fresenius Medical Care University South Alabama Dialysis in Mobile, Alabama was very excited about working with Shad as well as representing the state of Alabama on Shad's team.



across the country is an amazing accomplishment for anyone, let alone someone with no functioning kidneys. He is an inspiration to people with chronic kidney disease and kidney failure, demonstrating how they can lead healthy and fulfilling lives. As part of our UltraCare® mission, we are dedicated to delivering excellent patient care, and one of the ways we do that is by providing CKD and treatment option education to help empower patients like Shad to achieve their own personal goals.”

Shad visited more than 45 Fresenius Medical Care dialysis facilities and received a total of 41 dialysis treatments over the course of the tour. He also organized and participated in several community events. Shad’s triumphant ride into Washington D.C. ended on the steps of the nation’s Capitol on July 30.

When he’s not biking across the country, Shad receives hemodialysis at home. He is scheduled to visit more Fresenius regions in the coming year. So if he missed your clinic during his ride, you may still see him in your area sometime soon.

The “What Inspires You” video series that documents Ireland’s cross country tour can be viewed at <https://www.UltraCare-Dialysis.com/shadireland>.



Tashima Talton, a patient at the Sacred Heart Hospital Acute Center in Pensacola, Florida, was happy to meet Shad and hear his story.



Shad visited with patient **Marisol Avalos** in the Sacred Heart Hospital Pediatric Acute Center in Pensacola, Florida.

Charles Price Goes the Distance

By Angele LaFontaine, MSW, LGSW, Fresenius Medical Care
Birmingham Central, Birmingham, Alabama

Charles Price, a patient at Fresenius Medical Care Birmingham Central in Alabama, has been on dialysis for 32 years—well over half of his life. Growing up in Birmingham, Price led a normal life. He was the quarterback of his high school football team and played a few years for Miles College in Fairfield, Ala. But at 19, his life changed dramatically. Price felt ill during a game and was taken to the

hospital. Unbeknownst to him and his family, Price had been born with only one kidney, and now that kidney had completely failed due to complications from high blood pressure – the second leading cause of kidney disease, behind diabetes.

Despite this setback, Price’s positive attitude and support from his family and friends have allowed him to live a satisfying and fruitful life.

“It was a big blow to me,” Price says of the diagnosis. “I’m the only one in my family that has had kidney failure,

and I was very athletic and healthy growing up. But it didn’t take me long to adjust to the changes I had to make. You do what you have to do.”

“What helped me most was staying active. I worked as a pharmacy technician and didn’t just sit around. I kept a positive attitude and didn’t let worrying about my condition overwhelm my life.”

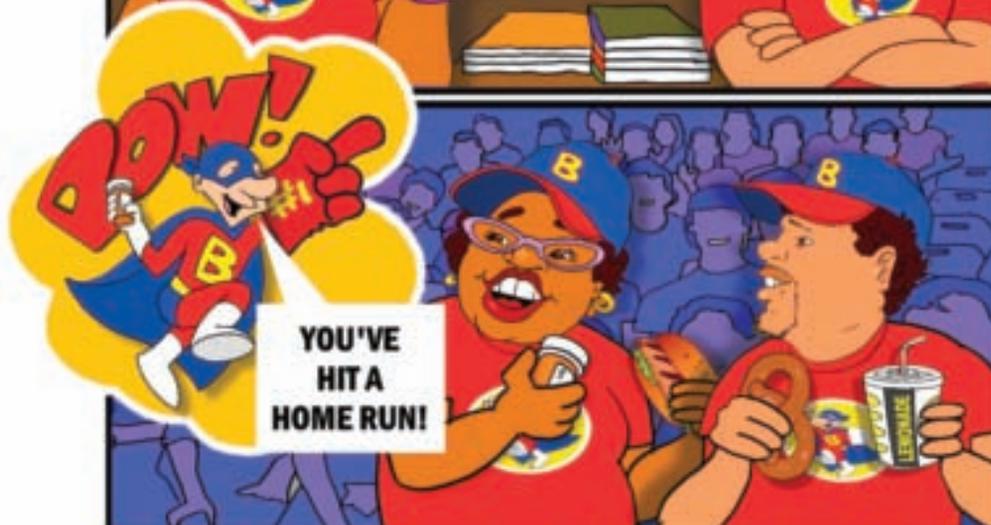
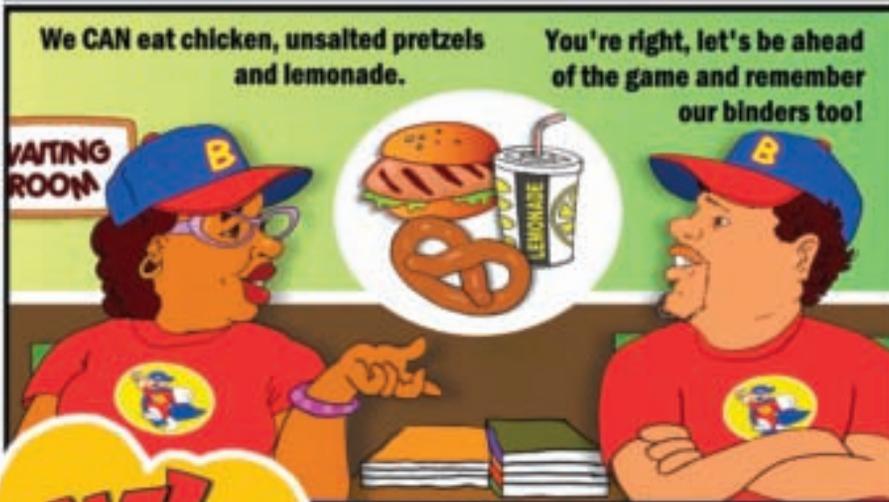
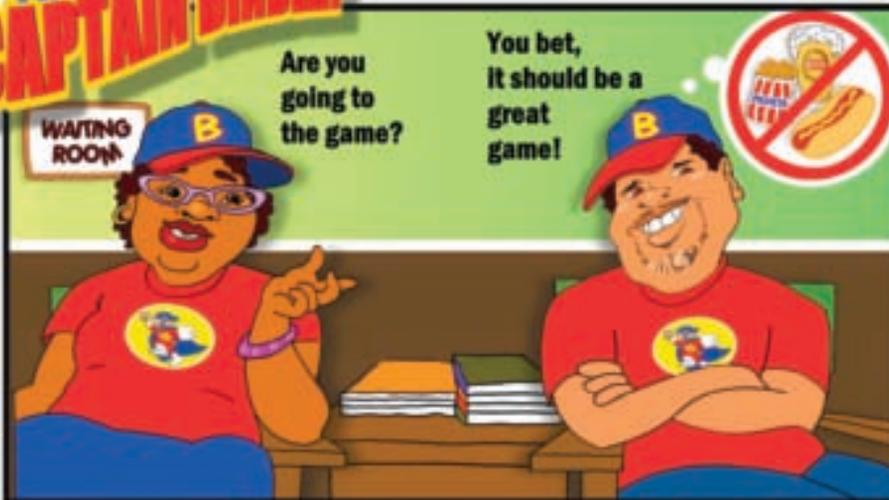
In 1978, Price underwent a kidney transplant, but it failed after only a few weeks. “That’s when I realized dialysis was just going to be a part of my life. But you have to make the best of the situation you’re in. If you think negatively, things

(continued on page 11)

Charles Price, father, grandfather and former football player, has been receiving dialysis for more than half his life.



The Adventures of **CAPTAIN BINDER!**



Binders AND lower phosphorus foods. It's a winning combination!



Choose Wisely and Hit Your Own Home Run!

SINGLE: One slice cheese pizza, unsalted soft pretzel, 8 oz. lemon-lime soda

DOUBLE: Hamburger with onions, no cheese or pickles, small unsalted popcorn, 8 oz. orange soda

TRIPLE: Turkey burger with lettuce and one packet mayo, small bag plain tortilla chips, 8 oz. water

HOME RUN: Grilled chicken sandwich with one packet mayo, unsalted soft pretzel, 8 oz. lemonade

“Got Binders?”

Word Search:

Searching for Snacks at the Ball Game

Make better food choices while you're at the ball game.

Better Choices

UNSALTED PRETZEL
LEMON LIME SODA
UNSALTED POPCORN
LEMONADE
TURKEY BURGER
WATER
GRILLED CHICKEN

ORANGE SODA
TORTILLA CHIPS
CHEESE PIZZA

No Thanks!

HOTDOG
PEANUTS
COLA
BEER



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

Zucchini Turkey Burgers

with Grilled Poblano Peppers

With these “kicked up” burgers, who needs beef?

Yield 4 servings

- 1 pound ground turkey meat
- 1 cup zucchini (shredded)
- 1/2 cup onion (minced)
- 1 jalapeno pepper (sliced lengthwise, seeded, and minced)
- 1 raw egg
- 1 tsp Mrs. Dash® Extra Spicy Blend*
- 2 poblano** peppers (sliced in half lengthwise and seeded)
- 1 tsp mustard (optional)



Mix first 6 ingredients thoroughly. Firmly form meat mixture into 4 patties. Burgers may be grilled outdoors on a grill or on an electric griddle. The peppers can be grilled

along side burgers, until skin is tender and blistered. Grill burgers to an internal temperature of 165°F or until center is no longer pink.

Top patty with grilled peppers and serve on hamburger buns. These tasty burgers don't require salty garnishes such as pickles or high potassium tomatoes.

*Mrs. Dash Extra Spicy Blend has many of the herbs and spices found in chili powder but without the sodium. It is great wherever an extra little kick is needed.

** If you prefer sweeter peppers, you may substitute 1 red bell pepper quartered length-wise.

This recipe provided by Robin Russell, MS, RD/LD, Dietitian for Fresenius Medical Care Terrell in Terrell, Texas.

	1 turkey burger with poblano pepper & 1 tsp. mustard	1 turkey burger with red bell pepper & 1 tsp. mustard
Calories	368	372
Total Carbohydrate	29	30
Fat	15	15
Protein	29	29
Sodium	389	390
Potassium	429	454
Phosphorus	212	221

(continued from page 6)

are going to be negative. I don't feel sorry for myself. Life is the same for everybody – we all have our ups and downs.”

Dialysis has only been widely available as a treatment for chronic kidney failure since the mid-1970s, and Price's story shows it can be a viable long-term treatment option for people with the condition. He often shares his story with patients that are new to dialysis.

“I like giving the other patients advice and encouragement. When I tell them how many years I've been on dialysis, they can't believe it. I tell them, ‘If you do what you are supposed to do, you can stay really healthy. But if you don't, it will catch up with you.’”

Price knows his doctors and other members of his health care team are looking out for him. “I've always had good kidney doctors and nurses over the years. The doctors like me because they know I'll do what they tell me to do.”

“Charles is an inspiration for all our dialysis patients. By his example of long-term success, he helps other patients remain motivated and on track,” said Jeff Glaze, MD, Medical Director of Fresenius Medical Care Birmingham Central. “He's a pleasure to be around, and the encouragement he offers to his fellow patients is invaluable.”

Price also credits his friends and family for his long-term success on dialysis. “I have classmates who know I've been ill for a long time. We graduated in 1976, and they still call to check up on me. They say I'll outlive them all.”

“I have raised four kids – two boys and two girls – and I have a little grandbaby. She's a handful. Being around children all my life has helped me keep a positive outlook.”

Though a total hip and knee replacement have slowed Price down a bit in recent years, he's still making plans for the future. “I don't know anybody in Birmingham who's been on dialysis as long as I have, and that's a record I'd like to hang on to for a while.”

This article originally appeared in the January 2009 issue of [aakRENALIFE](#).

Angele LaFontaine, MSW, LGSW, is a social worker with Fresenius Medical Care in Birmingham, Ala. As part of the ongoing Quarter Century Patient Recognition Program, Fresenius Medical Care North America and AAKP honor patients like Charles Price who have been on dialysis for 25 years or more. Many Quarter Century Patients credit the success of their treatment to adhering to a steady dialysis program, working closely with their health care team and maintaining an active lifestyle.

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

Fresenius Medical Care Urges All Dialysis Patients to Prepare for Emergencies

About 26 million people in the United States have kidney disease, according to the National Kidney Foundation, and more than 360,000 of them are on dialysis. Dialysis patients are vulnerable during a natural disaster. When storms disrupt electrical power or make routine travel to treatments impractical, any substantial delay in dialysis care can be life-threatening.

“It is very important for every dialysis patient to make sure you have backup plans in case a disaster strikes,” states Bill Numbers, Vice President of Operations Support and Incident Commander for Disaster Response and Planning at Fresenius Medical Care.

“Dialysis patients should prepare to be self-sufficient for three days – including having enough food, water and medicine. And you should know where to find dialysis care,” says Bill Numbers, Fresenius Medical Care Vice President of Operations Support and Incident Commander for Disaster Response and Planning.

Fresenius Medical Care is urging all kidney failure patients to make hurricane and storm preparations. We suggest starting with these tips:

- 1** Keep your emergency phone numbers handy. When bad weather threatens, contact your local dialysis facility and follow instructions it may provide.
- 2** Fresenius offers a **Patient Hotline at 1-800-626-1297**, which is staffed by customer service specialists 24 hours a day during active emergencies who can provide locations and contact numbers for alternate facilities if necessary.
- 3** Carry your up-to-date personal information with you at all times (ID, medication and allergy lists,

“Dialysis patients should prepare to be self-sufficient for three days – including having enough food, water and medicine. And you should know where to find dialysis care.”

insurance, emergency contact information, type of dialysis treatment).

4 Talk to your doctor and family about your evacuation plan — what you should do and where you should go if a disaster strikes. Keep track of local weather forecasts.

5 Create a disaster kit with emergency supplies and at least one extra three-day supply of medicines. Many patients find it convenient to keep medicines and medical supplies in an easy-to-carry fanny pack or backpack.

6 Store a three-day supply of food based on your emergency meal plan. Begin this special diet plan as soon as a disaster is predicted or occurs and remain on it until you receive dialysis treatment. Limit fluid intake to two cups per 24 hours and avoid fresh fruit or vegetables.



Over the course of the 2008 hurricane season, Fresenius Medical Care responded to five major storms in the South.

Fresenius had backup generators so dialysis facilities could continue operating safely in areas that lost electricity, along with arrangements to receive water and fuel if necessary. In many cases, facilities ran extended hours so patients could get dialysis before and after the storm.

Summer 2009 has been relatively calm so far, but Fresenius Medical Care is fully prepared to handle any and all emergencies that arise including storms and flu outbreaks. During active emergencies we post information for patients on www.UltraCare-Dialysis.com.

Travel Guide for Dialysis Patients

The Fresenius Medical Care Patient Travel Service believes there are no limitations to your destinations!

866-4DIALYSIS (434-2597)

I'm a hemodialysis patient. Can I travel?

Yes, if you are in reasonably good health and your doctor agrees. Today there are thousands of dialysis clinics in the United States and the world, making travel for hemodialysis patients easier than ever before.

As a person with renal failure, you are coping with many stresses. A trip with your spouse, family or friends allows you to leave many of your responsibilities behind. It places you in a new, relaxing environment where the only structured time is your dialysis. Spending a week in a resort or the winter in a warmer climate is nice, but even a weekend in a nearby city, visiting relatives or camping will give you a break from daily



routine.

OK. I want to travel. What's the first step?

Decide where you want to go and when. Also, think about back-up dates and places in case your first choices aren't available.

Who can help me plan dialysis for my trip?

You will need to talk with your dialysis clinic's travel coordinator, usually your Social Worker or charge nurse, at least a month before you plan to travel. The Fresenius Medical Care Patient Travel Service can arrange placement in Fresenius owned or managed dialysis units, or with other dialysis providers when necessary. There are more than 1,700 Fresenius dialysis units in the United States and Puerto Rico. We can also assist you with international travel treatment arrangements.

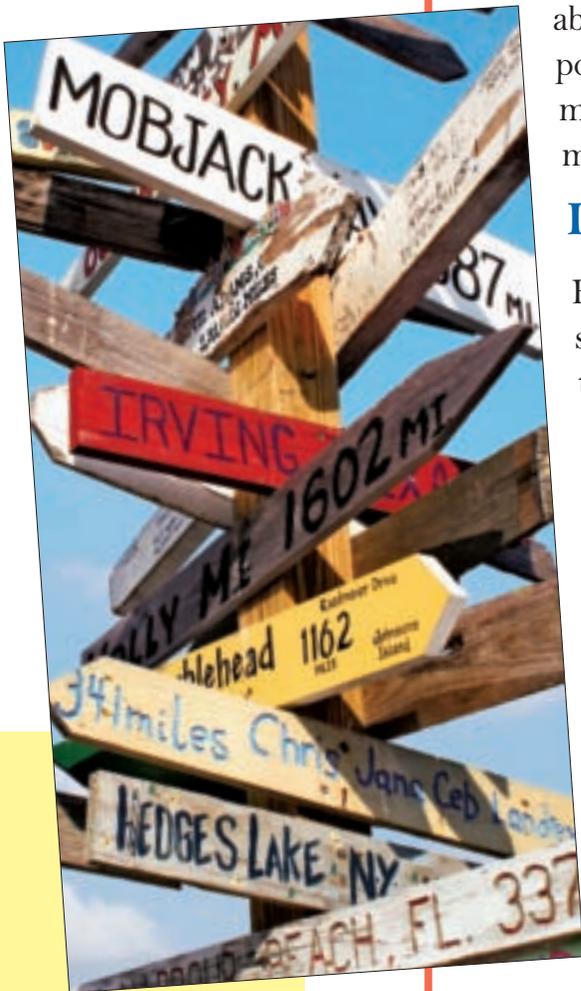
What information will the facility ask me for?

The dialysis facility will ask you for your name, address and phone number. They may also want the following information, so it's a good idea to have it ready:

- ▼ Your clinic's name, address, phone number and fax number
- ▼ Name of a contact person at your facility
- ▼ Your date of birth
- ▼ Date dialysis began
- ▼ Days and length of your treatment
- ▼ Hepatitis B status (positive or negative)
- ▼ Insurance coverage(s) and policy number(s).

Everything's booked, but I'm worried about dialyzing in an unfamiliar unit.

It's natural to feel anxious about any change in your dialysis routine. To ease your fears, ask the host facility questions



about their equipment, treatment procedure, visitor policies, or anything that might concern you. Also, the more you know about your illness and treatment, the more in control you will feel in an unfamiliar setting.

I've arrived. Anything left to do?

Finally, you're there! When you arrive in town, get settled, and then call the dialysis unit to confirm your treatment and the time you need to be there. Once in a while, units may have to make last minute schedule adjustments to accommodate their patients' needs. Also get or check directions to the facility.

866-4DIALYSIS (434-2597)

Keep this number handy!

Also, check out our website designed for patients. It's loaded with helpful information, including a handy Treatment Locator tool. Visit our website at www.UltraCare-Dialysis.com

Have questions? We have answers!

Fresenius Medical Care

Patient Travel Service

Call us toll-free 1-866-4DIALYSIS (434-2597)

Monday – Friday 8:00 a.m. – 5:00 p.m (CST)

Fax: 1-866-932-4775.

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Fresenius Medical Care

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

- ▼ Patient Centered Care
- ▼ Superior Customer Service
- ▼ Continuous Quality Improvement
- ▼ Innovative Technology
- ▼ Team Approach to Care
- ▼ Clinical Leadership