

Are you building bridges or walls?

Hello, my name is Anita and I am a Facility Peer in Action volunteer and I will be highlighting the importance of the patient voice within your health plan with the Dialysis Center of Lincoln Southwest Clinic. The aim of the Facility Peers in Action program is to provide patient-to-patient support, help establish bridges of communication between patients and staff, help patients become an active part of their health care success, as well as help facilitate the patient's needs in participation requirements.

Over my 3 years of dialysis, I have experienced peritoneal dialysis and hemodialysis and feel so blessed to be part of a clinical and medical group who truly cares for me. As a volunteer, it is my hope I can help other patients adjust to the transition of dialysis by being a good listener, provide encouragement and explaining how building bridges can create a positive experience.

I am in my 70's and my mother's words still echo through my head, "It's time to move on, Anita and put this behind you." Over the years her words have morphed into the quote, "Are you building bridges or putting up walls. This quote has become the words I try to live by each day. Throughout our life we are faced with many challenges, obstacles, and problems and how we handle difficult situations defines our success. As my first article I wanted to share my philosophy for facing challenges in my life by, "Building bridges not walls".

When I was informed I would need to go on dialysis 8 hours a days, 7 days a week, 365 days a year I felt my life was over. In my despair my mother's words came back to me, "It's time to move on, Anita and put this behind you." Was I going to build a bridge or put up walls? I realized I had two choices. I could have negative thoughts and feel sorry for myself, to build a wall or I could build a bridge, face my challenges, and be a positive, active participant in my health care. First and foremost, I needed to remember I was not alone!

Building bridges allows us the opportunity to create an atmosphere to work together by enriching, enabling, and empowering us. When challenges present themselves, we have two choices, 1.) to build a bridge and travel over it, or 2.) build a wall and create a barrier to our journey.

"Building walls" may impact our happiness and success by creating: isolation, barriers, and distance, which can become obstacles to our success. When "building bridges" we eliminate obstacles, develop critical thinking skills for our problems, look to finding solutions, become open to solutions and provide a common meeting point.

Building bridges is a positive way of thinking. Research shows that positive thinking can aid in stress management and even play an important role in your overall health and well-being. Building a bridge will help combat feelings of low self-esteem, improve physical health, and help brighten your overall outlook on life.

When you're tempted to build a wall, consider building a bridge. It takes just as much work to build bridges as it does to build walls. Instead of shutting out or ignoring the challenges and obstacles, look for ways to be successful. Become an active partner in your health care. Become active in your health care by listening to your health team, reflecting on the health plan and discussing how you as a patient fit into the plan, and giving serious thought to how you are going to initiate the health plan. Step forward and "Build Bridges" to a positive and healthier you. "Building Bridges" prepares you to critically think through your challenges and be actively involved in the process.

"Let's build bridges not walls "
- Martin Luther King Jr
(from the 1963 "I have a Dream" speech)



Vaccines Review

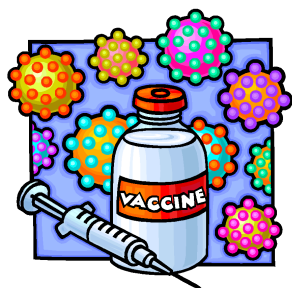
In the month of February, we turn our attention to reviewing vaccines. Sometimes people do not get vaccines because they do not understand why they should get them. In this issue, we will review, how they work, the different types and doses of vaccines, the potential side effects, and the recommended vaccines for adults to receive to help you better understand vaccines.

How do vaccines work?

Vaccines are made to imitate an infection to teach the body's immune system how to fight future infections of the same kind. Sometimes after receiving a vaccine you may feel like you have a fever. This is normal. It is your body's way of recognizing the vaccine and building an immune response to it. Sometimes it might take a few weeks for your body to become immune. During this time, it is possible to get the disease, even if you are vaccinated, but you are less likely to become seriously ill if this happens to you.

What are the types of vaccines?

There is a science to making and testing vaccines to make them as effective as possible. The CDC lists the following as types of vaccines available in the United States.



- **Live or attenuated vaccines:** These vaccines contain a certain amount of living but weakened germ (virus or bacteria) so that it does not cause serious illness in people with a healthy immune system. This type of vaccine is closest to getting the natural infection and the best at teaching our immune systems how to respond to future similar infections.

***Note:** people who have received a kidney transplant should not take live vaccines. These include:

- Nasal flu vaccines (live attenuated influenza)
- Chickenpox vaccine (varicella)
- Measles, mumps, rubella (MMR) vaccine
- Yellow fever vaccine
- **Inactivated (non-live) vaccines:** The germ is killed when making the vaccine. The body's immune system will still try to kill the dead germ when it receives the vaccine. This helps the immune system recognize and attack the germ in the future. The inactivated polio vaccine is an example.

- **Toxoid vaccines:** These vaccines prevent disease that bacteria cause when they release toxins (poisons) into the body. The toxins in the vaccine are weakened. They are not strong enough to cause the disease. The immune system learns how to fight the natural toxin from the weakened toxin in the vaccine. The tetanus shot is an example of a toxoid vaccine.

- **Subunit, recombinant, polysaccharide, and conjugate vaccines:** The vaccines are made from parts of the germ. The body's immune system is taught to recognize the parts of the germ and attack it in the future. The hepatitis B vaccine is an example of a subunit vaccine.
- **Messenger RNA (mRNA) vaccines:** The body's immune system is taught how to make a small piece of the germ. The immune system can then quickly identify and attack the germ in the future. The vaccine only has instructions for the small piece of germ and cannot cause the infection. Some of the COVID-19 vaccines are mRNA vaccines.

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Vaccines Review

What are the different doses of vaccines?

Some vaccines require you to get more than one dose. The following vaccines need more than one dose.

- **Multi-dose vaccines:** These kinds of vaccines require two or more doses for your body to build an immunity to the disease. For example, the shingles vaccine (Shingrix) requires a second vaccine dose a few months after the first dose. Once fully vaccinated, the Shingrix vaccine is good for at least 7 years.
- **Booster vaccines:** A booster vaccine is given when the original vaccine has worn off. Here at DCL, we test for the hepatitis B antibody on a yearly basis. If the antibody is low, then we can receive a hepatitis B booster to bring up the level of protection.
- **Yearly:** A yearly vaccine is needed when the different strains of the organism is always changing. The flu shot is a good example of a vaccine that is given yearly.

What vaccines are recommended?

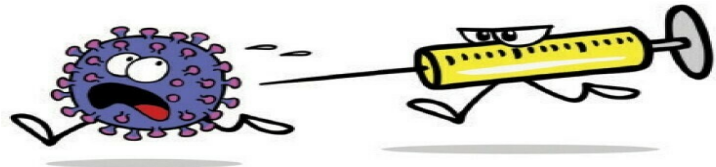
Chickenpox (varicella)	COVID-19 (SARS-CoV-2)	Seasonal flu (influenza)	Hepatitis B (HBV)	Human Papillomavirus (HPV)
Measles, mumps, rubella (MMR)	Pneumonia (pneumococcus)	Respiratory syncytial virus (RSV)	Shingles (herpes zoster)	Tetanus, diphtheria, and pertussis (Tdap)

Vaccines are made to protect you from getting the disease or becoming seriously ill with the disease. It is important to remember that having chronic kidney disease, kidney failure, receiving dialysis or a kidney transplant places you at a higher risk for getting seriously ill if you get a disease. A lot of information on vaccines has been shared. Call your healthcare provider if you have questions.

References:

CDC (2023, May 8). Vaccines by Disease.

National Kidney Foundation (2024). Vaccines for Adults with Advanced CKD, Kidney Failure, or Kidney Transplant.



Mexican Seasoning

Ingredients:

- ◆ 3 teaspoons chili powder
- ◆ 2 teaspoons paprika
- ◆ 2 teaspoons ground cumin
- ◆ 1 teaspoons onion powder
- ◆ 1/2 teaspoon garlic powder
- ◆ 1/8 teaspoon cayenne pepper



Preparation:

1. Mix spices together in a small jar or bowl
2. Store in a jar or covered container for up to 6 months
3. Use to season meat or vegetables for tacos fajitas or burritos



Heart and Kidney Health: The Spice of Life

Introduction

The use of spices in our diet is not just for flavor enhancement. Research has shown that many spices are rich in antioxidants and other beneficial compounds that can promote heart and kidney health.

Spices for Heart Health

Spices such as turmeric, ginger, cinnamon, garlic, onion, black pepper, chili peppers, coriander, anise, clove, and dill have been found to be beneficial for heart health¹.

- ♥ **Turmeric**, for instance, contains curcumin, an active compound known for its anti-inflammatory, antioxidant, anticarcinogenic, antithrombotic, and cardiovascular protective effects.
- ♥ **Ginger** possesses anti-inflammatory properties, reducing oxidative stress that is damaging to the heart.
- ♥ **Cinnamon** has antioxidant, anti-inflammatory, antidiabetic, antimicrobial, anticancer, lipid-lowering, and cardioprotective properties.
- ♥ **Garlic** is known for its anti-inflammatory, antibacterial, and antifungal properties, and it also has beneficial effects on the prevention of various aspects of cardiovascular disease.

Spices for Kidney Health

Spices are also beneficial for kidney health. They are low in sodium, making them a healthy choice for individuals with kidney conditions.

- ♥ **Rosemary** supports brain health, memory, and cognition.
- ♥ **Garlic** has both antibacterial and antioxidant benefits.
- ♥ **Oregano** is high in vitamin K, which supports bone and blood health.
- ♥ **Chili** peppers are a good source of vitamin A, which contributes to eye and skin health.
- ♥ **Ginger** has been known to aid in digestion and to help with nausea.

Conclusion

Incorporating spices into your diet can be a flavorful and healthful way to enhance your meals. They can help reduce the need for salt and sugar, which can be beneficial for heart and kidney health. So, go ahead and spice up your life for a healthier heart and kidneys! Please consult your registered dietitian with any questions about spices and making your food taste better!



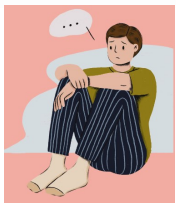
ARE YOU SAD? **KNOW THE SIGNS AND HOW TO DEAL WITH SEASONAL AFFECTIVE DISORDER**

Seasonal affective disorder (SAD) is a type of depression that is related to changes in the seasons. It is most common during the fall and winter but can also happen in the spring or summer. Symptoms can get worse as the season goes on.



Fall/Winter SAD

- Oversleeping
- Weight Gain
- Tiredness/Low Energy



Spring/Summer SAD

- Trouble Sleeping (insomnia)
- Weight Loss
- Increased Anxiety

Treatments for SAD

- One on one counseling
- Spend time with friends/family
- Light exercise
- Practicing mindfulness
- Light therapy-using a special light box daily to improve mood
- Medications

If you think you may have SAD, talk with your health care team to get the treatment that is right for you.

Coloring is one way to relax and help with Anxiety!



DISCUSSING DEPRESSION WITH YOUR CARE TEAM

Why is it important to know if I am depressed?

Depression can often make life more difficult for people living with kidney disease. It can make it hard to take care of yourself, which can make your medical condition worse. Finding out if you are depressed can help your doctor find the best treatment for you.

Patient Fears

It is common for people to be afraid of sharing their feelings with their care team. Most of those fears are caused by misunderstandings or myths about depression. Below are some common fears and the truth to help you see that the care team is there to help and support you. Use this table to think differently about each fear.

<u>Fear</u>	<u>Truth</u>
The doctor will put me on medicines that I'd rather not take.	There are many ways to treat depression and medication is just one of them. Depression is often a chemical imbalance, and just as you would treat headaches or high blood pressure, depression may also be treated with medication. The decision to take medicine is between you and your doctor.
I do not want people to think I am weak or crazy.	Depression is a diagnosed mental health condition many people have. It is not a sign of "weakness" or "craziness." Depression can affect anyone at any time
I will be told to go to a counselor, psychologist, psychiatrist or social worker	Just as a nephrologist treats your kidney disease, there are professionals trained to work with people diagnosed with depression. They can be there to help and guide you, but the decision to meet with a counselor or therapist is up to you.



<u>Fear</u>	<u>Truth</u>
I am afraid of what changes I would have to make to get healthy.	You have already made a number of big changes to treat your chronic kidney disease, which may have been hard at first. It is normal to feel uncomfortable, and this will get better when you have a support team helping you.
I do not want to distract the care team from dealing with my physical health problems.	Depression can also be related to physical problems. It is important for your doctor to understand what you're feeling. Your emotional health is just as important as your physical health.
The care team might think less of me if I talk about my depression symptoms.	Anyone can become depressed, even your care team members. Remember, you are not alone. They are there to help you, not just with dialysis. Your overall quality of life is important to your care team.
When I told my care team I was depressed, they did not do anything about it.	If you are not feeling heard by your care team, talk with your social worker or nurse. Ask what steps you can take to get help.