



FALL 2019 | VOL. 4.3

AKF in *Action*

Fighting kidney disease and helping people live healthier lives.

2 AKF webinars available on demand

3 Double whammy foods

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MEET YOUR TREATMENT TEAM:

Dialysis nurse

Dialysis nurses help you live your healthiest life while on dialysis. Unlike nurses at your primary care doctor's office or in a hospital, dialysis nurses are specialists in nephrology and can become experts in treating their patients. They use that expertise in working with your care team to come up with a treatment plan for you.

Your dialysis nurse cares for you by monitoring your health, ensuring your safety and making sure your treatments are effective.

Monitoring your health

Your nurse is responsible for monitoring your health on an ongoing basis, most of which is done behind-the-scenes. They go over your lab results, review your medicines monthly to make sure you are taking the correct pills and dosages, write up monthly summaries of how you are doing to share with your care team and conduct annual assessments of your health.

Since your nurse works with you multiple times per week, they are

able to build a closer relationship with you than other types of nurses. This allows them to listen for clues that may impact your health or treatments, such as a dinner out with friends at a restaurant with few kidney-friendly options or anything that may be causing you stress.

Ensuring your safety

Your nurse protects your health by making sure you are dialyzing safely. If you dialyze in a clinic, they do an assessment of your health before you begin your dialysis treatment to make sure it is safe to dialyze that day, and again after your treatment to clear you to go home if you are healthy enough to do so. Your nurse also likely manages the dialysis technician(s) on their shift, which can include: safety checks to make sure the treatment areas are sterilized between patients, your vitals are checked every 30 minutes during treatment, the water is being monitored for safe levels and the machines are running correctly.

If you dialyze at home, a nurse probably trained you and a caregiver to do your treatments yourself, and a nurse is always on call in case you need help with your machine or treatment. A nurse also likely visited your home to make sure it is safe to

do treatments there and that you have enough space to store your equipment and supplies.

Treating you effectively

Your nurse sets goals for your dialysis treatments so you get the most benefit out of each session. If you are managing other conditions, like anemia, your nurse can alter your dialysis goals and add medicines to help treat that too.

Your nurse, along with other members of your care team, also provides ongoing education about eating kidney-friendly foods, monitoring your fluid and nutrient intake, taking your medicines as prescribed and more. The education they provide can help empower you to take control of your health while managing kidney disease.



Real participant reviews of some of AKF's recent webinars:

"I applaud you for educating us on practical, daily issues and making it easy to share and talk about."

"This was my first webinar. I found it extremely informative. Thank you."

"This webinar was very informative and provided an opportunity for discussion about things that may seem uncomfortable to openly talk about."

"The webinar was informative and educational, offering a solution to many of the issues [patients] endure on a daily basis."



WATCH AND LEARN:

AKF webinars available on demand

AKF hosts free monthly webinars on many important topics relating to kidney disease. These webinars—and many more—can be watched at your convenience at [KidneyFund.org/webinars](https://www.kidneyfund.org/webinars). Just look for these titles in our list of webinars to watch on-demand.

Kidney-friendly holidays

The holiday season is a time for family, friends and food. This webinar will help you learn more about making the festivities kidney-friendly. **What you'll learn:** traditional kidney-friendly holiday foods, tips on modifying holiday menus to make them kidney-friendly and how family and friends can help people with kidney disease eat well during the holidays.

Phosphorus in the kidney disease diet: Holiday Edition

Managing phosphorus during the holiday season can get difficult, since food is such a huge part of the fun. **What you'll learn:** the

relationship of phosphorus to kidney disease, what happens when phosphorus is not managed well and tips for managing phosphorus during the holidays.

Depression: the overlooked complication of kidney disease

Living with kidney disease can take a toll on your mental health, in addition to your physical health, but struggling with depression does not need to be every kidney patient's reality. **What you'll learn:** the causes of depression, ways to recognize depression, how depression affects people with kidney disease and treatments and coping methods for depression.



Change of address?

Please make sure to notify AKF if your address has changed. Email patientservice@KidneyFund.org.

Kidney Kitchen

This super simple recipe makes for a deliciously healthy and festive fall dessert. Check out many more kidney-friendly recipes at KidneyFund.org/kitchen. As always, please speak with your doctor and dietitian to come up with a food and fluid plan that is healthy for your unique needs.



Pumpkin Spice No-Bake Cheesecake

Makes: 10 low-phosphorus, low-potassium, low-protein, medium-sodium servings

Recipe contributed by Satellite Healthcare

Ingredients

- 8 ounces low-fat cream cheese
- ½ cup pureed pumpkin (canned is fine)
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1 teaspoon pumpkin pie spice
- ¼ cup brown sugar, unpacked (don't press it firmly into the measuring cup)
- 4 ounces Truwhip™, thawed
- 9-inch reduced-fat graham cracker crust

Method

1. In a large bowl, whip cream cheese, pumpkin, vanilla, cinnamon, pumpkin pie spice and brown sugar for a few minutes until fluffy. A hand mixer or spatula both work fine.
2. Add Truwhip and whip until smooth.
3. Spoon mixture into pie crust and chill for a few hours in the refrigerator, until firm.
4. Cut into 10 even slices.

Nutrition facts (1 serving: 1 slice)

Calories: 149	Carbohydrates: 18g	Sodium: 181mg
Fat: 7g	Protein: 2g	Phosphorus: 140mg
		Potassium: 64g



Kidney Kitchen

Kidney Kitchen is supported in part by:



Double whammy foods

Some foods are considered high in phosphorus **and** potassium, making them extra tricky for people with kidney disease trying to limit these nutrients. These 'double whammy' foods have more than 150mg of phosphorus and 200mg of potassium per serving.

Beans/Nuts
Great Northern beans
Lentils
Navy beans
Pistachios
Pumpkin seeds
Refried beans
Soybeans
Beef/Poultry/Fish
Catfish
Chicken breast
Cod
Crab

Beef/Poultry/Fish
Haddock
Ham/pork
Lamb
Lobster
Pollock
Salmon
Scallops
Tuna (fresh or canned in oil)
Turkey
Veal

Dairy
Chocolate instant pudding
Chocolate milk
Condensed milk
Eggnog
Evaporated milk
Skim milk
Yogurt
Grains/Other
Blueberry muffin
Bran cereals
Cheeseburger
Chicken vegetable soup

Grains/Other
Chili with beans
Clam chowder
Cocoa mix made with milk
Granola with raisins
Ham and bean soup
Mac & cheese
Minestrone
Oat bran muffin
Pumpkin pie
Tomato soup
Trail mix
Wheat pancakes

KidneyNation spotlight

KidneyNation is AKF's do-it-yourself fundraising program through which people across the country—including you—can raise money for AKF's programs and services benefiting the kidney community. Learn more and get tips on how to start a successful fundraiser today at KidneyNation.org.



Name: Jessie
Location: Falls Church, Virginia

What is your connection to kidney disease?

I lost a loved one to kidney disease.

Why do you care about fighting kidney disease?

I started volunteering for AKF in memory of my mother after she lost her battle with kidney disease. Above all else, my mom was a fierce woman who believed in taking care of people, and I wanted to continue that legacy. I've met and been inspired by so many kidney patients, caregivers and advocates, and now I want to fight to honor their stories as well. I also have personal experience with childhood kidney disease. Because my mom advocated for me and the doctors took care of me, I was able to grow into a healthy adult. I want to pay that forward.

Why are you passionate about raising money for AKF through KidneyNation?

AKF and KidneyNation appealed to me because they gave me a chance to tell my mom's story. I also know that 97 cents of each donated dollar goes straight to helping kidney patients. When my mom's kidneys failed, I was stunned by the unique financial and logistical challenges kidney patients face to just receive lifesaving dialysis. If the money I raise through KidneyNation can help even one person navigate those challenges just a little easier, it's worth it.

What fundraiser are you working on now?

I am honoring my mom by trying to raise at least \$500 as part of AKF's \$1 million for kidneys campaign. We are just \$30,000 from raising \$1 million in the fight against kidney disease! You can contribute to my fundraiser at KidneyFund.org/jessiew.

What advice do you have for other people who may want to start their own fundraiser?

Whatever your story is—if you have kidney disease, if you know someone with kidney disease, if you've lost someone, if you're just here because AKF does wonderful work and you want to be involved—tell your story. When you reach out to try to do something positive, I think you'll be surprised by how many people reach back.

Ambassador spotlight

More than 12,000 Ambassadors in AKF's Advocacy Network make a huge difference fighting for policies that improve care for patients, protect patients' access to health care, protect living organ donors and increase funding for kidney research. Learn more and become an Ambassador at KidneyFund.org/advocacy.



Name: Christopher
Location: Palm Springs, California

What is your connection to kidney disease?

I am a dialysis patient.

What is something you've learned about kidney disease and dialysis that you wish you had known sooner?

I wish I had known earlier how many people are out there living relatively full lives while on dialysis. I would not have felt so alone in that regard.

What made you want to become an Ambassador?

AKF is helping patients who have a largely ignored disease. I wanted to join this effort to help fellow patients and to raise awareness of this disease.

How has being an Ambassador helped you?

I now am doing something about a cause I believe in—and have been complaining about—but had not been doing anything to actually help in the way I am now. I have a greater sense of purpose and a sense of some control of my destiny with kidney disease.

What have you learned from being an Ambassador?

I learned that there really is a more urgent need to advocate for kidney patients than I once believed. There are organizations literally trying to work against our interests and care. We need to be heard, rather than staying on the sidelines being passive. AKF is the only organization I know of doing this vital work.

Why should others become Ambassadors?

Others need to help us in this fight for our own interests and health care. We need to show the world that we are not just sickly people, but rather people with lives, passions, loved ones and a great deal of talent to offer.



Staff spotlight

Name: Molly

Hometown: Columbia, Maryland

What do you do at the American Kidney Fund (AKF)?

I'm the Director of Education. I lead the team that produces AKF's public and professional education resources, including Kidney Kitchen and our webinars. We also manage our Kidney Health Coaches—people just like you who are trained by AKF to go out and educate their communities about kidney disease. Learn more at KidneyFund.org/khc.

Do you have a personal connection to kidney disease?

I lost a loved one to kidney cancer a couple of years ago, so kidney health is something that is important to me.

Why are you passionate about fighting kidney disease?

37 million Americans have kidney disease and 96% of them with the early stages of it don't even know. I'm passionate about providing education to help people learn their risk for kidney disease and to slow down its progression to kidney failure in those who already have it. I'm fighting every day to decrease the number of people who have to live with this debilitating disease.

What is the best part of your job?

Working with my team at AKF, health care providers, kidney professionals, patients and caregivers to create educational materials that help people make informed decisions about their kidney health. I always like to hear feedback from people who find our resources valuable! I also enjoy supporting the advancement of kidney professionals through AKF's online continuing education courses and research fellowship.

What are your favorite hobbies outside of work?

I love cooking new recipes (I've made a few yummy ones from Kidney Kitchen!), binge-watching my favorite TV shows, listening to podcasts and audiobooks, traveling and attending concerts and music festivals!

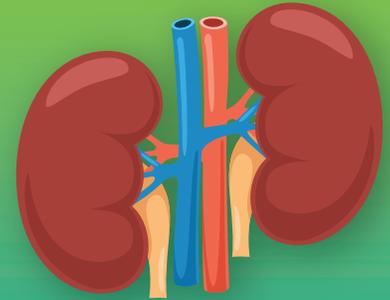
ANY LAB TEST NOW® IS PROUD TO SUPPORT THE EFFORTS OF THE AMERICAN KIDNEY FUND IN FIGHTING KIDNEY DISEASE ON ALL FRONTS!

The American Kidney Fund (AKF) is the nation's leading kidney nonprofit, working on behalf of the 37 million Americans living with kidney disease, and the millions more at risk.

AKF provides programs that address:

- Early detection
- Disease management
- Financial assistance
- Clinical research
- Innovation
- Advocacy

AKF is one of the nation's top-rated nonprofits, holding a 4-Star rating from Charity Navigator and the Platinum Seal of Transparency from GuideStar.



1 in 7 American adults has chronic kidney disease

1 in 3 IS AT RISK!

AKF 2019 IMPACT SPOTLIGHT:



PREVENTION & EDUCATION

7,600 at-risk individuals received kidney screenings

10 million people found free, award-winning information on KidneyFund.org

40,000 patients & professionals took online courses & webinars

FINANCIAL ASSISTANCE

61,600 dialysis patients maintained critically needed health coverage

5,200 patients received grants for transportation

600 dialysis patients were able to receive kidney transplants



RESEARCH AND INNOVATION

45 alumni and current AKF scientists provide advanced nephrology research

6,000 people learned about clinical trials for kidney disease

ADVOCACY

7,000 urgent messages were sent to Congress

14 states introduced AKF-sponsored Living Donor Protection legislation



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KidneyFund.org

AKF is fighting on all fronts as the nation's leading kidney nonprofit.
Learn more about what we do at **[KidneyFund.org/fight](https://www.kidneyfund.org/fight)**.



WHAT'S INSIDE:

- The role of dialysis nurses
- Holiday-themed webinars
- 'Double Whammy' foods
- The people who make our mission possible



On dialysis,
trying to manage phosphorus?

lighten your day

THE VELPHORO WAY

- Velphoro® (sucroferric oxyhydroxide) is a stronger phosphate binder. Because it's stronger, you can take fewer pills...and lighten up your whole day
- Velphoro is easy to take. Most people were able to maintain phosphorus control with only 3 or 4 tablets per day*—not 3 or 4 per meal as with some other binders

Find out more at www.velphoro.com, and ask your doctor if Velphoro is right for you

*The recommended starting dose of Velphoro is 3 tablets (1,500 mg) per day.

INDICATION

Velphoro® (sucroferric oxyhydroxide) is a phosphate binder indicated for the control of serum phosphorus levels in patients with chronic kidney disease on dialysis.

IMPORTANT SAFETY INFORMATION

Velphoro chewable tablets must be taken with meals. Velphoro should be chewed or crushed. Do not swallow whole. Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and other supplements. Velphoro can interact with other medicines.

Tell your healthcare provider if you have any of the following: peritonitis (an infection) during peritoneal dialysis, significant gastric or liver disorder, recent major gastrointestinal (GI) surgery, a history of hemochromatosis or other disease that results in iron build-up in the body. People with these conditions were not included in clinical

studies with Velphoro, and your healthcare provider will monitor your iron levels while you are taking Velphoro.

Velphoro can cause side effects. The most common side effects are discolored feces, diarrhea, and nausea. Tell your healthcare provider if you have any side effect that bothers you or that does not go away. To report negative side effects associated with taking Velphoro, contact Fresenius Medical Care North America (FMCNA) at 1-800-323-5188. You are encouraged to report negative side effects of prescription drugs to the FDA at 1-800-FDA-1088 or visit www.fda.gov/medwatch.

Before taking Velphoro, tell your doctor if you are pregnant, plan to become pregnant, or breast-feeding.

For more information please see accompanying brief summary of full Prescribing Information, or visit www.velphoro.com.



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VELPHORO®
(sucroferric oxyhydroxide)
chewable tablets

Brief Summary:

Please see Full Prescribing Information for additional information

**What is Velphoro and how should it be used?**

Velphoro (sucroferric oxyhydroxide) is a phosphate binder used to control phosphorus levels in adult patients with chronic kidney disease on dialysis.

How should Velphoro be taken?

Velphoro tablets can be chewed and not swallowed whole. Tablets may also be crushed to help with chewing and swallowing.

The recommended starting dose of Velphoro is 3 tablets (1,500 mg) per day, taken as 1 tablet (500 mg) 3 times daily with meals.

Follow all directions on your prescription label. Your physician may adjust your dose, as often as weekly, by 1 tablet per day until you meet your phosphorus goal.

How is Velphoro available?

Velphoro (sucroferric oxyhydroxide) is available as a 500 mg chewable tablet.

Is there any reason that you cannot take Velphoro after being prescribed by your doctor?

No.

Important note

Velphoro has not been studied in patients with peritonitis while on peritoneal dialysis, or those who have stomach or liver disorders, iron diseases, or those who have had abdominal surgeries. Tell your doctor if you have or had any of these.

What are some possible side effects?

The most common adverse drug reactions to Velphoro chewable tablets in hemodialysis patients included discolored feces (12%) and diarrhea (6%).

The following adverse reactions were identified after had been on the market by some patients and were reported voluntarily.

Tooth discoloration

Skin rash

The risk information provided here is not comprehensive. To learn more, talk about Velphoro with your healthcare provider or pharmacist. The FDA approved product labeling can be found at www.velphoro.us/ or 1-800-323-5188.

To report SUSPECTED ADVERSE REACTIONS, contact Fresenius Medical Care North America at 1-800-323-5188 or FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.

What should you discuss with your physician when taking Velphoro?

Some drugs may interact with Velphoro. Tell your health care provider(s) about all medicines you use now and any medicine you start or stop using.

Tell your doctor if:

You are pregnant or nursing

What happens if you take more than prescribed?

There are no reports of overdosage with Velphoro in patients. Low phosphorus levels should be treated by standard clinical practice.

Velphoro has been studied in doses up to 6 tablets per day.

HOW SUPPLIED/STORAGE AND HANDLING

Velphoro is a chewable tablet supplied as brown, circular, bi-planar tablets, embossed with "PA 500" on 1 side. Each tablet of Velphoro contains 500 mg iron as sucroferric oxyhydroxide. Velphoro tablets are packaged as follows:

NDC 49230-645-51 Bottle of 90 chewable tablets

Storage

Keep the bottle tightly closed in order to protect from moisture.

Store at 25°C (77°F) with excursions permitted to 15 to 30°C (59 to 86°F).

Distributed by:

Fresenius Medical Care North America
920 Winter Street
Waltham, MA 02451

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