

Renal Program Newsletter

Information for patients & family, staff and physicians in the Renal Program

Issue #2 / March 2020

WORLD KIDNEY DAY – MARCH 12, 2020

Welcome New Members

Let's welcome Lindsey Doxtator and Justin Tennant in their new positions as Renal Managers.

Lindsey's portfolio will include oversight of the following: KHSC Satellite/offsite dialysis units, Peritoneal Dialysis Activities, and Ambulatory Services including General Nephrology, Multi Care Kidney Clinic, Glomerulonephritis & Pregnancy, Conservative Care, Kidney Transplant and Body Access Coordination. She will share her time between Kingston and the Renal satellites. Her knowledge and experience gained from the many positions held within and outside of KHSC over the past several years is truly valued.

Justin's portfolio will include oversight of the following: Kingston General Hospital Site Renal Dialysis Unit, KHSC Satellite/offsite dialysis units, Acute In-Patient Relations, Home Hemodialysis, also First Nation, Inuit, Metis and urban Indigenous Screening Initiative for Chronic Kidney Disease. He has worked in a number of roles at KHSC, and he joins the team with experience collaborating with multi-disciplinary teams across the organization. His knowledge and experience will benefit us all.

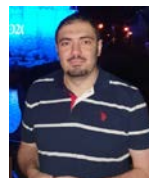
Welcome!

Fellow Introduction

See below our senior fellows who have been in the Nephrology Training Program since July 2018. We will be saying goodbye to them at the end of June 2020.



Dr. O. Ashour



Dr. O. Ghadieh




Dr. S. Tsisar


Dietitian's Corner

PROTEIN: What is it and why is it important? Protein is a nutrient in our food that we all need to keep our muscles, immune system and energy levels healthy. Protein is found in both plant and animal food sources.

Plant protein sources include:

- beans, legumes, tofu, nuts, seeds and more 
- NOTE: These foods are also high in potassium

Animal protein sources include:

- eggs, chicken, beef, pork, fish, shellfish, yogurt, milk, cheese and more 

- NOTE: These foods are better absorbed by our bodies than plant sources

How much do you need to eat?

Each stage, and type, of kidney disease will change how much protein your body will need daily. Ask your dietitian how much YOU need so that the recommendation is individualized for YOU!

Social Work Connection

Tax Time!!



Making sure you have correctly claimed all eligible deductions at tax time can be confusing, especially so for people who are on dialysis or have had a kidney transplant. Whether you work or not, there are various tax credits and deductions for which you may be eligible. The most common claims for renal patients are mileage for medical appointments and the disability tax credit.

Mileage: A person must travel over 40kms one way for medical treatment. For a printout of appointments please call medical records at HDH 613-544-3400 x 4121 and they will mail you a printout for your records at NO charge

Disability Tax Credit: Is a non-refundable tax credit that helps persons with disabilities or their supporting person reduce the

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amount of income tax they may have to pay; all dialysis patients qualify. If you have no tax payable you may transfer the credit to a spouse or supporting person.

For more information on taxes visit The Kidney Foundation of Canada's website at <https://kidney.ca> or ask a renal social worker.

Pharmacist's Corner:

Are you thinking of starting a new vitamin, supplement, or new over-the-counter product? Make sure you speak to your pharmacist first! Not only can some vitamins, supplements and over-the-counter products interact with medications, but they can also be hard on your kidneys. Your pharmacist can help make sure that your vitamins and supplements are safe to take for you. When in doubt – ask your pharmacist!

Patient Family Advisory Council Update

Welcome to our second edition of the Renal Newsletter. There have been many changes in the Renal PFAC in 2020. We would like to welcome Cindy Fitzpatrick and Phyllis Davis as the new co-chairs for the Renal PFAC and we thank our former co-chairs, Vivian Bethel and Lori Van Manen for their dedication and untiring effort in making the PFAC a strong voice for our Renal

Family. Cindy and Phyllis held their first meeting in January and welcomed Justin Tennant as a New Renal Manager. At that meeting we also welcomed Katie Kyte from the Kingston Chapter of the Kidney Foundation and she has agreed to be a regular contributor to our Newsletter and to the Council. There is a need for Patient and Family Advisors to be part of working groups in the Renal area. This is an opportunity for us to really make our voices heard. You too can become a Patient and Family Advisor and let your knowledge and perspective help us make good decisions. Just contact Angela Morin, the Lead of the Patient and Family - Centered Care. (Angela.Morin@Kingstonhsc.ca) or call her at 613-549-6666 x 4424. See our contact information under Reader's Feedback and let us know how you like our newsletter. Make your view known.

Kingston Kidney Foundation

The Kidney Foundation of Canada Kingston Chapter is going to the game! Come out to see The Kingston Frontenac's play The Peterborough Petes **Sunday March 22, 2020 2PM** *Special Rate for tickets \$16.00* Purchase a puck in the concourse before the game to help raise funds for The Kingston Chapter of the

Kidney Foundation and for your chance play Chuck A Pep to win a prize! Use the link below to purchase your tickets: (must purchase before March 20th) <http://bit.ly/ChuckAPepMarch22>

#SixdegreeChallenge

We are challenging you this 2020 to bring kidney disease into focus.

This year the Six Degrees of Kidney Disease is back with a new campaign encouraging you to show support to the millions of Canadians impacted by kidney disease.

Join us and the official Kidney Disease Challengers in March for National Kidney Month. Post a photo on your favourite social feed and challenge your friends to do the same.

www.sixdegreechallenge.com
1.800.387.4474

Giving Day is March 12!

Then on March 12, World Kidney Day, we invite you to join our Giving Day, a 24-hour fundraiser where we can take action to improve the lives of those living with kidney disease.

Readers Feedback

If you have feedback, suggestions or topics you would like featured in the next issue, please submit your request to: RenalProgram@KingstonHSC.ca

