

Transplant Connection

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Use your diabetes education insurance benefit

Many kidney transplant patients were diabetic before transplant. About **20 percent become diabetic after transplant** due to immunosuppressants, weight gain and other risk factors.

Diabetes increases your risk of heart and blood vessel disease and infection, so controlling blood sugar is important. But making lifestyle changes can be hard.

Diabetes education can help whether you're a new diabetic or you've been dealing with diabetes for years. Many hospitals and clinics have diabetes education programs. Medicare and other insurance providers cover the costs.



Make an appointment to meet with registered dietitian Lacey Stroomer for one-on-one help with diabetes.

Medicare will cover diabetes education and foot care

- ▶ Up to 10 hours of education with a certified educator in the first year after diabetes is diagnosed. Get off to the right start!
- ▶ Two hours of diabetes education every year after to learn what's new and get motivated; everybody needs a refresher course.
- ▶ Foot exams and treatment every six months. Keep those feet ready to walk for exercise!
- ▶ Medical nutrition therapy (MNT) with a dietitian – for one-on-one help with diabetes, or to help you prevent diabetes in the first 36 months after your transplant.

Meet with our dietitian to help control or prevent diabetes

Our Northwest Kidney Centers dietitian can meet you for medical nutrition therapy appointments at our facilities in Kirkland, Lake City, Seattle and SeaTac. Call 206-292-2771, ext. 1082 to schedule an appointment.



Create a medication routine. Consistency is key to success!

The amount of food in your stomach can affect the absorption of some medications. If you eat your meals and take your pills around the same time every day, you can maintain more consistent levels of important medications in your body. Develop a daily routine to help you remember to take your medications in order to maintain the right medication levels in your body.

- ▶ Take medications at the same time every day. Set an alarm on your phone to remind you.
 - ▶ Take medications with or without food as the label instructs. However, it is more important to take your medicine consistently than to time doses around meals.
 - ▶ Reduce day-to-day changes that might impact when you eat meals and snacks. This will help you stay with your medication routine.
 - ▶ Eat a well-balanced diet. Don't suddenly change the types of foods you eat without talking to your transplant team. The levels of some medications in your body can be affected by food you eat.
 - ▶ Avoid grapefruit and grapefruit juice, and check other juice combinations for the presence of grapefruit. A chemical found in grapefruit can increase the levels of some immunosuppressant medications, causing side effects and damage to the transplant.
 - ▶ Always check with your transplant team before taking any new medicines, vitamins and herbal remedies, even the ones you can buy without a prescription.
- Work with your transplant team to develop your own routine to stay healthy and feeling well.**



Our friendly kidney-specialist pharmacists will answer your questions and fill prescriptions for all your medications, transplant-related or for other purposes. Delivery is free.

Monday - Friday, 8 a.m. - 4:30 p.m.

206-343-4870 | pharmacy@nwkidney.org

Small changes in diet and activity add up

Think of little ways each day you can cut out or burn more calories to get the ball rolling to lose weight. For example:

Instead of:	Calories	Try this:	Calories	Calorie difference
1 cup 2% milk	130	▶ 1 cup nonfat milk	90	40
2 tablespoons sour cream	70	▶ 2 tablespoons Greek yogurt	25	45
1 tall mocha	200	▶ 1 tall brewed coffee with 2 tablespoons half and half and 1 sugar packet	55	145
1 bagel	260	▶ 1 English muffin	140	120
¼ cup maple syrup	200	▶ ½ cup frozen mixed berries microwaved with 2 tablespoons whipped topping	60	140
1 slice of large original crust pepperoni pizza	280	▶ 1 slice of large thin crust pepperoni pizza	170	110
Total calories saved				600
15 minutes of watching TV	15	▶ 15 minutes of walking	95	80
10 minutes of standing in a food line	15	▶ 30 minutes of cooking	95	80
30 minutes loading the dishwasher	105	▶ 30 minutes of dishwashing by hand	160	55
Extra calories burned				215



Akemi Jia takes a walk with her daughter, Rebecca. Akemi received her transplant in January 2014.

Choosing just two to three of these changes can save/burn 100 calories a day. If you changed nothing else, that could amount to 10 pounds lost over a year.



www.nwkidney.org
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Join us on Facebook and Twitter.
Hear the latest news as it happens!

Pharmacy: 206-343-4870 or 1-800-947-8902

Northwest Kidney Centers promotes the optimal health, quality of life and independence of people with kidney disease through patient care, education and research.

Mark your calendar!

**March 13, May 8, July 10,
Sept. 11**

Living Well with a Transplant
class, 1:30 p.m., 700 Broadway

May 8

Breakfast of Hope, 7:30 a.m.,
Westin Seattle

Nov. 1

Northwest Kidney Centers
Gala, 5 p.m., Hyatt Regency
Bellevue



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Thinking of going back to school?

Northwest Kidney Centers has a scholarship program for transplant and dialysis patients



Monica Alfonzo and Trina Williams received
rehabilitation scholarships in 2013.

Apply soon—deadline is March 28

You are eligible to apply if:

- You were a Northwest Kidney Centers dialysis patient before your transplant
- You received your transplant within the last 5 years
- You are 18 or older
- You are a Washington resident
- You will use the scholarship at an accredited school or training program within Washington state

For more information and a scholarship application packet, contact Adrian Fomby at 206-292-3090 or Adrian.Fomby@nwkidney.org. You can also find information and an application at www.nwkidney.org/scholarship.