

Kidney Concerns

News for Kidney Patients and Their Families

Winter 2025

Informed, Empowered, Engaged

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Holiday Survival

I started dialysis the Monday the week of Thanksgiving, 2013. My nephrologist estimated back in January that I'd be on dialysis by Thanksgiving and he was right. Like all dialysis patients I met with a dietician who coached me on what I needed to do for the first time in my life: prepare for the temptation of the holidays. Past years I could eat and drink as much of, whatever I wanted. Not any longer! New fluid limitations, awareness of potassium rich fruits and vegetables. Taking binders with every meal to capture the phosphorus. Limiting, or avoiding altogether sodium filled foods like ham and brined turkeys.

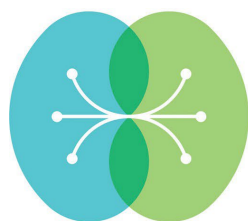
Was I successful? Did I still enjoy the holidays on dialysis? Yes! Sips of water, not whole glasses. Savoring small bites of holiday meats and treats was still satisfying. And of course, friends and family were curious about my starting dialysis and what my kidney disease was, so I shared my story time and time again. When I came in for treatment Friday I was only 2 kg above dry weight, so it was an easy run.

Have fun over the holidays and don't forget to share your story.

Happy Holidays!

Jeff Nelson

Consumer Committee Chair

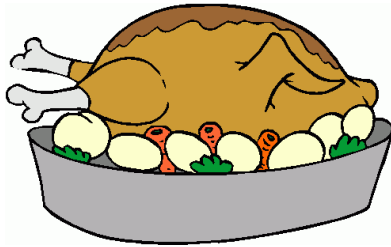


Midwest
Kidney Network

Another Note on Holiday Survival

By Gail S., North Dakota

I know my first holiday after I started dialysis the dietician made a bulletin board that had all kinds of tips on it. The one thing that jumped out at me was watching the fluids. How many of the salads, and holiday desserts that have Jello, pudding, juices, and sauces that count as fluid? They also had failed to tell me to limit my fluids to 64 oz per day maximum. I would come in 6 Liters heavy and that caused a whole other cast of problems. So finding these hidden fluids is very helpful.



Patti's story

By Patti, MI

I have completed my 3rd week of dialysis after having a port put in. Having had the first surgery for the fistula 6 weeks ago, the second step will not be completed until December 1st. My symptoms merited the beginning of dialysis prior to the completion of the second fistula. The dietician met with me at the center and went over materials of the "dos and do-nots" of what to eat and drink. Fortunately, my initial lab work and the fact that I continue to urinate are positive factors and do not necessitate strict correction. Thanksgiving is to be celebrated in a fine restaurant where I know the staff will accommodate any request. Christmas will be different as it will be at my sister's place with a dinner prepared by her significant other, a professional chef from Italy. I hope by then binders will have been prescribed and binder usage explained.

Scan these codes with your phone for more helpful holiday tips.

Healthy Holidays



Staying Healthy



Kidney Friendly Holiday Recipe: Parmesan Green Beans

By Chef O., Michigan

Ingredients

- 1-pound fresh green beans washed, trimmed and patted dried
- 3 tablespoons of olive oil
- 3 cloves of garlic peeled and finely minced
- Mrs. Dash to taste
- 1 tablespoon high-quality extra virgin olive oil
- 3 tablespoons freshly grated Parmesan cheese

Instructions

1. Preheat oven to 425 degrees.
2. Line a rimmed baking pan with a sheet of parchment paper.
3. In a medium bowl, toss the green beans, garlic and olive oil together until completely coated.
4. Then, spread the coated green beans on the lined pan in a single layer without crowding.
5. Season with Mrs. Dash, then roast in the pre-heated oven for 15 minutes.
6. Remove from oven once during this time to turn the beans so they cook evenly.
7. When roasting is finished, remove it from oven and place beans on serving tray.
8. Before serving, drizzle with extra virgin olive oil and sprinkle with grated Parmesan cheese

Nutrition

Calories: 177kcal
Carbohydrates: 9g
Protein: 4g
Fat: 15g
Saturated Fat: 3g
Cholesterol: 3mg
Sodium: 68mg
Potassium: 248mg
Fiber: 3g
Sugar: 4g
Vitamin A: 812IU