



Renal Care Society of South Africa Newsletter

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MEMBERSHIP CARDS

YOUR NEW MEMBERSHIP CARD IS ATTACHED TO THIS NEWSLETTER — IF YOU DID NOT RECEIVE YOUR MEMBERSHIP CARD, YOUR MEMBERSHIP FEES MAY BE IN ARREARS.

PLEASE CONTACT US FOR MORE INFORMATION.

THE NEW CARDS ARE A PERMANENT CARD WITH A PERMANENT MEMBERSHIP NUMBER.

From the President's desk

It is December 2010. The Soccer World cup has come and is something in the past. Life in South Africa continued as usual, although I would like to think that all of us are more proudly South African after the success of the World Cup.

The year 2010 was a year of many milestones.

- The RCSSA is 35 years old.
- The 2010 Nephrology Congress in Cape Town was our 25th congress.
- Helen Currier was introduced as an honorary life member.
- The RCSSA constitution was revised.
- A new RCSSA Logo was accepted. It includes the slogan — We care, We treat, We teach.
- Official RCSSA t-shirts were sold at the congress.
- The RCSSA website was updated and it is a very user friendly interactive colorful website. Please visit the website and see for yourself.
- RCSSA reached the 600 membership number for the first time.
- New permanent membership cards and numbers were issued.
- RCSSA articles on Nephrology appeared in The Nursing update.
- All members received the NDT journal.
- The RCSSA EXCO has approved a R20 000 research bursary for a local member

presenting at an international Congress. More details will follow — Terms and Conditions apply.

As you can see the RCSSA is active, alive and very busy. Hold on to your seats because there is a lot more to come.

RCSSA EXCO

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RCSSA EXCO

FLTR — Mark Padavattan, David Mhuthi, Adelene Jordaan, Frances Jacobs, Esme De Beer, Sonja Van der Sandt, Karlien Van Jaarsveld

MY DREAM FULFILLED – BY DUCK SWEMMER

I fulfilled my dream and made a journey to Cape Town, on my Kawasaki Vulcan 900 motor bike, with my kidney function at 12%. My family, doctors and Pre-dialysis support team were none too happy about the strain I would be putting on my kidney's but it was something I simply had to do and have wanted to do with all my heart before dialysis would start.

I borrowed a kidney belt, planned how I would pack my bike, planned regular stops every 2 hours and prepared for my adventure! Lindy Currin, from Healthy Start, and my kids wished me well and my dream became a reality!

23 October 2010 I left Centurion and spent my first night in Bloemfontein. I let my wife Glen know when I was nearing my stop-over's and she booked my accommodation on the internet. The following day I drove to Beaufort West where I spent the rest of the day relaxing and got a good night's sleep. It was a lovely trip with the rain chasing me from behind. I was fortunate to reach shelter before it poured though!

Monday 25 Oct I pushed through to Cape Town. I found it exhilarating on the long stretch of road, just me, my bike and the open road! While driving through the Karoo I noticed a crow in the road ahead eating road-kill. Before I could contemplate stopping

to take a photograph a jackal appeared, snapped both the crow and road-kill up in a flurry of feathers and disappeared into the Karoo. Wow!

I spent a wonderful 2 weeks with my brother in Cape Town. We went out on our bikes and toured all over. We drove some of the stunning passes such as Franschoek pass, the Huguenot pass, Hex River pass and Chapman's Peak drive to name a few. The Meiringspoort valley is the most beautiful, scenic place in the whole world!

On one occasion, while driving through the Hex River valley and taking in the scenery, I came across a really big baboon sitting on the side of the road. As I approached he started to lope along next me. He was a rather big fellow and could throw me off balance if he decided to leap at me so I opened the throttle a bit more – but so did he! He ran easily next to me, peering at me trying to see my helmeted face through my visor. I went faster and he matched my speed! I really risked a speeding fine then and sped away from him. It was an incredible experience!

On Friday 5 Nov I headed for home – I missed my wife and family so much, I was glad to

head back. My brother and his wife accompanied me on the



lovely drive to Oudtshoorn where I left them and I pushed through to Beaufort West. I stayed at the same guest houses on my journey home. I reached Bloemfontein 6 Nov where I rested and the following morning I hit the last stretch of road for home sweet home!

I HAD DONE IT! It was exciting, an awesome experience. But I won't do it on a motor bike again – I got too saddle-sore! Apart from feeling tired and saddle sore I have been fine and I have no regrets for completing the journey of my dreams! AND my blood tests revealed that my kidney function was still 12% - they had not deteriorated after a bike trip of 4,500 km in 2 weeks! I truly cherish the memories, the experience!

RCSSA T-Shirts

For the first time RCSSA had their own official t-shirts available at the Congress in Cape Town and according to the rate they flew of the table it was an excellent idea.

The RCSSA wants to thank Esme de Beer for running the t-shirt campaign.

There are still some t-shirts in various sizes available @ R100 per t-shirt plus postage.

Contact Adelene 083 292 4426 for more details



Esme de Beer with one of the RCSSA t-shirts

Making others aware — Renal awareness day

On Wednesday 10 November, the staff at the Renal Replacement Therapy Unit at the Dr George Mukhari Hospital in Ga-Rankuwa took up the challenge and held a Renal Awareness Day Programme, where they asked the question: "Are your kidneys healthy?"

Spearheaded by Sister Chechane, all the staff assembled together to inform people that prevention is better than cure. Although there is the option of organ donation, the waiting list is so long that they want

to inform people who are at high risk of contracting the disease that they can prevent it by being aware and changing their lifestyle early.

The staff set up a testing station on Helicopter Square where other hospital staff and patients visiting the hospital could do several checks e.g. weighing themselves, taking their blood pressure, and blood analysis. They also encouraged the people to drink lots and lots of water.



Caption describing picture or graphic.

NEPHRONLINE WEBSITE REPORT

The kidneys of patients on dialysis retain significant ability to produce erythropoietin, according to a study appearing in an upcoming issue of the *Journal of the American Society of Nephrology*.

The study evaluated an experimental drug called FG-2216, a prolyl-hydroxylase inhibitor that stabilizes hypoxia-inducible transcription factor (HIF)—the "master switch" that normally tells the body to produce EPO in response to low oxygen levels. Treatment with FG-2216 has been shown to significantly increase EPO production in dialysis patients, as well as in healthy people with normal kidneys. The greatest increase in EPO production occurred in dialysis patients whose kidneys were still present, but no longer functioning.

The preliminary study evaluated only the response to a single dose of FG-2216. Although there were no adverse effects, the results and long-term safety of activation of HIF by prolyl-hydroxylase

inhibitors remain unclear. Further study will also be needed to find out why HIF is apparently not stabilized in response to decreased oxygen concentrations in patients with kidney disease but responds to treatment with prolyl-

Study:
Experimental drug increases
EPO production in dialysis
patients
11/30/2010

hydroxylase inhibitors. FG-2216 also stimulated EPO production in dialysis patients who had no kidneys. The increase in EPO production in patients without kidneys was almost as high as in people with normally functioning kidneys, according to data from the study. In the patients without kidneys, FG-2216 apparently stimulated production of EPO by the liver.

The results question the conventional wisdom that dialysis-related anemia occurs be-

cause patients with advanced kidney disease can no longer make their own EPO.

"Our results confirm that both the liver and the kidneys retain a significant production capacity for erythropoietin in end-stage renal disease patients," said lead author Wanja M. Bernhardt, MD, Department of Nephrology, University hospital Erlangen, Germany.

Study co-authors include James Chou, Kai-Uwe Eckardt, Volkmar Gunzler, Roland Schmieder, Paul Scigalla, and Michael Wiesener. Disclosures: Wanja Bernhardt has received lecture fees from Roche. Kai-Uwe Eckardt has received consulting or lecture fees from Affymax, Amgen, Johnson & Johnson, Kirin, Roche, and Sandoz Hexal. Volkmar Gunzler and James Chou are employees of FibroGen Inc. Paul Scigalla received consulting fees from Stada and FibroGen Inc. and acted as a consultant for FibroGen, Wiesener reported no financial disclosures.



Heilie Uys and Helen Currier

Heilie Uys steps down

It was with sadness that we have learned that Heilie Uys will not be part of RCSSA EXCO anymore.

The RCSSA would like to thank her for her many years of office bearing in various positions .

2013 World Transplant games in South Africa

The RCSSA would like to congratulate SATSA (South African Transplant Sports Association) on winning the bid to present the World Transplant games in Durban in 2013.

Clinical Practice survey on website

Please visit the RCSSA website to complete the clinical practice survey. The deadline has been extended to end December 2010.

In future surveys will be placed on the website with regular intervals. A bulk sms will be send to notify you.

Please complete the surveys as best you can as it will help us in compiling a South African set of clinical guidelines, taking our unique circumstances in consideration.

Newsletter articles.

We would like to add interesting articles on what is happening in your region in the renal field.

Please forward any articles, photo's news or announcements to secretary@renalcaresoc.org

Nephrology Congress 2012

The next Nephrology congress will be in Pretoria from 30 August to 2 September 2012.

More information will be on the website soon



FLTR: Reseda Samaai, Heilie Uys, David Mphuthi, Carl Grobbelaar, Prof. Tony Meyers, Dee Britton, Sonja vd Sandt, Adelene Jordaan

RCSSA 35 years old.

The RCSSA was established in May 1975. Originally consisting of only 9 members, the Society has a growing membership, consisting of registered nurses, clinical technologists and other health care professionals with varying experience and expertise. The RCSSA celebrated it's

35 year's at the Nephrology congress. It was an honour to have the following persons present. Prof. Tony Meyers Founder member and HLM Mr. Carl Grobbelaar Founder member and HLM Mrs. Dee Britten Secretary and HLM

Dr. Heilie Uys President 1986-1988 & 2002-2006 HLM Mrs. Raseda Samaai President 1988-1993 and LM Ms. Sonja vd Sandt President 1993-1998 and HLM Mr. David Mhuthi President 2006-2008

HEALTHY EATING FOR KIDNEY DISEASE THE NRC WAY

Earlier this year, Sonja Stevens, dietician ,gave a brilliant talk at one of our Support Group meetings in the Southern Suburbs in Cape Town. Her presentation on the Renal Diet, fruits and vegetables in season and how to manage exchanges, addressed the many problems patients face with their diet and had the group interacting with enthusiasm. I think we all get quite vocal when it comes to food!

A patient's wife was very appreciative of the information provided and requested that a recipe book be made available because she and many others present, struggle to prepare a variety for the patients.

This brought about the discussion to formulate a recipe book and the inspiration to run a competition for the patients and rewarding them for their entries.

The dietician would give guidelines to the patients, screen all entries and then select the best entries from the 3 categories, Starters, Main Course and Dessert to

3rd prize:

MR. CHATEAU for his 'BEEF CHILLI BALLS'

On Friday October 29, 2010, NRC launched South Africa's first ever Renal Recipe Book at a function at Fortunate Mazzini's Restaurant Rotor in Pretoria. Fortunato was involved with the competition by trying and testing

the winning recipes.

The recipe book showcases recipes that kidney patients from around the country entered into the competition and proves that renal patients can still enjoy flavoursome food while complying with their diet.

The recipe book is a compilation of starters. Main courses and desserts beautifully demonstrated in colourful pictures and include the prizewinning recipes.

The recipe book will be available for download on the RCSSA website in the near future

be published in the Recipe Book for Kidney Patients.

After months of motivating the patients to enter, assisting with entries and gathering recipes from all over South Africa, 3 winners were chosen. These were:

1st prize:

DEONA TAIT, for her 'POT ROAST WITH ROSEMARY AND GARLIC'.

2nd prize:

MICHELLE GOVENDER for her 'COFFEE AND PECAN CAKE'