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How To Beat The Heat With Kidney Disease

Living in South Carolina, the summers can get unbearably hot and become difficult to enjoy. When facing kidney disease, it is critical to ensure that you are taking extra precautions to prevent heat exhaustion and dehydration. Below are helpful tips that you can implement into your summer activities and daily routines to best enjoy your summer and ultimately, stay healthy!

1. Monitor your fluid intake

If you are planning to spend more time outside this summer, be sure to consult your physician about the best way to adjust your fluid intake. Monitor the beverages you consume and try to avoid sugary, caffeinated or alcoholic drinks, as these may cause dehydration. For

some people who are on dialysis or who have Stage 4 or 5 Chronic Kidney Disease, you may have to limit your fluid intake, even in the hot weather. To prevent yourself from drinking too much liquid, use smaller cups and drink at a slow pace. It is also important to avoid salty snacks in order to prevent you from getting too thirsty. Always discuss your drinking routine with your physician to ensure you have a safe plan.

2. Get outside and move your body

Exercising in the summer can be a great pick-me-up for both your mental and physical health. Before enduring any physical activity, check with your doctor to determine an exercise routine that works best for you. Try non-strenuous exercises such as yoga or go-

ing for a walk to clear your mind and get your blood flowing. A small amount of physical activity during the day can also be beneficial for your sleep cycle, which is proven to directly improve your overall well-being and health.

3. Protect your dialysis access

Swimming is a great way to cool off during the hot summer days. If you are on dialysis, however, be sure to check with your doctor to see if they feel comfortable with you adding this to your summer activities. If they agree, ask them if your access is safe to be covered with water and how to best protect it. Certain dialysis accesses, such as hemodialysis catheters, are not safe for swimming. If you are on peritoneal dialysis, ask your doctor how to properly shut and immobilize your PD catheter before swimming and always remember to change the protective cover on your access as soon as you are out of the water. Should you decide to swim, be sure that the water is safe, such as the ocean, or a chlorinated body of water, as this greatly reduces the risk of access infection.

4. Apply sunscreen - Be sure to generously apply sunscreen with an SPF of 15 or higher if you are spending any amount of time outside. If you are spending a lot of time in the sun, it is important to re-apply sunscreen every two hours, and always apply an extra layer after exercising or swimming. If you are planning on getting wet, use a water-resistant sunscreen that better adheres to your skin. Sunscreen isn't the only way to protect your skin from sun damage. You can also wear a shirt, hat, or sit in the shade to avoid too much sun exposure. Sunscreen is especially important for people

who have had a kidney transplant because immunosuppressive medications can increase your risk of developing skin cancer.

5. Take Advantage of Summer Produce - As you have heard many times, what you eat has a significant effect on your overall health. With an abundance of local farmers markets and produce stands, summer is a great season to eat fruits and vegetables. While eating fruits and vegetables is great for your health, it is also important to make sure you are choosing the fruits and vegetables that are suitable for your specific stage of kidney disease. If you need to be on a low potassium diet, choose fruits and vegetables that are lower in potassium. Before making any drastic changes to your diet, consult your physician to make a plan that will best suit your current health needs. Below is a list of low potassium fruits and vegetables, provided by DaVita Kidney Care, to incorporate into your diet this summer:

Fruits	Vegetables
Watermelon	Cucumber
Raspberries	Green Beans
Blackberries	Cauliflower
Strawberries	Carrots
Peaches	Eggplant
Plums	Lettuce
Grapes	Snow Peas
Blueberries	Squash
Cherries	Radishes

INTRODUCING OUR SUMMER STAFF SPOTLIGHT

Kathryn Kohara

Kathryn is the Controller for Carolina Nephrology and has been a part of our team for 7 years. She graduated with a Bachelor of Science degree in Accounting from Presbyterian College. Kathryn enjoys compiling data that is used to aid in important decision making for the practice. Outside of work, you can find Kathryn reading a new book, cooking, working on home improvement projects or her favorite, traveling down to the beach. Thanks for all you do, Kathryn!

Thanks for all you do, Kathryn!



GRILLED ZUCCHINI + RED ONION SALAD

Recipe from **KidneyKitchen** from

 American Kidney Fund®
FIGHTING ON ALL FRONTS

Ingredients:

- 6 zucchini, both green and yellow, cut into ¼-inch-thick slices
- ½ medium red onion, thinly sliced
- ¼ cup olive oil
- 3 tablespoons balsamic vinegar
- 2 tablespoons fresh oregano, chopped
- Black pepper, freshly grounded, to taste

Directions:

1. Preheat a barbecue grill to medium heat.
2. In a medium bowl, toss the zucchini and onion with the olive oil, and season with pepper.
3. Grill the zucchini and onion until lightly charred, turning once, about 4 minutes per side.
4. Transfer the grilled vegetables to a large bowl, and let them cool for about 30 minutes.
5. Toss the grilled vegetables with the balsamic vinegar and the oregano, and serve.

Nutrition Profile:

Recipe Yields 4 Servings
Serving Size: 1 Serving

Calories (kcal).....	147
Protein (g).....	2
Carbohydrates (g).....	8
Total Dietary Fiber (g).....	2
Total Sugars (g).....	6
Added Sugar (g).....	0
Fat (g).....	14
Saturated Fat (g).....	2
Cholesterol (mg).....	0
Calcium (mg).....	66
Phosphorus (mg).....	50
Potassium (mg).....	422*
Sodium (mg).....	12**

*Medium Potassium ** Low Sodium

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