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Easy Ways to Boost Your Immunity with Kidney Disease

With the COVID-19 pandemic, we are constantly receiving new information on how to stay healthy and further prevent infection. The amount of information we receive day-to-day can be overwhelming, especially for those who already have weakened immune systems and specific dietary restrictions. As a medical provider, providing accurate and helpful information on how to best take care of yourself and boost your immunity during this unique time is critically important. Following are a few Chronic Kidney Disease (CKD) friendly ideas for boosting your immunity:

Increase Your Vitamin D Intake

Vitamin D deficiency is very common amongst CKD patients. This important vitamin is often derived from sunlight, as well as Vitamin D-rich foods, including fatty

fish like salmon, mackerel and tuna, as well as mushrooms. It is critically important to maintain a healthy amount of Vitamin D in your body to maximize immunity. Be sure to consult with your physician on the most optimal and effective ways to increase your Vitamin D intake, before making any changes to your daily routine.

Eat Complete Proteins

Protein is an important nutrient that is known to help repair tissue and build muscle while also contributing to fighting off infection. Whether you maintain a plant-based diet or incorporate meats, it is important to know your protein intake is up to par. When it comes to plant-derived protein, many sources, such as beans and nuts, are considered to be “incomplete

proteins". This means in order to get adequate intake, you must combine this protein source with other foods. Examples of this would be combining beans with rice or topping peanut butter on whole wheat bread. As for animal products and by-products, it is best to avoid foods with high saturated fat. This includes red meat, egg yolks, and whole milk; these can be substituted with fish, poultry, and low-fat or fat-free dairy products.

Exercise Regularly

Regular exercise can contribute to the immune system by boosting circulation and allowing substances and cells within the immune system to move more freely and efficiently. For those with kidney disease, it is recommended by the National Kidney Foundation to participate in continuous activity like walking, biking, aerobic dancing, or swimming. Any activities that move large muscle groups, along with low-level strengthening activities are proven to be beneficial.

Some general exercise tips include:

- Work out at a "comfortable push" level. Be sure to warm up before increasing your pace and slow down before finishing your workout.
- Exercise at least three (non-consecutive) days per week.
- Always stop exercising if you feel shortness of breath, extremely tired, sick to your stomach, dizziness, or chest pain.

Eat More Fruits and Vegetables with Antioxidants

As many of you already know, antioxidants are proven to boost immune health and fight infections.

Below is a list of a few DaVita-approved, antioxidant-rich fruits and veggies to incorporate into your daily diet:

- Blueberries
- Red Cabbage
- Strawberries
- Garlic
- Raspberries
- Red Bell Peppers

If you are a CKD patient, you may be especially susceptible to common sicknesses, so it is very important to incorporate daily habits that will ultimately strengthen your immune system. While the above recommendations are potentially helpful ideas for doing so, it is also encouraged you consult your doctor or dietician before implementing significant changes to your diet or lifestyle.

Article References (Click to view):

- [Breaking Down Dietary Protein](#)
- [10 Antioxidant Foods for the Kidney Diet](#)
- [How to Boost Your Immune System](#)
- [Staying Fit with Kidney Disease](#)

FOURTH QUARTER STAFF SPOTLIGHT

Judy Moody

Meet this quarter's staff spotlight, Judy Moody! Judy has worked as a file clerk at Carolina Nephrology for over 19 years, and her favorite part of her job is the people that she works with. She is a Maxton, North Carolina native and graduate of Prospect High School. Outside of work, Judy enjoys going to church, spending time with her grandchildren, and enjoying her "me" time.

Thanks for all you do, Judy!



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LEEK + YELLOW
Squash Soup

Ingredients:

- 2 tablespoons olive oil
- 2 large leeks, sliced, white and light green parts
- ½ cup white wine
- 1 ½ pounds yellow squash (about 5 cups), cut into ½-inch cubes
- 1 ½ quarts low sodium vegetable broth
- 1 tablespoon fresh thyme, leaves picked and chopped, plus more for garnish
- 1 tablespoon Parmesan cheese, grated
- Freshly ground black pepper, to taste (optional, not included in nutritional analysis)

Directions:

1. Heat the olive oil in a large pot or Dutch oven over medium heat. Sweat the leeks until soft, 10-15 minutes.
2. Increase the heat to medium-high. Add the wine and reduce liquid by ¾.
3. Add the squash, vegetable broth and thyme and bring to a boil.
4. Reduce the heat to a simmer and cook until the squash is soft when pierced with a paring knife, 15-20 minutes.
5. Puree the soup using a blender and working in batches, until smooth. Alternatively, you can use an immersible stick blender.
6. Return the soup to the pot, reheat and season with pepper, if using.
7. Ladle the soup into serving bowls and garnish with thyme and parmesan.

Nutrition Profile:

**Recipe Yields 10 Servings
Serving Size: 1 Cup**

Calories (kcal).....	54
Protein (g).....	1
Carbohydrates (g).....	6
Total Dietary Fiber (g).....	2
Total Sugars (g).....	3
Added Sugar (g).....	0
Fat (g).....	3
Saturated Fat (g).....	0
Cholesterol (mg).....	0
Calcium (mg).....	32
Phosphorus (mg).....	38
Potassium (mg).....	183
Sodium (mg).....	83

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Carolina Nephrology is Offering a New Infusion Called Krystexxa® for Refractory Gout

By Dr. Barry Gorlitsky, M.D.



Gout, a common malady in chronic kidney disease (CKD), typically affects about 30% of those with CKD stage 3 or worse. Gout is a uric acid deposition disease, commonly manifesting as an acute onset of pain, redness, swelling, and exquisite tenderness, classically in the big toe but may impact nearly anywhere in the body. Gout is a self-limited disease; it will likely go away on its own after about a week but is likely to recur. Deposits will build over time and symptoms come back. While there are several medications to treat gout currently on the market, many patients do not have adequate responses and/or have adverse effects from them.

The standard treatment options, beyond diet and weight loss, are a class of medications called xanthine oxidase inhibitors. Allopurinol and Febuxostat are examples of this class of medication. They are dosed and titrated to lower the serum uric acid level to below 6 mg/dl or even 5 mg/dl, if flares are severe and tophi (gout deposits) are visible. These medications work fairly well for prevention but may have side effects including upset stomach, rash, and liver toxicity. Allopurinol and Febuxostat are also not foolproof and despite maximum doses, some patients are unable to reach the target levels and continue to have uric acid deposition in their joints. Colchicine is another medication that is anti-inflammatory and can help treat and prevent gout flares but has side effects like diarrhea and immune system suppression. Other medications used for gout include steroids, for example prednisone, which also has a multitude of side effects including weight gain, swelling, gastric ulcers, high blood pressure, and bone health deterioration. Lastly, NSAIDs, such as ibuprofen, Motrin, and Naproxen are commonly prescribed. However, these medications are well known for being harmful to the kidneys and are often avoided if you have CKD 3 or worse.

Carolina Nephrology is now offering an exciting alternative. For those patients that are either having multiple flares of gout, multiple deposits (tophi), or have significant side effects from the medications discussed above, Krystexxa could be a solution. Krystexxa, a twice-monthly infusion, works differently. Krystexxa works as an enzyme that breaks the uric acid down to a benign water-soluble product called Allantoin. Allantoin is then easily and safely excreted through the kidney.

Krystexxa will take uric acid levels down to under 2 mg/dl and melt the tophi away, ridding the body of uric acid completely. While Krystexxa is not for every gout patient, the results can be miraculous and life changing for those who are candidates for the infusion.

We are excited to offer this option to our refractory gout patients. Please ask your provider for more information on Krystexxa for the treatment of gout.

Saluda River Dialysis Opens in Piedmont



Carolina Nephrology and DaVita are excited to announce the opening of Saluda River Dialysis in Piedmont, SC. This 16-station unit includes 3 PD rooms giving us ample capacity for PD Urgent Starts and patient education sessions.

We immediately opened our TTS schedule to serve the larger community as the single COVID unit serving Greenville and Greenwood markets.

Already having a great impact on the local community, DaVita looks forward to continuing to grow with Carolina Nephrology.

We will be hosting an Open House in the coming months:

**Saluda River Dialysis
8080 Augusta Rd
Piedmont, SC 29673**

