



# St. George Hospital

## Peritoneal Dialysis Unit Newsletter

ISSUE 1

2014

### DID YOU KNOW?

It is very important to maintain good nutrition.

#### How?

By eating well.

#### Why?

Good nourishment will keep you well and fit, it also helps strengthen your immune system to prevent and fight infections.

Poor eating, especially not eating enough protein foods will increase your chance of getting infections, including PERITONITIS.

“We all eat, and it would be a sad waste of opportunity to eat badly.” **Anna Thomas**

This issue is all about food... glorious food, because we understand how tricky it is to eat the right type of food given the many dietary instructions and restrictions you have as a PD patient.

Before we begin this delicious topic, here are some updates:

1. PD unit relocation is now complete! We are located at the small cottage next to the St. George Private Hospital (please see attached map). Our new address is: “The St George Renal Care and Research Unit”, 9 South Street, Kogarah.

#### Frequently Asked Question:

How do I eat well?

**Answer:** There are simple ways to improve your eating habits:

1. Avoid missing meals
2. Eat meat, fish, chicken, eggs or tofu daily
3. Remove salt at the table
4. Avoid junk and salty food
5. Limit fruit and vegetables to 2-3 serves per day
6. Take your phosphate binders with meals

2. For all your PD needs, please phone 9113 3770 to book an appointment with a PD nurse.

**3. Clinic appointments with your Kidney doctor will remain in 4West renal clinic.**

We appreciate your cooperation and we apologise for any inconvenience these changes may cause.

Also, we are delighted to share that the PD unit was one of the finalists for the “most outstanding medical service award” this year.

Please continue contributing ideas to the newsletter and thank you for looking after yourselves really well. Keep up the good work!

Best Wishes

Claire, Maria, Emma, Fiona, Qing & Vicki

### Get the Flu Shot Before the Flu Gets You!

You are eligible for a free flu vaccine, talk to your GP about it.



#### CONTACT US

9113 3770

7:30AM—4:00PM

#### IMPORTANT

1. For patients who did not receive their June blood forms, please find them attached. \*\*\*These blood tests must be completed before the end of June 2014.
2. Please bring your procard and PD record book to every renal clinic appointment. It will help your Kidney doctor and PD nurses to provide the best advice and treatment.
3. When your APD machine is replaced by Baxter, inform the PD nurses immediately. You may need a new procard.

## A message from your dietitian

Do you remember the key nutrition messages for peritoneal dialysis? Have you been eating well according to plan?

- Protein** You need to follow a **High Protein** diet every day
- Energy** Eat the right amount of **Energy** (calories) to keep you strong and fit
- Fat** Choose the good fats such as **Monounsaturated** and **Polyunsaturated Fats**. Eat less saturated fats.
- Sodium** Eat less **Salt** and **Salty foods** to control blood pressure, thirst and fluids
- Potassium** Eat the right amount of **Potassium** to keep to a good blood potassium level.
- Fluid** Limit your **Fluid** intake to control blood pressure and swelling.
- Vitamins** Only take **Vitamin** supplements or tablets as prescribed by your doctor - use no more and no less

If you have any questions for the dietitian, please call 91132752

**Phosphorous** Limit food high in **Phosphorus** to help keep your bones strong. Always take your **phosphate binder** with food and snacks.



**Dietary Fibre** Eat more **High Fibre** foods to help keep your bowels regular and prevent high fat levels in your blood.

**“Weight”** Eat well to build up muscle weight. Drink less fluid to avoid fluid build-up.

**Exercise** Include regular exercise to help keep you well and fit.