

November 2024

## The Kidney Connection

A publication of Northern Saskatchewan  
Kidney Health Services based out of  
St. Paul's Hospital, Saskatoon



### What's Inside?

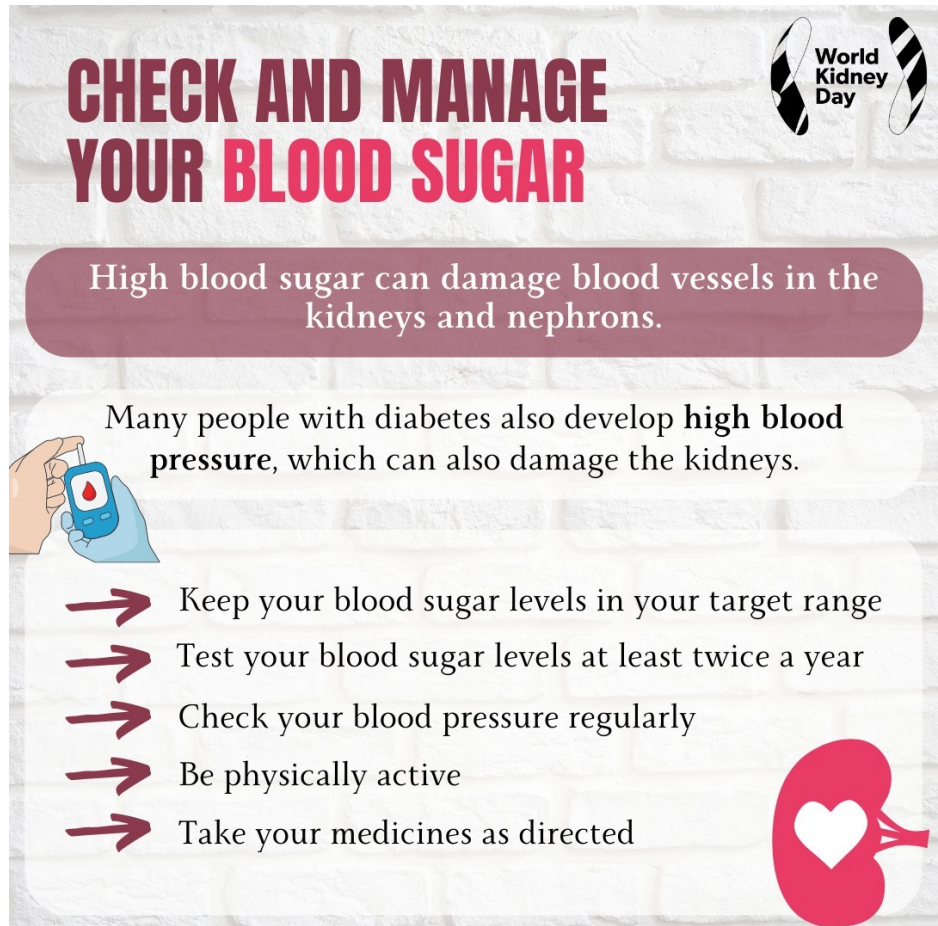
- |                                               |                                             |                                      |                                         |
|-----------------------------------------------|---------------------------------------------|--------------------------------------|-----------------------------------------|
| <b>2</b> November is Diabetes Awareness Month | <b>3</b> Facts about Kidney Disease         | <b>4</b> Recipe: Buffalo Chicken Dip | <b>5</b> Kidney Foundation: Survey      |
| <b>6</b> Travelling                           | <b>7</b> Indigenous Kidney Health Resources | <b>8</b> Activity: Sudoku            | <b>9</b> Pay It Forward Diabetes Canada |

## November is Diabetes Awareness Month: Taking Care of Your Kidneys & Blood Sugar

Many people know that high blood sugar can affect health in many ways, but it's especially hard on the kidneys. For those already dealing with chronic kidney disease, keeping blood sugars in a healthy range is a powerful way to protect the kidneys from further damage.

### Why Blood Sugar Matters for Your Kidneys

When blood sugar levels are high, it puts extra pressure on the kidneys. Over time, this pressure can damage the small blood vessels in the kidneys, making it harder for them to do their job—filtering waste and keeping your body healthy. Keeping blood sugar as close to your target range as possible can slow down kidney damage and help you feel better overall.





**CHECK AND MANAGE YOUR BLOOD SUGAR**

World Kidney Day

High blood sugar can damage blood vessels in the kidneys and nephrons.

Many people with diabetes also develop **high blood pressure**, which can also damage the kidneys.

- ➔ Keep your blood sugar levels in your target range
- ➔ Test your blood sugar levels at least twice a year
- ➔ Check your blood pressure regularly
- ➔ Be physically active
- ➔ Take your medicines as directed

### Remember, You're Not Alone

Living with any chronic condition is challenging, and managing both diabetes and kidney disease can sometimes feel especially hard. It's okay to feel frustrated—it's a lot to handle. Remember, you don't have to do it alone. Your healthcare team is here to support you, answer questions, and help you find ways to stay on track. Reaching out to family, friends, or support groups can also be a big help. Take things one step at a time. Each small choice you make to take care of yourself adds up and makes a difference.



## Quick Facts About Kidney Disease in Saskatchewan

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- Kidney disease affects **1 in 10 people** in Saskatchewan and many do not know it.
- From April 1, 2020 to September 30, 2020 in Saskatchewan, there were:
- 1018 people receiving life sustaining dialysis
- 1165 people were treated for chronic kidney disease (CKD) in specialized CKD clinics
- 55,800 hemodialysis treatments performed
- 53 kidney transplants were done in 2019

**The most common causes of kidney disease in Saskatchewan are diabetes and high blood pressure.**



## Buffalo Chicken Dip

### Ingredients

- 1/2 cup cream cheese
- 1/2 cup bottled roasted red peppers
- 1 cup sour cream
- 4 teaspoons Tabasco® hot pepper sauce
- 2 cups cooked, shredded chicken

### Directions

1. Set the cream cheese out to soften.
2. Drain the red peppers and measure 1/2 cup. Puree in a blender or food processor to make red pepper sauce.
3. In a medium bowl mix cream cheese and sour cream together until smooth. Add pureed peppers and 2 teaspoons of Tabasco sauce. Stir until combined.
4. Add the chicken and gently mix. Add additional hot sauce 1/2 teaspoon at a time; taste and continue to add hot sauce to the heat level you desire.
5. Place mixture in a slow cooker for 2 to 3 hours on low heat, or bake in the oven at 350° F for 30 minutes.
6. Serve warm dip with carrots, celery, cucumber, cauliflower, or make mini roll-ups by wrapping dip inside lettuce or cabbage leaves.





### Survey: Your Lived Experience of Chronic Kidney Disease (CKD)

Help us build a national framework that will transform kidney disease prevention, detection, and treatment. Complete our survey today!

Scan to access the survey in English



### Sondage sur l'expérience vécue avec une maladie rénale chronique

Aidez-nous à bâtir un cadre national qui transformera la prévention, la détection et le traitement des maladies rénales. Répondez à notre enquête dès aujourd'hui!

Scannez pour accéder au sondage en français



### 慢性腎病患者生活體驗調查

Scan to access the survey in Traditional Chinese



### 慢性肾病患者生活体验调查

Scan to access the survey in Simplified Chinese



### ਗੁਰਦਿਆਂ ਦੇ ਚਿਰਕਾਲੀ ਰੋਗੀਆਂ ਦੇ ਹੰਢਾਏ ਤਜਰਬੇ ਬਾਰੇ ਸਰਵੇਖਣ

Scan to access the survey in Punjabi

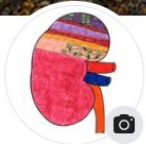


### Survey ukol sa Buhay na Karanasan sa talamak na sakit sa bato

Scan to access the survey in Tagalog

- 🕒 10 minutes
- 👤 Anonymous | Anonyme
- ▶ Online | En ligne
- 📞 OR call | OU appelez 1.888.669.9691





**Kidney Health Community Program - Saskatchewan**

Create @Username · Medical & health

Edit Follow

**Like and Follow** the Kidney Health Community Program on Facebook to stay updated on kidney-related topics and events!

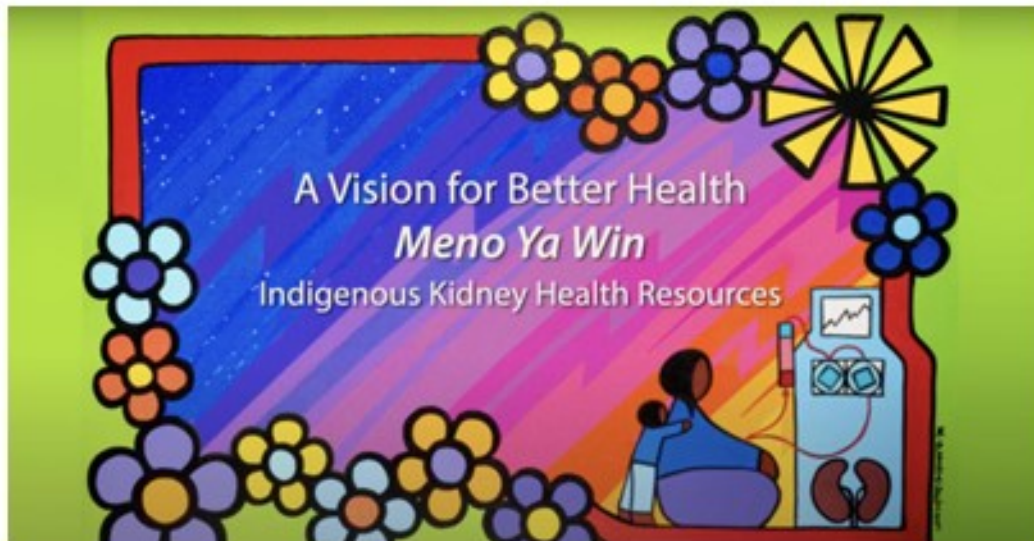
*be kind*

In consideration for your fellow patients and the staff, please remember to bring headphones to use during your dialysis treatment.

**Travelling this winter? Let us know ASAP!**

If you are hoping to travel for holidays or vacation and desire hemodialysis at another location, please let your coordinators know 6 months in advance or as soon as possible. It requires a lot of paperwork and planning! Thanks!





## A learning series for Indigenous kidney patients and their caregivers

### INCLUDED:

- Nine learning modules
- Three dialysis demonstration videos
- Ten patient experiences with kidney disease

### USED BY:

- Indigenous patients and their caregivers
- Educators and coaches
- Healthcare providers and health professionals

Learn more:

[indigenoukidneyhealth.ca](http://indigenoukidneyhealth.ca)



### Activity — Sudoku

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		9					5	
	2				4	7	1	
4	9	8						7
			1		7			
1						4	3	5
	8	1	6				4	
	5					3		
9			2	7	1			

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	6						9	8
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6			4	2				
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		9	4	7			3	6
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7	6							
		1				6		
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6	9				1		4	
8	2			5				
1	4			6	9	7		

Compliments of [Memory-Improvement-Tips.com](http://Memory-Improvement-Tips.com)

For more free Sudoku puzzles, visit  
[www.memory-improvement-tips.com/printable-sudoku-puzzles.html](http://www.memory-improvement-tips.com/printable-sudoku-puzzles.html)





## PAY IT FORWARD DAY

On Tuesday, **November 26th** and Wednesday, **November 27th**, at St. Paul's Hospital Incentre Hemodialysis, staff will come around all 3 shifts to offer hot cider and renal-friendly cookies or muffins to our patient and families for Pay It Forward Day.



# DIABETES CANADA | IN THE KITCHEN

**In the Kitchen** with Diabetes Canada presented by **Manulife** is a free, live and interactive four-week cooking and nutrition series. Watch live recipe demonstrations and ask our hosts author **Mairlyn Smith, PHEc**, and dietitian **Katie Brunke, RD, CDE, PHEc**, questions in real time.

To register either scan the QR code with your phone camera or visit [www.diabetes.ca](http://www.diabetes.ca) and in the search bar type "In the Kitchen" to find the event registration form.



**Winner Chicken Dinner**



**November 6**

**Plate Method Meals**



**November 13**

**Comfort Classics**



**November 20**

**Nothing but Dessert**



**November 27**