



Insight into life of kidney patient by head of IKA

'kidney patients', I want to say thank your very much !

THERE are just under 1,700 people on dialysis in Ireland and maybe five times that amount with failing kidneys who will benefit from the existence of this book,' declared chief executive of the Irish Kidney Association (IKA), Mark Murphy at the launch of 'Truly Tasty', the book compiled by Valerie Twomey with over 100 recipes created by Ireland's top chefs for adults living with kidney disease.

Worldwide, he stated, there were almost two million people alive with failed kidneys, one third of them transplanted and two thirds undergoing dialysis treatment, mainly haemodialysis which is usually conducted in a hospital or clinic broken into three for hour sessions per week and often at great inconvenience to patients and their families.

'The 1960's saw the expansion of this treatment after its initial discovery in 1945 by a Dutch Doctor Willem J. Kolff. His first successful dialysis treatment was performed on St. Patrick's Day, 1943 in Kampen, The Netherlands'

The haemodialysis or kidney machine, explained Mark, pumped blood out of the body to a filter on the machine which removed fluid and waste products from the blood and returned clean blood to the patient.

The IKA chief said the number of people with failed kidneys continued to grow. 'More and more people are being diagnosed with diabetes and the success of diabetic treatment means many more diabetics are living a lot longer. The consequence for some chronic diabetics is the failure of their kidneys. The second biggest cohort of people with failed kidneys are those overweight with uncontrolled blood pressure. The consequence for some will be cardiac or kidney problems or a combination of both.

'People with failed kidneys do not produce urine so everything they drink has to be removed via dialysis. Dialysis patients are asked to drink only one litre of fluid a day so when they present for dialysis every second day they should weigh only two kilogrammes more than when they finished dialysis the day before,' said Mark.

'When kidneys are working at less than ten per cent capacity they are deemed to have failed. The levels of salt (sodium), potassium, calcium and phosphorous in the blood builds up to dangerous levels. Dialysis removes some but not all of these waste products. This is the reason why one must also adapt a new diet to stay healthy while on dialysis, hence the importance of 'Truly Tasty'.

Between travel time, treatment time, fluid restriction and dietary controls, the lot of a 'kidney patient' was tough and arduous, he stated. Each year, more and more people were being offered haemodialysis treatment and for those not expecting future transplantation, the struggle with treatments and lifestyle changes was uppermost when it came to dealing with renal diet.

'This book and Valerie's drive for excellence to produce it is in response to this gap in the dietary and nutritional advice which the health care professionals need to promote the renal diet with the aid of the flare of the professional chefs imaginations'.

Pointing out that forensic detail was involved in producing suitable renal recipes, Mark said the book had achieved something he would previously have said was impossible namely making the renal diet attractive. 'Valerie, on behalf all

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Marie Sheahan, Senior Renal Dietitian, Cork University Hospital (CUH), Fiona Byrne, Clinical Specialist Renal Dietitian, CUH, and Barbara Gillman, Clinical Specialist Renal Dietitian, Mater Misericordiae Hospital, Dublin, at the launch of the *Truly Tasty* recipes book at Maryborough Hotel, Douglas.
(Photo: Diane Cusack/Ger McCarthy)