

# **Coventry and Warwickshire Kidney Patients' Association**



# **CWKPA**

## **The Kidney Kourier**



## **March 2018**

# Coventry and Warwickshire Kidney Patients' Association

(Charity Commission Registration Number 508587)

## Committee

Grace Newman	Chairman and website	01926 770924
Vivienne Dodds	Secretary	02476 384061
Terry Ivens	Treasurer	01926 634360
Kate Balfour		01926 403059
Mike Horton		07974 606519
Ayesha Trickett		07446 360873

**CWKPA Website:** [www.cwkpa.org.uk](http://www.cwkpa.org.uk)

**E-mail:** [info@cwkpa.org.uk](mailto:info@cwkpa.org.uk)

**Facebook group:** [www.facebook.com/CWKPA](http://www.facebook.com/CWKPA)

**NKF Website:** [www.kidney.org.uk](http://www.kidney.org.uk)

**Correspondence** should be sent to:

Vivienne Dodds 51 Magyar Crescent Nuneaton CV11 4SQ

**Donations** should be sent to:

Mr T Ivens 9 Fair Close Frankton Rugby CV23 9PL. Cheques should be made payable to **Coventry and Warwickshire KPA**

**Articles etc for the *Kourier*** should be sent to:

Kate Balfour 5 Bartlett Close Warwick CV34 4UY

E-mail: [kbalfoursheep@gmail.com](mailto:kbalfoursheep@gmail.com)

## CHAIRMAN'S MESSAGE

Welcome to the March edition of *The Kidney Kourier*.

I hope you managed to escape the flu and other illnesses that knocked the strongest of us down this winter. Thankfully, your committee is still standing!

Please join us at this year's March meeting with a talk by Andrew Morris (RKB) Specialist Renal Dietitian, details inside. A drink and biscuits, and a warm welcome, await. Please do contact us if you need a lift.

I would like to thank the guys at Baileys of Warwick, a local fishing tackle shop, for taking one of our collecting boxes for their counter.



We are gradually increasing the number of outlets of our boxes. If you can collect for CWKPA from a local shop, we will be pleased to hear from you.

Enjoy the Kourier,

**Grace x**

## DATES FOR YOUR DIARY

<b>Date and time</b>	<b>Event</b>	<b>Location/ notes</b>
<b>Thurs 8th March</b> time tbc	<b>World Kidney Day 2018</b> This year's theme is 'Kidney Disease and Women's Health'. We are planning an awareness and information stall, location tbc.	Tbc
<b>Sat 10th March</b> 7.15 pm	<b>Social Meeting with Speaker.</b> Talk by Andrew Morris (RKB) Specialist Renal Dietitian, focusing on the potassium diet. He will also be discussing future developments in the advice given to patients, based on his research.	<b>Clifford Bridge Community Centre</b> Coombe Park Road, Coventry CV3 2PD
<b>Sat 7th April</b> 10 am to 4 pm	<b>NKF KPA Day. (including AGM)</b>	<b>Glebe Hotel,</b> Church Street, Barford, Warwick, CV35 8BS
<b>Mo 16th April</b>	Deadline date, June Kourier	

<b>Date and time</b>	<b>Event</b>	<b>Location/notes</b>
<b>Sat 12th May</b> 7.15 pm	<b>CWKPA AGM.</b> Dr Ayub (RKB), from the new Clay Lane Unit in Coventry City Centre, has kindly agreed to give a talk. Refreshments. Raffle.	<b>Clifford Bridge Community Centre, as above</b>
<b>Sat 14th July</b> 7.15 pm	<b>Social Meeting</b> Speaker tba.	<b>Clifford Bridge Community Centre, as above</b>
<b>Mo 30th July</b>	Deadline date, September Kourier	
<b>Sat 8th Sep</b> 7.15 pm	<b>Social Meeting</b> Speaker tba.	<b>Clifford Bridge Community Centre, as above</b>
<b>Fri 19th - Sun 21st October</b>	<b>NKF Conference 2018.</b> This year's Conference will be held at the Hilton Blackpool Hotel. The theme will be 'Strength to Strength'.	<b>Download:</b> <a href="https://www.kidney.org.uk/assets/Uploads/InTouch/NKF-In-Touch-January-2018.pdf">https://www.kidney.org.uk/assets/Uploads/InTouch/NKF-In-Touch-January-2018.pdf</a>
<b>Mo 29th Oct</b>	Deadline date, Dec Kourier	
<b>Sat 10th Nov</b> 7.15 pm	<b>Social Meeting</b> Speaker tba.	<b>Clifford Bridge Community Centre, as above</b>

## NEWS AND UPDATES

**The Kidney Courier** I am stepping down from the post of Editor of *The Kidney Courier*, a job which I have carried out for nearly 15 years. We therefore need someone to volunteer to take over this work, which includes producing the copy, getting it printed and posting it out. I would estimate that it takes me about two working days for each edition, ie about 14 hours. I can give full training to the new recruit - please send me an email if you are interested in the post. (kbalfoursheep@gmail.com) Thanks **Kate**

**Stamps** I am not receiving as many stamps as in the past, and so the KPA has not made as much money from them recently. I am still collecting them, so please pass them on when you can. Thanks **Vivienne**

**New Modern Matron** We welcome our new renal Modern Matron, Karen Timothy, who replaces Kay Wilkinson who has left UHCW. We wish Karen the best of luck in her new post.

**CAPD Bagwarmers** We purchased ten bagwarmers (costing over £4000) for the technicians, for which they send their thanks. Anybody who no longer needs a bagwarmer is requested to return it to the renal department. **Vivienne**

## DATA PROTECTION - NEW LAWS

The new **General Data Protection Regulations** (GDPR) come into force on May 25th 2018. These require non-profit making organisations, such as the Coventry and Warwickshire Kidney Patients' Association, to gain the consent of their members if those members wish to receive email or written contact after this date.

We will make sure that you receive your June Kourier before this date, and will include in this June edition full details of what you will need to do to ensure that you receive future communications from CWKPA, such as *The Kidney Kourier* and any emails about trips, meetings etc.



Please be assured that we will make the process as easy as possible. The purpose of the changes is to make sure that people's data is well protected by those who hold it for mailing lists etc, so it benefits us all to ensure that we comply with this new legislation; and anyway we have no choice!

# NOTICE OF THE COVENTRY & WARWICKSHIRE KIDNEY PATIENTS' ASSOCIATION ANNUAL GENERAL MEETING

**When:** Saturday 12<sup>th</sup> May 2017 at 7.15pm.

**Where:** Clifford Bridge Community Centre, Coombe Park Road, Coventry, CV3 2PD.

All are welcome to join us for a review of the past 12 months.

Dr Ayub (RKB), from the new Clay Lane Unit in Coventry City Centre, has kindly agreed to give a talk. Light refreshments and raffle.



Thank you to all present officers for their great work this year. Grace Newman is standing down as Chairman but will be remaining on the committee. Please let us know if you would like to be Chairman, or could nominate somebody else for the post - if so, phone Grace. Or you may wish to join our small, friendly committee to enable us to do more to help local kidney patients.

## **GETTING STARTED IN KIDNEY RESEARCH**

*Beverley Beynon-Cobb, Renal Dietitian, UHCW NHS Trust & Coventry University.*

***“I follow a low sodium diet to help my blood pressure, then the doctor gives me sodium bicarbonate tablets, what’s the point in trying so hard?”***

These were the words of a patient in clinic, 2 years ago. At that time, I had no idea that this conversation would in part, change my career. As an experienced renal dietitian, I too had wondered if sodium bicarbonate increased blood pressure in individuals with chronic kidney disease (CKD). Since sodium bicarbonate can be an essential medication and blood pressure control is very important in CKD, this was an example of treatment conflict with no obvious answer. Consequently, in September 2016 I started a master’s Degree in clinical research. My research title is **‘Do sodium bicarbonate supplements effect blood pressure in Chronic Kidney Disease?’** Through this article, I would like to share my research with you.

### **What are the facts to support this research?**

- High blood pressure is a major cause of CKD.
- Approximately 80% individuals with CKD have high blood pressure.
- Good control of blood pressure can slow loss of kidney function.

- Treatments for high blood pressure include medications & a low salt (sodium) diet.
- CKD can cause a build-up of acid in the blood, this is known as acidosis.
- Approximately 30% of individuals with CKD have acidosis.
- Treating acidosis with sodium bicarbonate supplements can slow loss of kidney function.

### **Why is this research important?**

This research hopes to provide clearer information to help manage high blood pressure and acidosis in CKD. If there isn't a clear answer, it will show that more research is needed.

### **How will the research question be answered?**

The research question will be answered using a type of research known as a systematic review. A systematic review collects and combines information from similar studies to help make decisions about healthcare and research. This systematic review will collect information from published trials in which people with CKD were given sodium bicarbonate. Details about stages of CKD, changes in blood pressure and blood pressure medications will be collected. If the information collected is of high quality, it will be combined to provide a clear picture of the evidence.

### **Progress**

The systematic review will be completed in May 2018. Early results suggest that deciding if sodium bicarbonate

supplements change blood pressure in CKD may not be possible using a systematic review.

## **What next?**

Plans need to be developed to answer the question using other types of research. I am fortunate to have a supportive team to guide this research, they include: Dr Hamer, Nephrologist UHCW NHS Trust, Dr Tighe and Dr Lycett, Lecturers and Research Dietitians at Coventry University. However, I will also need a Patient Public Involvement group, also known as a PPI group. PPI is important to clinical research since it helps to ensure that the things patients think important are considered. PPI also provides patients and public with a voice in research decisions and gives researchers different perspectives. I would value thoughts and opinions about this research from local kidney patients: if you would like to share your thoughts or are interested in being part of a PPI group, please feel free to contact me using the email below. If you would like to know more about PPI and research, the website below is an excellent resource.

Thank you

## **Beverley**

email: [cobbb@uni.coventry.ac.uk](mailto:cobbb@uni.coventry.ac.uk)  
PPI website: <http://www.invo.org.uk>

## THEY'VE DONE IT AGAIN!



The Coventry and Warwickshire Kidney Patients' Association is once again extremely appreciative of the amount raised by Shelagh Price, and her family and friends, for organising the annual Dominoes League between the clubs in Bedworth and the surrounding area.

The amount raised this year is £400.00 - another astonishing amount!

Since the competition began in 1993, the family has raised £15,764.19 - a magnificent effort by a very generous family and their friends, in memory of Shelagh's husband Dick, who had been a renal patient.

All of these donations have been spent to improve the lives of kidney patients at UHCW Renal Unit, and at the satellite renal units at Nuneaton and Rugby.

All monies raised by, or donated to, the CWKPA charity are spent locally to benefit kidney patients, and to purchase various pieces of equipment such as dialysis chairs, televisions, educational literature, specialist walk-on weighing scales and haemodialysis cycle equipment and bagwarmers for CAPD patients.

Vivienne Dodds, Secretary of the CWKPA and transplant patient of 23 years, thanked everyone for taking part in the competition - she can be seen in the photo, receiving the cheque.

She also thanked Trent Valley Working Men's Club for hosting the matches, and the biggest thanks of all to the Price family for their continued support, and their generosity in thinking of local kidney patients.

# WORLD KIDNEY DAY 2018



Chronic kidney disease (CKD) is a worldwide public health problem with adverse outcomes of kidney failure and premature death. It affects approximately 195 million women worldwide and it is currently the 8th leading cause of death in women, with close to 600,000 deaths each year.

The risk of developing CKD is at least as high in women as in men, and it is thought that it may even be higher - with an average 14% prevalence in women and 12% in men. Interestingly, the number of women on dialysis is lower than the number of men.

This year's World Kidney Day (8th March 2018) will focus on Kidneys and Women's Health. CWKPA is hoping to have an awareness and information stall, location to be confirmed. If you would like to help on the stall, please phone Grace.

# SUDOKU

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

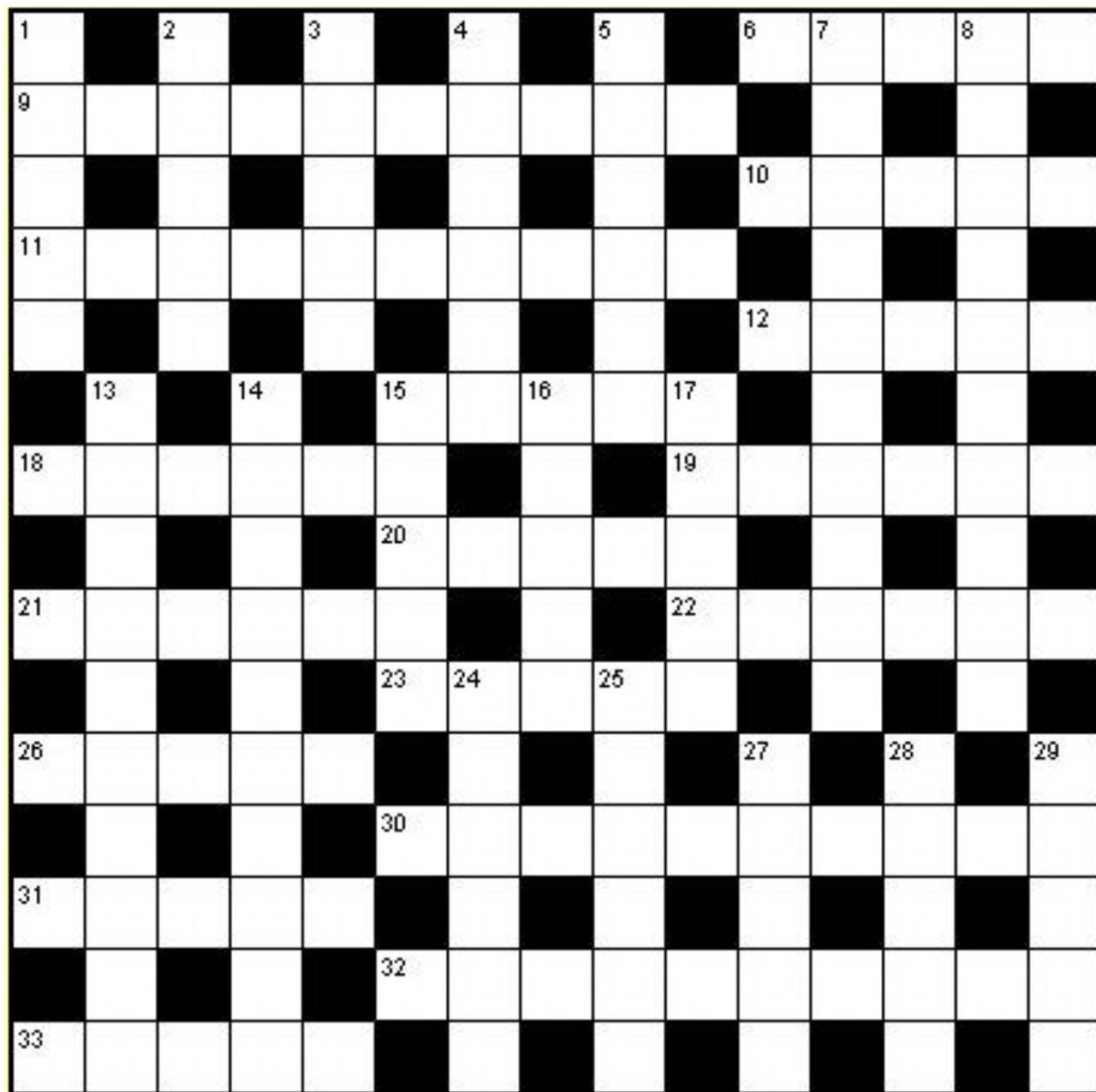
Easy

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

Medium

# KOURIER KRYPTIC KROSSWORD - Set by Cerasus

From: [www.alberichcrosswords.com](http://www.alberichcrosswords.com)



10	Extent of influence of a policeman in the outskirts of Singapore (5)	3	Put circles in standard adopted position (5)
11	Music lover has sound record, we're told (10)	4	Support Her Majesty with answer that's bull (6)
12	Cast aspersion on people beginning to drink noisily (5)	5	A former NZ cricketer fooled Bruce (6)
15	Rescue the right person keeping his money (5)	7	Expect dual result if proven to be innocent (10)
18	Walk on a holy mount? (6)	8	Bobby's boss shortly finds bad deeds old hat (10)
19	Astonished by a labyrinth in the present time (6)	13	Treat facts differently in management of public affairs (10)
20	Wrapped up damaged skin (5)	14	Making as brief as possible the note I vocalise (10)
21	Hit and miss? (6)	15	Finally fills vessel from a drainpipe (6)
22	I be getting directions about cross, wild goats! (6)	16	Leap over burial chamber (5)
23	Endlessly share out a relative amount	17	Extra diode is too much for this receiver (5)
26	Dispose of current previously made bitter (5)	24	A taxi comes back for you and me? You can count on it! (6)
30	Performing active scan prevents disease (10)	25	Measures slow advances (6)

31	Wrong by degree - producing depression (5)	27	Decorative woodwork used in fountain layout (5)
32	Counting on a different routine, man! (10)	28	In charge following the reformed principles (5)
33	Way to get older by degree (5)	29	Employment found if you say give the game away (5)

## HA HA HA! SOME AMERICAN MEDICAL HUMOUR

A mother complained to her consultant about her daughter's strange eating habits.

"All day long she lies in bed and eats yeast and car wax. What will happen to her?"

"Eventually," said the consultant, "she will rise and shine."

Q: Did you hear about the optometrist that fell into his lens grinding machine?

A: He made a spectacle of himself

**Enema:** Not a friend

**ER:** The things on your head that you hear with

**Pelvis:** Second cousin to Elvis

**Artery:** The study of fine paintings

**Bacteria:** Back door to cafeteria

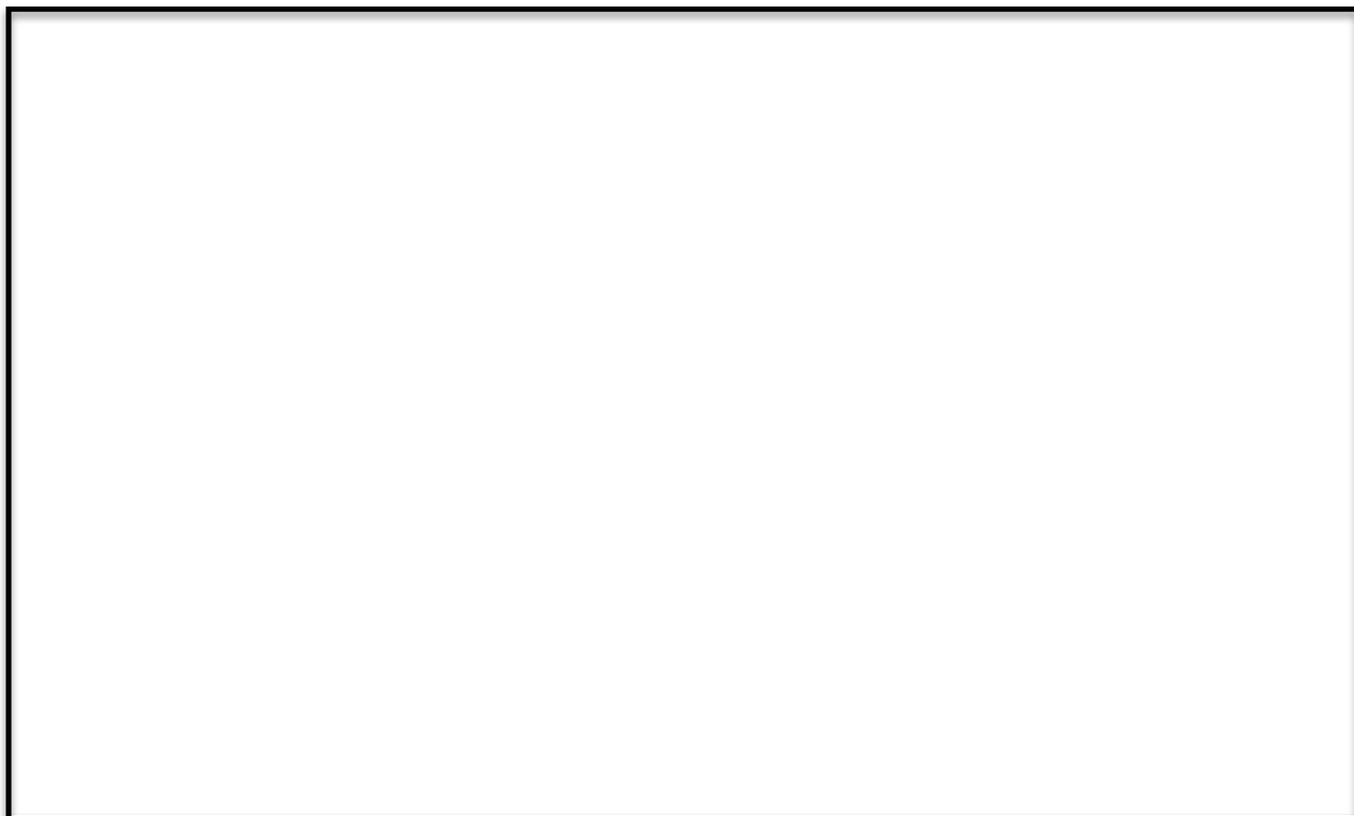
**Barium:** What doctors do when patients die

## KOURIER KWIZ - Food and drink anagrams

Published on Pub Quiz Questions HQ (<http://pubquizquestionshq.com>)

Here's a change - instead of quiz questions, can you work out the names of the following desserts or treats from the anagrams? There's a scribble pad to help you!

1	Combines to reap
2	Candy fan font
3	Gent beat backer
4	Fan cloaked ego
5	Devil's food cake
6	A rocket arc
7	Pea info beef
8	Let a four backstage



# SUDOKU SOLUTION

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

Easy

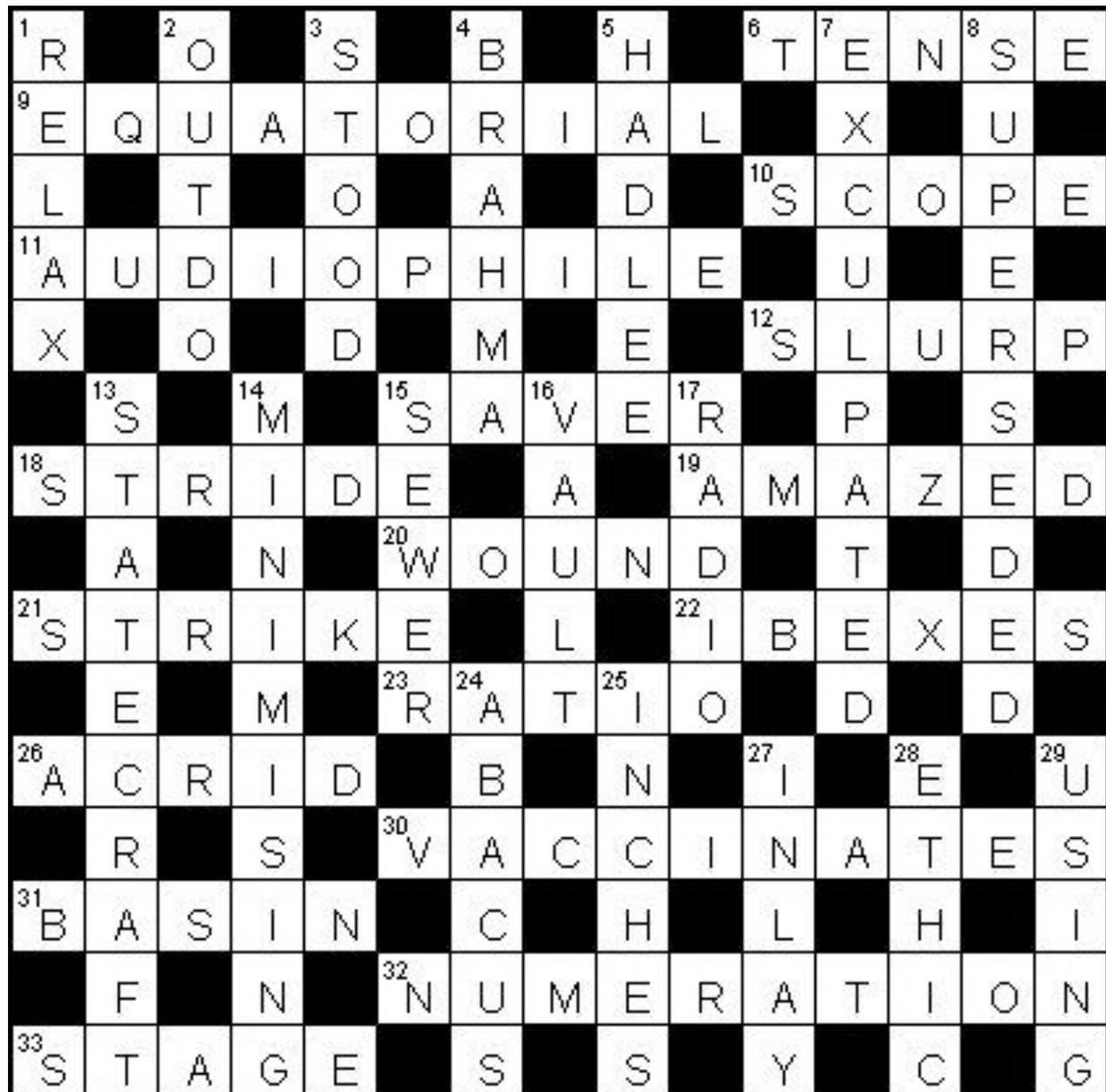
3	8	9	5	7	2	1	6	4
1	5	4	6	8	9	2	3	7
7	6	2	3	1	4	8	9	5
8	2	5	1	9	7	6	4	3
4	3	7	8	2	6	5	1	9
9	1	6	4	3	5	7	8	2
2	9	1	7	4	8	3	5	6
6	7	3	9	5	1	4	2	8
5	4	8	2	6	3	9	7	1

Medium

# THE KOURIER KRYPTIC KROSSWORD SOLUTION

From: [www.alberichcrosswords.com](http://www.alberichcrosswords.com)

Set by Cerasus



# ANSWERS TO THE KOURIER KWIZ

Published on Pub Quiz Questions HQ (<http://pubquizquestionshq.com>)

1	Boston Cream Pie
2	Fondant Fancy
3	Battenberg cake
4	Angel food cake
5	Is a dove flocked
6	Carrot cake
7	Banoffee pie
8	Black Forest gâteau



# **COVENTRY AND WARWICKSHIRE KIDNEY PATIENTS' ASSOCIATION**

## **Free to Join!**

Membership of the Coventry and Warwickshire Kidney Patients' Association is open to all kidney patients, relatives and friends plus anyone who is interested in the welfare of kidney patients. Why not have a look at our website:

**[www.cwkpa.org.uk](http://www.cwkpa.org.uk)**

If you would like to join, please complete the form below, or send the information to the Secretary by email.

**Mr/Mrs/Ms/Miss** (please delete as appropriate)

**First name:**

**Surname:**

**Address:**

**Postcode:**

**Tel:**

**E mail:**

- If you have any comments, suggestions, ideas etc, please let the Chairperson know.
- Please send the completed form to:

**Secretary - Vivienne Dodds**

**51 Magyar Crescent**

**Nuneaton, CV11 4SQ**

**Telephone - 02476 384061**

**Email - [pvdodds@googlemail.com](mailto:pvdodds@googlemail.com)**

