

CKiD Newsletter

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Summer 2021



Greetings from the CKiD team! We are grateful for vaccinations and the efforts of all those working to decrease COVID and maintain the health of all children and adults during the pandemic.

We remain cautious, however, and local guidance will determine when we can see you for an in-person visit (if applicable) or a phone/online visit. All types of visits provide us with valuable information about ways to slow down or prevent the progression of kidney disease. However, the in-person visits, when they can occur safely, give you the chance to receive in-person feedback about your health by reviewing your 24-hour blood pressure (BP) & home BP reports, tests about how you think & learn, your physical activity, and results of your kidney function tests. If you have had some of this testing completed at past visits and are interested in the information, ask your CKiD coordinator for those results. If you completed an online survey instead of an in-person visit, switching back to in-person visits is possible in many cases.

Did You Know?

facebook

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CKiD is on Facebook! We created a Facebook group called "[CKiD Families](#)". This Facebook group is for CKiD participants and their families. Check with your coordinator to make sure that joining the group is approved at your site. Goals of the CKiD Facebook group:

- Provide an online community for participants and their families,
- Allow CKiD participants to connect with others involved in the study, and
- Share the scientific work that CKiD is doing as well as CKiD milestones in a way that is easy to access



Need volunteer hours for your college or job application? Talk to your CKiD coordinator and they can provide you with a CKiD Volunteer Hours form.



The Most Important Meal of the Day



Mix and match foods to build a healthy BREAKFAST on a renal diet.

Grains:

White toast with butter, plain or fruit flavored small bagel, bun or roll with jam or jelly, low salt pretzels, cream of wheat made with water, renal friendly pancakes or waffles (recipes given previously), graham crackers, rice cakes, blueberry or poppy seed muffin.

Fruit:

Juice (except orange juice), fruit filled breads or rolls, apples, applesauce, any kind of berry (blueberries, raspberries), mandarin oranges, grapes, canned peaches or pears, fresh pineapple, watermelon, fruit preserves, fruit salad or apple cider.

Dairy/Dairy Substitutes:

Non-dairy creamer and/or milk substitute (like almond milk) on cereal, cream cheese on a bagel or toast, whipped topping for fruits, lemon pudding or sour cream on a breakfast burrito.

Protein:

Remember that you need some protein, but not too much (about 4 oz. of meat) during the day. Breakfast is a great time to eat it so that it will "stick with you" until lunch. Plain piece of meat (like a low sodium slice of ham) on bread or crackers; eggs, especially egg whites; omelets, especially with veggies mixed in; cottage cheese or a small serving of white cheese.

Non-Traditional: Nobody ever said you have to eat "breakfast foods" at breakfast

Your favorite leftover casserole, pasta or vegetables, sandwiches, pasta or rice, popcorn or corn tortilla (for a breakfast burrito).

Breakfast Ideas

- 3/4 cup grape juice
- 2 slices of white toast with jam
- 1/2 cup applesauce
- Egg white omelet

- 3/4 cup apple juice
- 1 slice low sodium lunch meat
- Dinner roll
- 1/2 cup fruit salad

- 3/4 cup cranberry juice
- Low phosphorus waffle
- Blueberry topping
- Egg whites with 2 oz. diced chicken





18 and Up

Match the singer to the song.



What Are You Gonna Tell Her?



DJ Got Us Fallin in Love



Driver's License



Sign of the Times



Therefore I Am

TRUE OR FALSE?

1. Each day, 50 gallons of blood are filtered through the 140 miles of tubes and millions of filters inside the kidneys.
2. Kidneys are shaped like apples.
3. The right kidney is usually smaller and placed lower in the body than the left kidney.
4. If a child is born without a kidney, the other one will grow and weigh the same as two kidneys put together.
5. The largest kidney stone ever recorded was the size of a coconut.



Kid's Corner!



Fun Food Knock-Knock Jokes

Knock-Knock

Who's there?

Peas.

Peas who?

Peas to meet you.

Knock-Knock

Who's there?

Butter.

Butter who?

Butter bring an umbrella
it looks like rain.

Knock-Knock

Whos there?

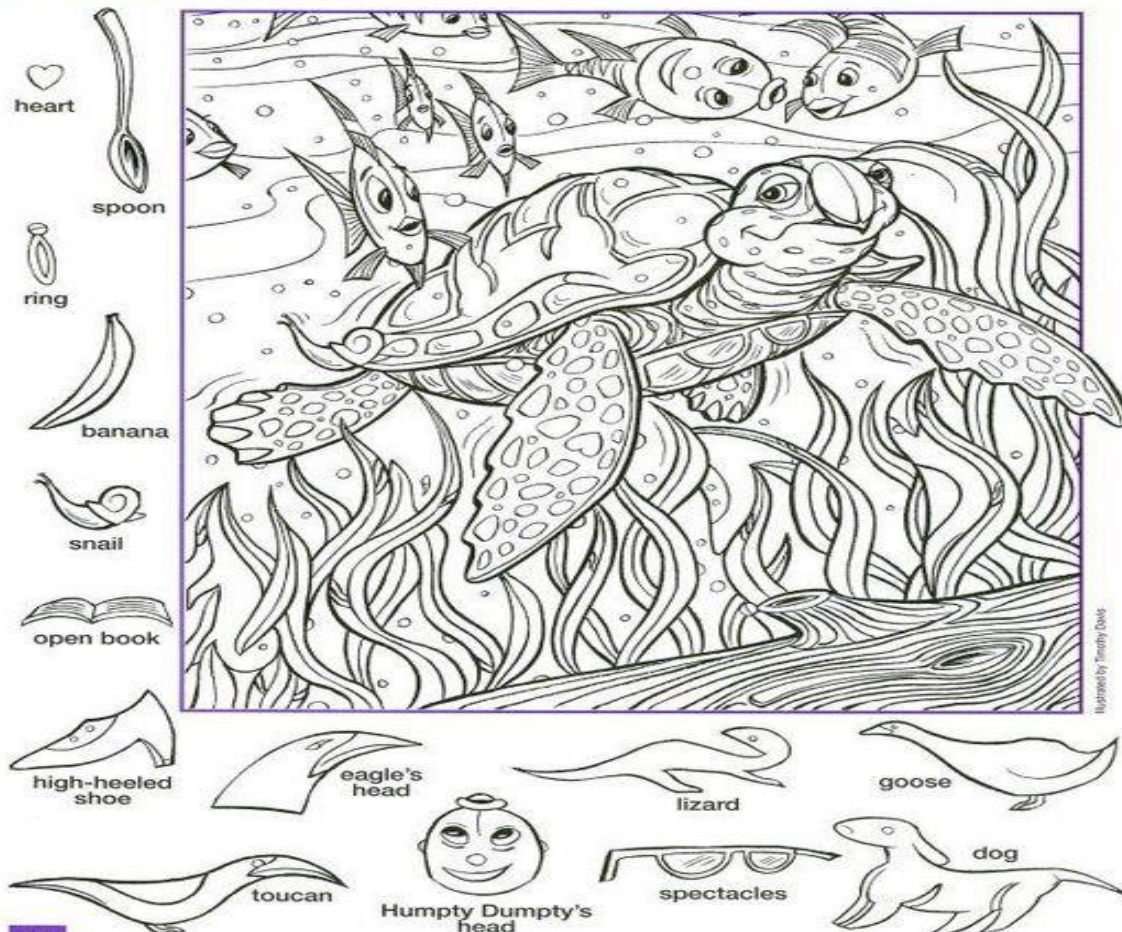
Ice-cream soda.

Ice-cream soda who?

Ice-scream soda whole
world can hear me.

At home in the sea

Look for these things in the big picture.



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We're on the web!

<https://statepi.jhsph.edu/ckid/participants-and-families/>

Health Tips:



- The best temperature for sleep is between 60-67°F.
- Eating your omega 3s in foods such as salmon, walnuts, and flaxseed has shown to improve the environment of the digestive system (gut).
- Studies have shown mental health and gut health directly affect one another.
- Smiling lowers your heart rate and can calm you down.
- Try to enjoy 15 minutes of sunshine a day as Vitamin D can improve mood and increase energy.

Source: Mental Health American, Love and Lemons

People with kidney disease and kidney transplants are at higher risk for having serious problems from viruses. As COVID-19 restrictions eased and masks came off, viruses that had been reduced are now coming back. Some sources suggest that there have been fewer influenza (flu) and respiratory syncytial virus (RSV) infections in the fall as a result the efforts to decrease the spread of COVID. However, that break seems to be over now. The Centers for Disease Control and Prevention has released a health advisory to update clinicians and caregivers about an increase in cases of RSV across the nation. And as we all know, the Delta variant of COVID has spread nationwide and is highly contagious. Please continue to wash your hands often, get vaccinated, and distance yourself from those who are sick so that you can attend school and stay healthy.

Medscape



Answer Key



Olivia Rodrigo 🎵 Driver's License



Harry Styles 🎵 Sign of the Times



Billie Eilish 🎹 Therefore I Am



Mickey Guyton 🎤 What are You Gonna Tell Her?



Usher 🎧 DJ Got Us Fallin in Love

TRUE OR FALSE Answers:

1. True, 2. False, 3. True, 4. True, 5. True

At home in the sea

Look for these things in the big picture.

