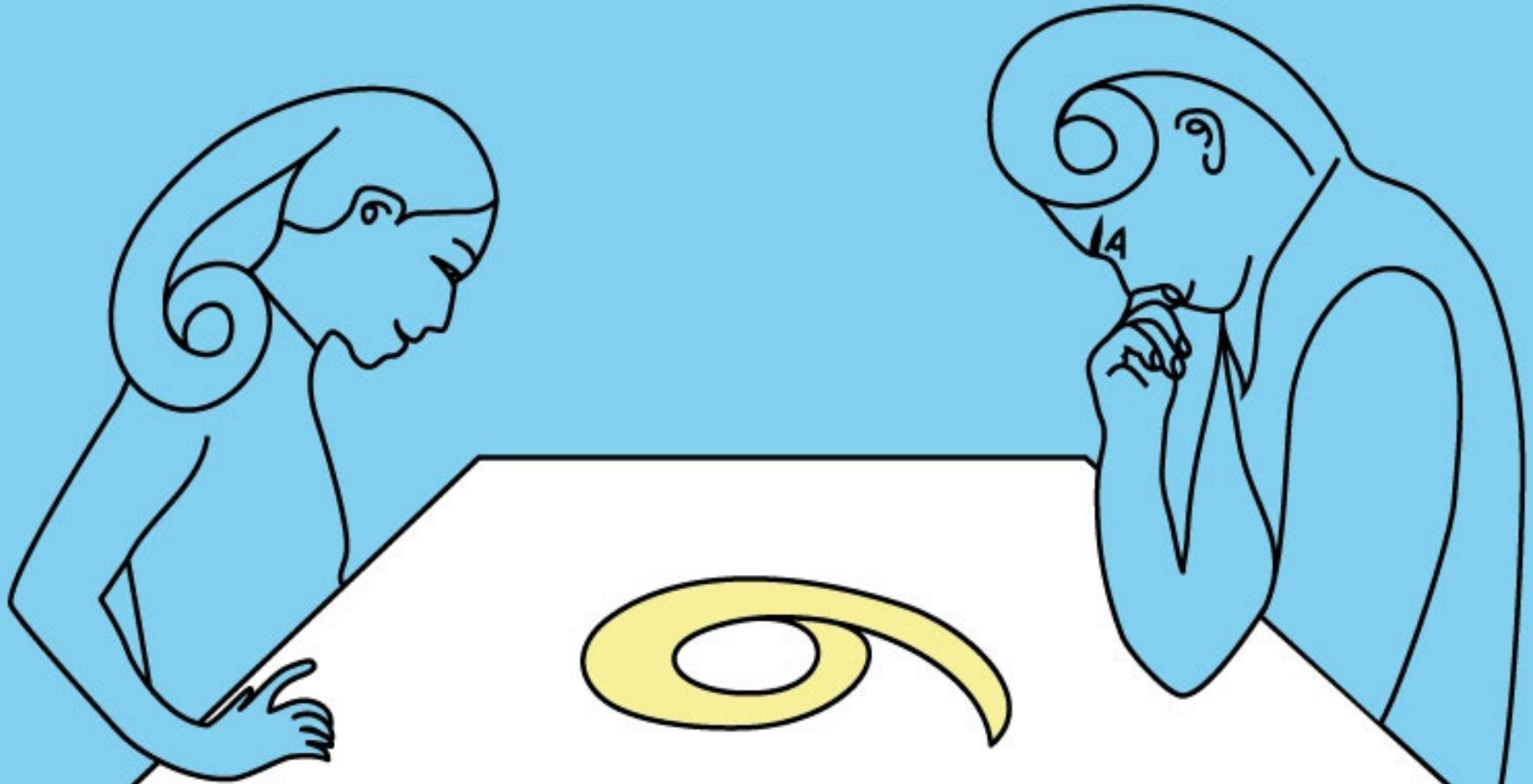


Kidney health

Kidney care

Per Åke Zillén

Different perspectives



Kidney Health Kidney Care

**Responsi-
-bility
Self-care
Economy**

**Kidney Health
Kidney Care**

**Responsi-
-bility
Self-care
Economy**

**Specialist
Primary
Prevention**

**Kidney Health
Kidney Care**

**Responsi-
-bility
Self-care
Economy**

**Specialist
Primary
Prevention**

**Kidney Health
Kidney Care**

**Relations
Psychology
Pedagogics**

**Responsi-
-bility
Self-care
Economy**

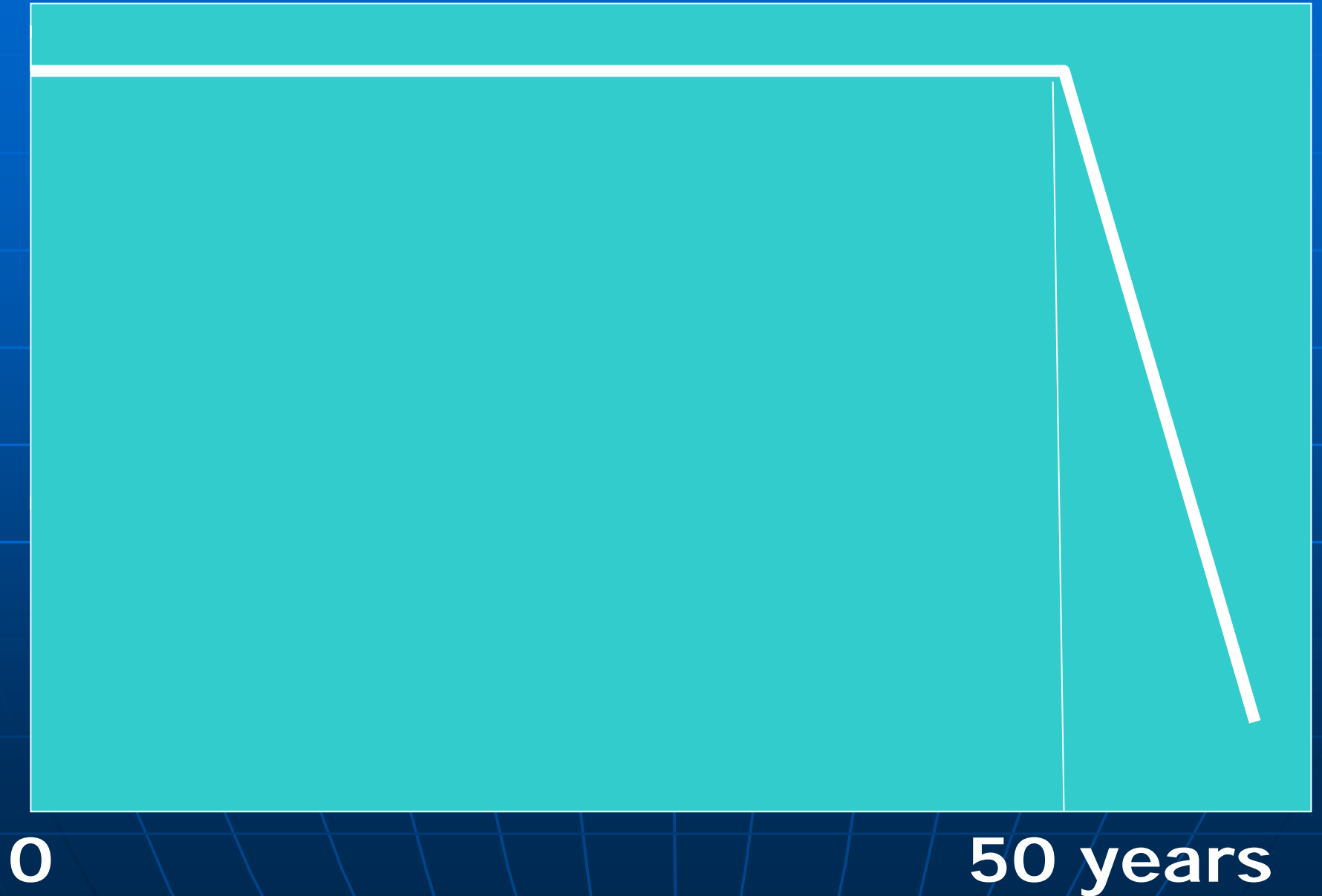
**Specialist
Primary
Prevention**

**Kidney Health
Kidney Care**

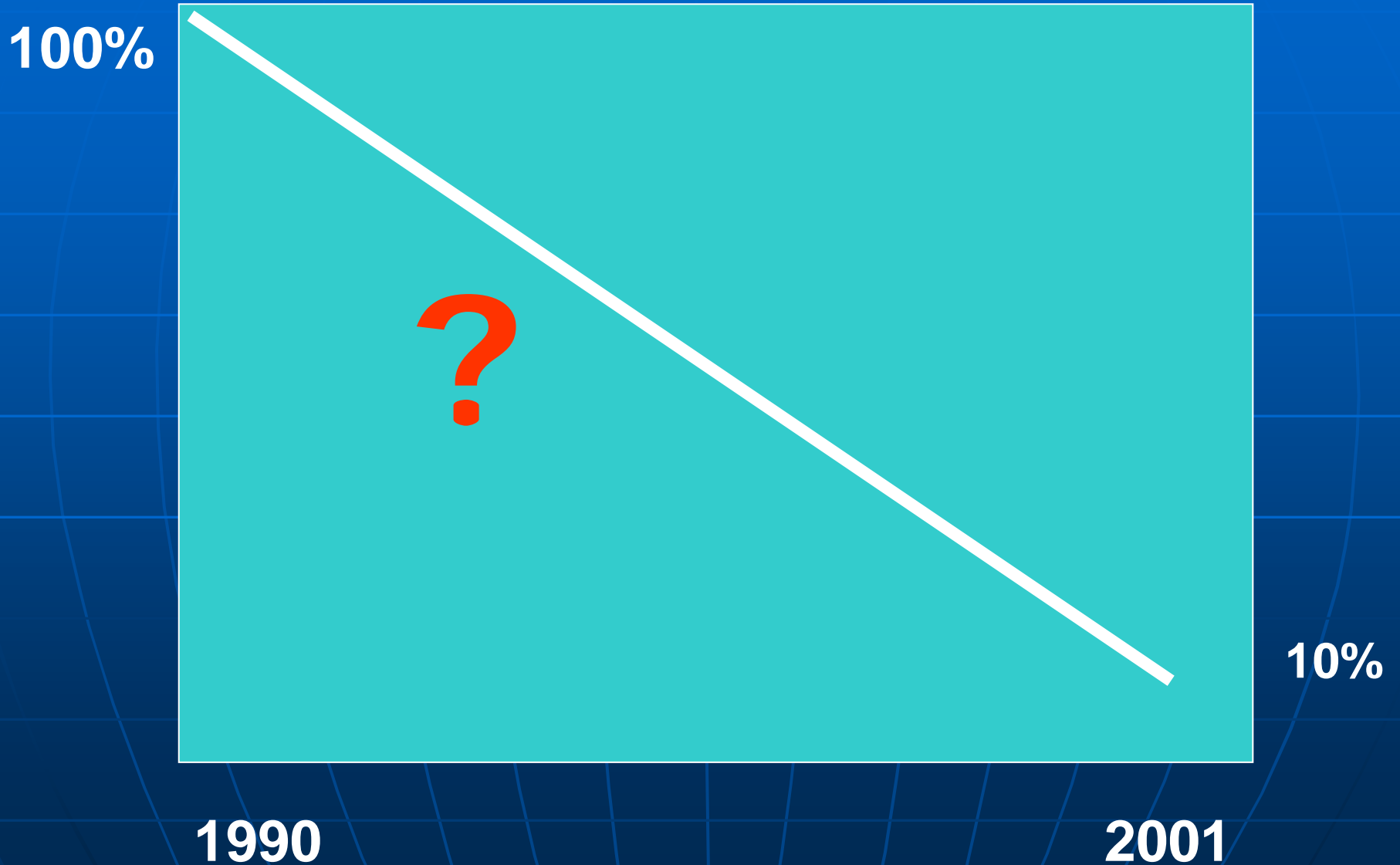
**Politics
Economy
Priorities**

**Relations
Psychology
Pedagogics**

My kidney function



My kidney function



My kidney function

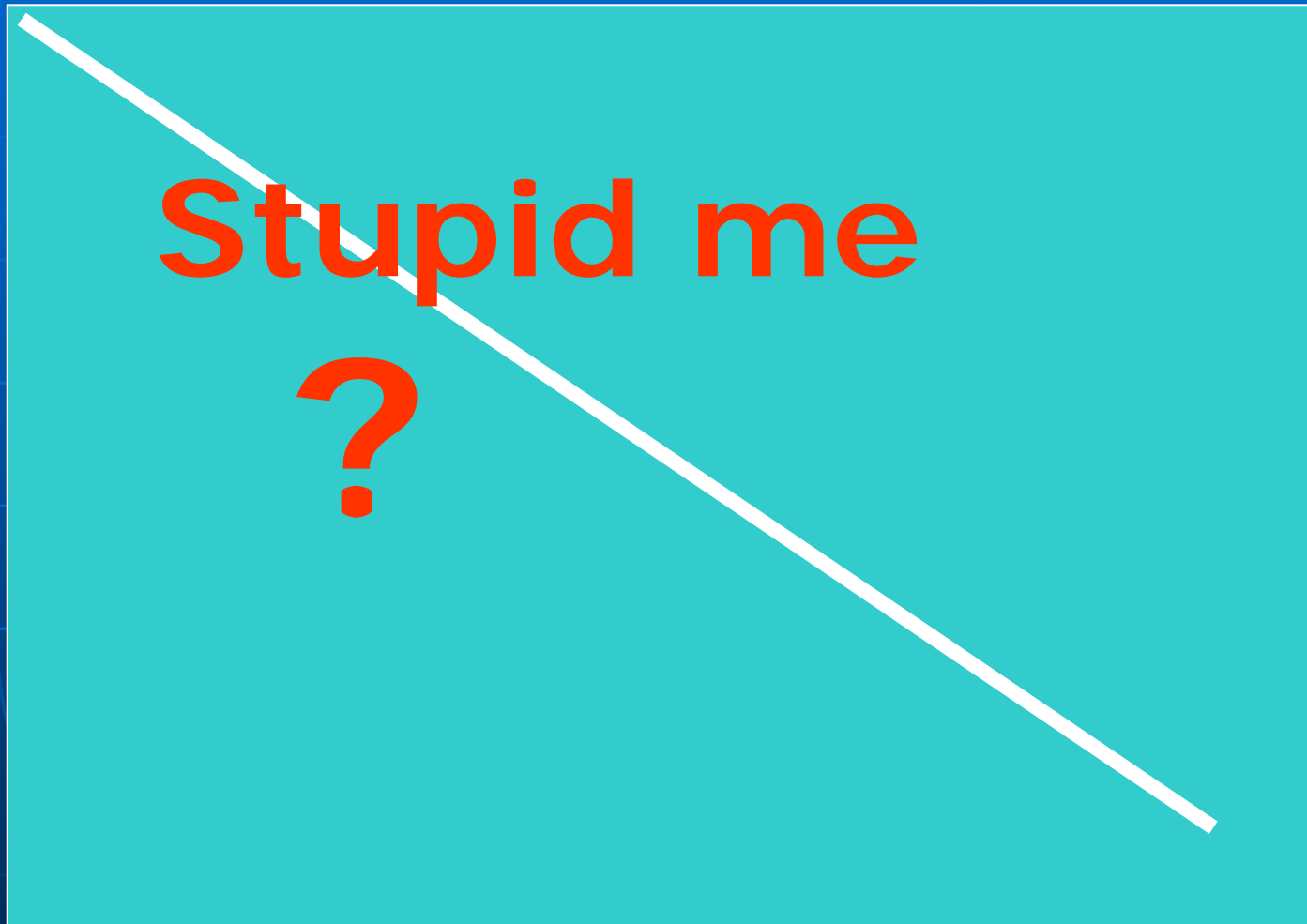
100%

Stupid me
?

10%

1990

2001



Two diseases

A kidney cancer

10% kidney function

Two diseases

A kidney cancer

- Nephrectomy

10% kidney function

- Dialysis

My trauma

**Healthy individual
Emergency case**

My trauma

Healthy individual

Emergency case

Chronically ill patient

My trauma

Healthy individual

Emergency case

Chronically ill patient

Pre-dialysis patient

Stages of CKD

	% (GFR)
1. Normal function	> 90
2. Mild reduction	90-60
3. Moderate reduction	60-30
4. Severe reduction	30-15
5. Kidney failure	< 15



Life is wonderful

... considering the alternative



Expectations

Dentistry in the 60's

End **S**tage
Dental **D**isease

The drill

- Absolutely necessary for the replacement of lost tooth structures
- Symtomatic treatment, not aimed at the causes of the disease

Prevention

- Use fluoride

Strengthen the defence

- Keep clean

Reduce the attack



41007







Prevention

- Use fluoride
 - Keep clean
- Regular check-ups

Oral Health Education

for

Oral Health
Self-management

8 760 hours/year



8 760 hours/year

- 2 dental office

8 760 hours/year

- 2 dental office

8 758 hours/year

= my responsibility

= self-management, self-care

Long term change

- My parents' generation
 - My generation
 - My children
- My grandchildren



The ISN's Mission Statement

**The elimination of
kidney disease
world-wide**

World Kidney Day Statement

The only realistic way...

**... prevention, early
detection and early
treatment**

Renal health care

- Prevention
 - Early detection
 - Early life-style changes
 - Early treatment
- Slow or stop progression
 - Replacement

Dialysis patients:

**”I really wish I can get
a new kidney”**

"... we must recognize all forms of dialysis to be highly expensive palliation which still carries a totally unacceptable mortality."

Professor Stewart Cameron

“Thus dialysis and transplantation exist and flourish as a result of failure, not of success.”

Professor Stuart Cameron



Stop the progression?

**What
can I do**

MYSELF

?

Prerequisites

Good relations

Real partnership

Proper education



Relations

- Compliance
 - Adherence
- Empowerment
- Self-management

Em-power-ment

The Doctor

- Expertise
- Integrity
- Decisions

Em-power-ment

The Doctor

- Expertise
- Integrity
- Decisions

The Patient

- Expertise
- Integrity
- Decisions

Em-power-ment

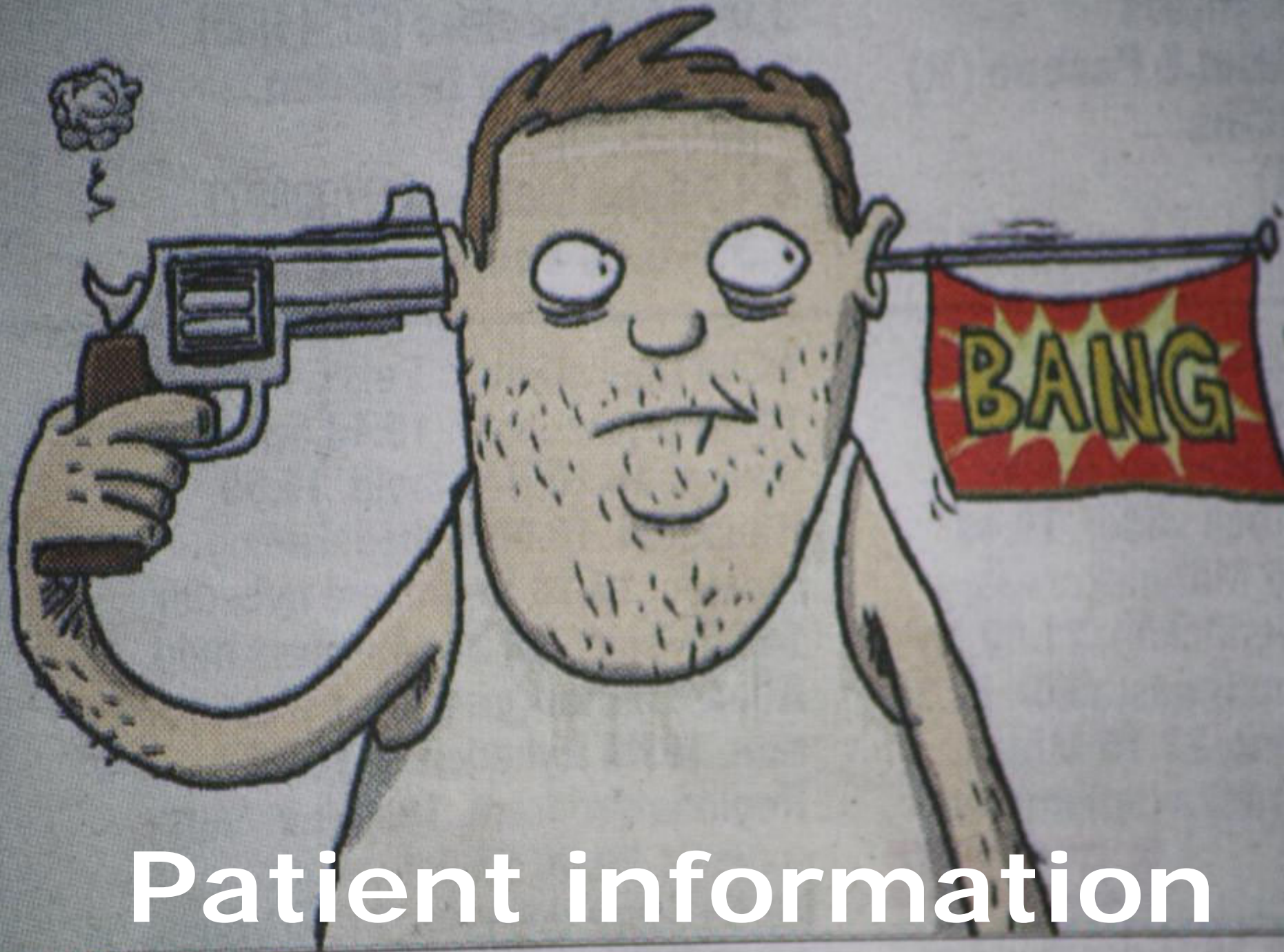
The Doctor

- Expertise
- Integrity
- Decisions

The Patient

- Expertise
- Integrity
- Decisions

- Mutual respect
- Mutual empowerment
- Agreements
- Partnership



Patient information

**NE RIEN JETER
DANS LES TOILETTES**

Merci

**DON'T THROW ANYTHING
IN THE TOILETS**

THANK YOU

**NICHTS IN DEN TOILETTEN
ZU WERFEN**

DANKE

**NIETS WERPEN IN DE
TOILETTEN**

BEDANKT

Education

- **Knowledge**

Learning is more important than teaching

Education

- **Knowledge**

Learning more important than teaching

- **Motivation**

Enhanced through group discussions

Education

- **Knowledge**

Learning more important than teaching

- **Motivation**

Enhanced through group discussions

- **Healthy behaviour**

A process of change

Proper behaviour

When we are:

- Ready
- Convinced
- Empowered
- Entrusted
- Supported

Reno-protection

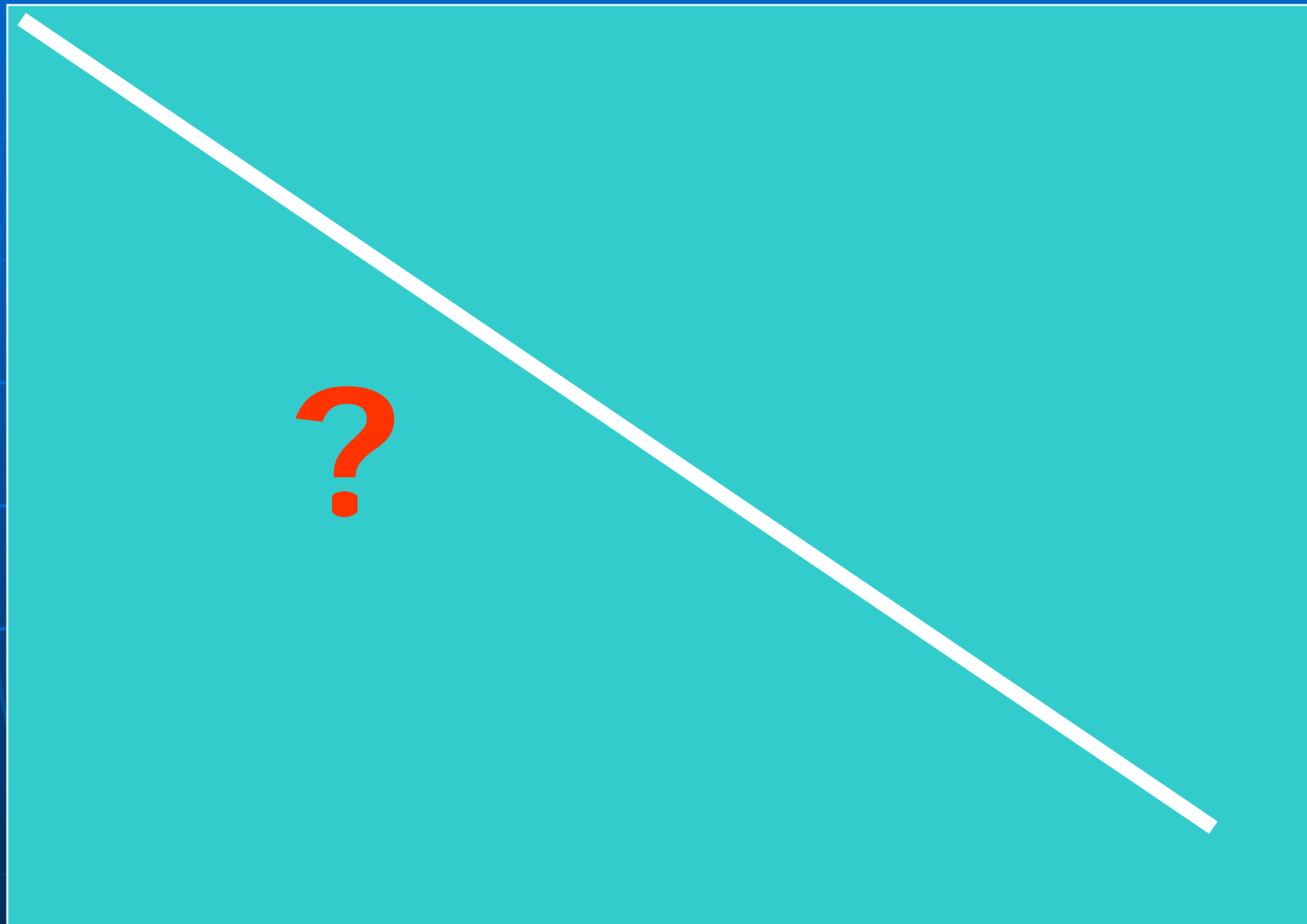
- The evidence

**I'm taking
all your pills.**

**But where is
my treatment?**

My kidney function

100%



10%

1990

2001

Treatment plan

1. Medication

2. Special diet

3. Healthy life-style

Blood pressure

- **Medication**

Blood pressure

- **Medication**
- Regular physical activity
 - Weight control
 - Stop smoking
- Less salt, no extra
 - Drink less
- Stress management
- Relax and sleep well
 - Get a pet

The special diet

- **Less protein**

0.6 g/kg bodyweight/day

- **More energy**

35 kcal/kg bodyweight/day

- **Balances**

Kan innehålla spår av soja, mjölk.

NÄRINGSVÄRDE/ NÆRINGSINNHold

	PER 100 G	PER PORTION 40 G
Energi	1850 kJ/440 kcal	740 kJ/180 kcal
Protein	9,5 g	4 g
Kolhydrat/karbo- hydrat	62 g	25 g
-varav sockerarter /sukkerarter	20 g	8 g
Fett	17 g	7 g
-varav mättat fett	7,5 g	3 g
Kostfiber	8 g	3 g
Natrium	0,3 g	0,1 g
- motsvarar/ tilsvarende koksalt	0,8 g	0,3 g

FÖRVARING & HÅLLBARHET/ OPPBEVARING & HOLDBARHET

Torrt, ej över normal rumstemperatur.
Tillslut/lukk innerpåsen efter användning för
bevarad smak och knaprighet/sprøhet.
Bäst före: Se paketets undersida.



OMORON
VALLING
66.00
66.00

BRAN FLAKES
BRAN FLAKES
29.00

Quinoa müsti
Quinoa müsti
39.00

Miljö
Miljö
24.00

FIBER
HAVRE
GRYN
19.00

FRUKT
FRUKT
19.00

FIBER
HAVRE
GRYN
12.00

FRUKT
FRUKT
19.00

AKA
AKA
AKA

.....	7
ägg, portion	7
ölk, portion	10
portion	10
e ost, portion	12
.....	0
ng	0
asta, portion	<1
portion	6
on	9
ning	9
.....	10
.....	10
on	10
.....	10
portion	13
.....	15
portion	15
on	17
.....	17

Frukostflingor

Loprofin lågproteinflingor, portion	<1
Weetabix, bit	1
Puffat rostat ris, portion	1
Risdiet flingor, portion	1
Frostflingor, portion	2
Kalaspuffar, portion	2
Rice krispies, portion	2
Müsli frukt nötter, portion	3
Müsli veteflingor, portion	3
All-Bran Regular, portion	4
Cornflakes, portion	4
Frukostflingor typ musli, portion	4
Havrefras, portion	4
All-Bran Plus, portion	5
Special K Red Berries, portion	5
Kruska, portion	5
Rågflingor, portion	6
K Special, portion	7

Gröt



7



7



5



1



3



2



3



5



10

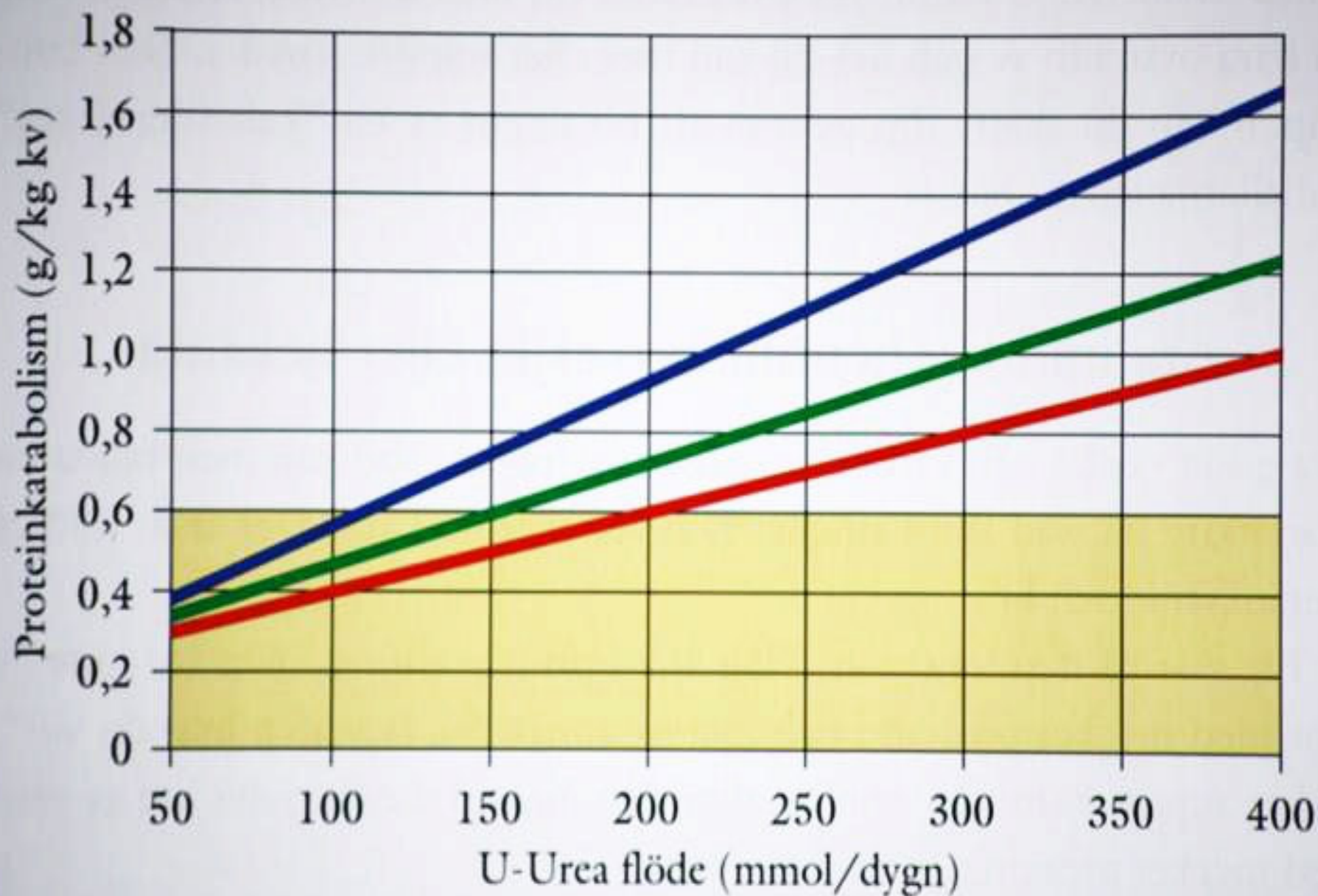


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25

av dieten.



The special diet

- helps minimize the symptoms and slow the progression

+

- makes me feel in charge
- keeps my family involved

Health behaviour

- Regular physical activity
 - Blood pressure control
 - Glucose control
 - Weight control
 - No smoking
 - Healthy diet

My daily to-do-list

Patient

Medication	Yes
Blood pressure	Yes
Blood sugar	Yes
Weight control	Yes
No smoking	Yes
Physical activity	Yes
Special diet	Yes
Mental health	Yes

My daily to-do-list

Patient **Doctor**

Medication	Yes	Yes
Blood pressure	Yes	
Blood sugar	Yes	
Weight control	Yes	
No smoking	Yes	
Physical activity	Yes	
Special diet	Yes	
Mental health	Yes	

Outside the clinic

- No doctor
 - No nurse
 - No dietitian
- No physiotherapist

It's so obvious:

My health is
my responsibility

My illness is
my problem

My medication



My CKD diet

Protein down

Energy up

Balanced + balancing

My healthy life-style





The outcome

100%

No dialysis

Tolerable symptoms

10%

1990

2001

2007



It worked for me

**It may work
for others**

Not for all

Advantages

Me: 6 years of health, freedom

The clinic: 15 min/2 months

Local gov: Saved €400000

My doctor: My **HERO**

**“We have to achieve an
arrest of progression of
renal failure, or better still,
prevention.”**

Professor Stewart Cameron



Thank you