CAROLINA NEPHROLOGY, PA
Excellence in Kidney Care

2019 Fourth Quarter Newsletter | Issue 26

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Staying Healthy As Flu Season Approaches

Summer is in the rearview mirror and fall is upon us, bringing football season, holidays, changing leaves, and a long needed break from the summer heat. Although this time of year is accompanied by joy and excitement, the seasonal transition also means cold and flu season is right around the corner. Luckily, there are some easy ways to maintain your health during the cold weather months. Below are a few simple steps to help you get a jumpstart on cold and flu prevention.

Get a Flu Shot

Make the time to get a flu shot as soon as they become available. This simple and crucial first step will protect you more than anything else you do to prepare for the cold and flu season.

Unless your doctor tells you otherwise, all patients with chronic kidney disease and kidney transplants should get a flu shot. **Make sure you get the flu shot instead of the nasal flu mist vaccine, especially if you are a kidney transplant recipient.** Because the flu mist is a live virus, it can cause problems for people who have a lowered immune system, and should be avoided.

Wash Your Hands Regularly with Soap and Water

Washing your hands regularly, and correctly, is the best way to rid your body of the germs you receive from contact with other people. It also prevents you from spreading infection to others. To make sure you are washing your hands properly, follow these steps:

- Wet your hands with water
- Lather your hands with soap
- Scrub the front and back of your hands, in between your fingers, and under your fingernails for 20 seconds
- Rinse your hands
- Let your hands air dry or dry with a clean paper towel

If you are on the go, carry hand sanitizer and use it routinely. When using public restrooms, be extra cautious and use paper towels to open doors as you come and go.

Make Sure You're Getting Enough Sleep

A good night of sleep will keep your mind and body in optimal shape. Without it, our bodies cannot make enough of the proteins that target infection, and this directly affects our immune systems. A good sleep routine, starting with a regular wake up time and ending with a consistent bedtime, will set your body on a schedule that keeps you productive and healthy throughout the day.

Stay Hydrated and Eat Healthy

Choose the right beverages to keep you hydrated, such as water and black coffee, instead of soda and juice, and maintain a well-balanced diet during the holiday season. This is not always possible. The temptations of holiday parties and family gatherings make it easy to indulge in unhealthy food. But, making sure you get the right nutrients and fluids will help your body fight off any infections that come your way.

Stay Away from Those Who are Sick

Unless someone is coughing or sneezing, it is not always easy to tell if a person is sick or coming down with an illness. Even with these signs, you may not realize it during a busy work day or at a holiday party. Because illness and contagious germs are not always noticeable, take extra care to wash your hands. If you do notice someone is ill, make sure to keep your distance if possible and ask them to work from home. Sometimes, however, avoiding germs is more difficult. If you are caring for a loved one who has fallen ill, it will be impossible. In this case, wash your pillowcases and bedding regularly to keep the germs from spreading from your loved one to you.

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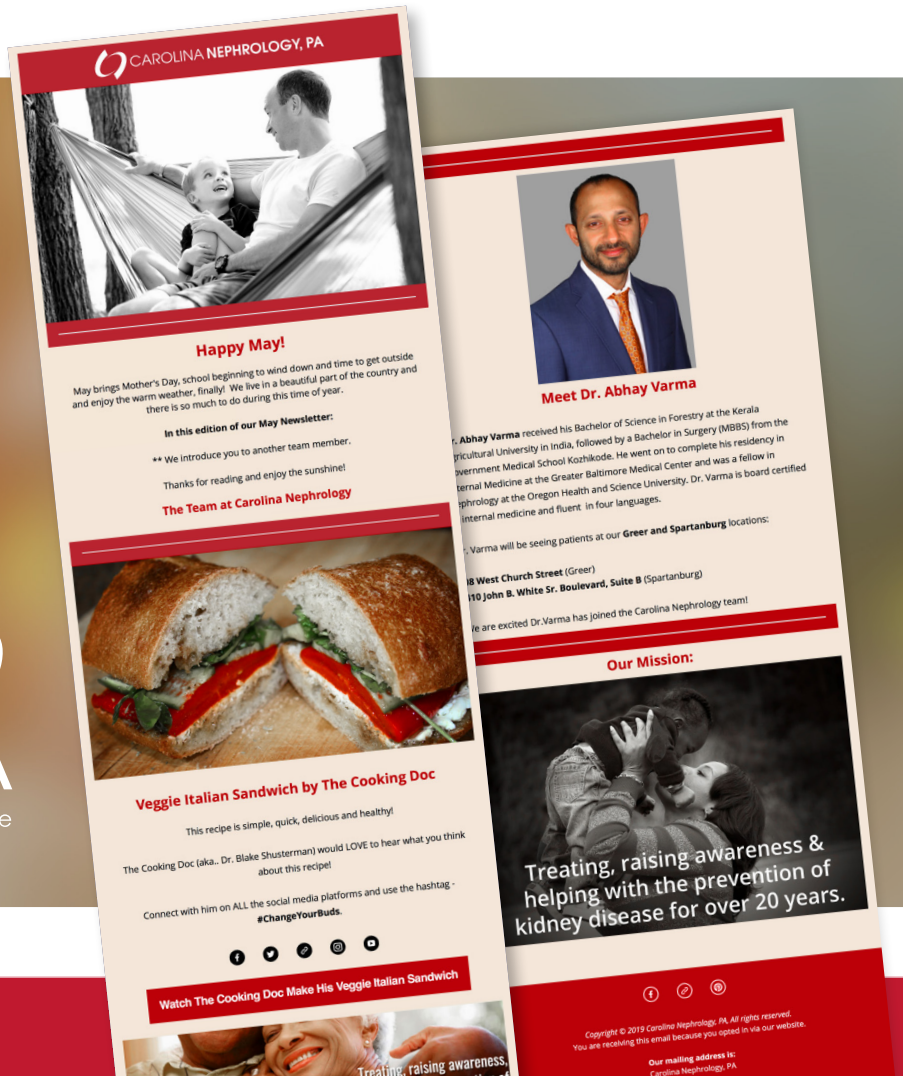

SPICED APRICOT OAT BREAKFAST MUFFINS

Ingredients:

- 1 cup unbleached plain flour, sifted
- 1 cup unbleached spelt flour, sifted
- 1/3 cup sugar
- 1/8 teaspoon salt
- 3 teaspoon baking powder
- 2 teaspoon pumpkin pie spice
- 1/2 cup rolled oats
- 1 cup dried apricots, chopped (sulphur free if available)
- 1/2 cup walnuts, chopped
- 2 large eggs, lightly beaten
- 1/3 cup milk of choice
- 1/4 cup olive oil

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Directions:

1. Lightly grease a 3-inch muffin pan cup tray and set aside.
2. Preheat oven to 350°F.
3. Sift together the flours, sugar, baking powder, salt and pumpkin pie spice into a large mixing bowl.
4. Stir in the oats, apricots, and walnuts.
5. In a separate bowl, combine the lightly beaten eggs, milk and olive oil and blend well.
6. Add the wet mix to the dry ingredients, stirring just enough to moisten and blend together (Don't over blend).
7. Spoon the batter into greased muffin cups, filling each 2/3rds full.
8. Bake in preheated oven for approximately 20 minutes or until golden brown and cooked through.
9. Serve warm with a little unsalted butter.

Nutrition Profile:

Recipe Yields 12 Muffins

Serving Size: One Muffin

Calories (kcal)	232
Protein (g)	6
Carbohydrates (g)	33
Total Dietary Fiber (g)	3
Total Sugars (g)	14
Added Sugar (g)	7
Fat (g)	9
Saturated Fat (g)	1
Cholesterol (mg)	31
Calcium (mg)	238
Magnesium (mg)	59
Phosphorus (mg)	41 (Low Phosphorus)
Potassium (mg)	196 (Low Potassium)
Sodium (mg)	53 (Low Sodium)

STAFF SPOTLIGHT

Introducing Our Newest Nephrologist, Tarak Shah, M.D.

Dr. Tarak Shah completed his residency at the Department of Internal Medicine at New Hanover Regional Medical Center in Wilmington, NC. He then completed a Fellowship within the Department of Nephrology at Wake Forest Baptist Medical Center in Winston Salem, NC. Dr. Shah is certified on the American Board of Internal Medicine. Shah serves as a professional member in the American Society of Nephrology and has co-authored multiple medical publications.

Dr. Shah will be serving the Greenville and Easley locations.

We are very excited to have Dr. Shah as part of the Carolina Nephrology family!

Join Us In Welcoming Ashlee Fields!

We are proud to introduce Ashlee Fields to Carolina Nephrology! Ashlee is a recent addition to Carolina Nephrology's team joining this past August. After graduating from J.L. Mann High School in 2007, Ashlee thoroughly enjoyed working in both assisted living and home health. She finds that working with elderly patients is gratifying and brings her joy in many ways. Ashlee's favorite things about her career are seeing her patients smile and being around people on a daily basis. In her free time, she enjoys going to the lake and relaxing in a hammock with her boyfriend. She also loves spending Sundays with her family and friends. We are so excited to have Ashlee on our team!

Welcome aboard, Ashlee!

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