



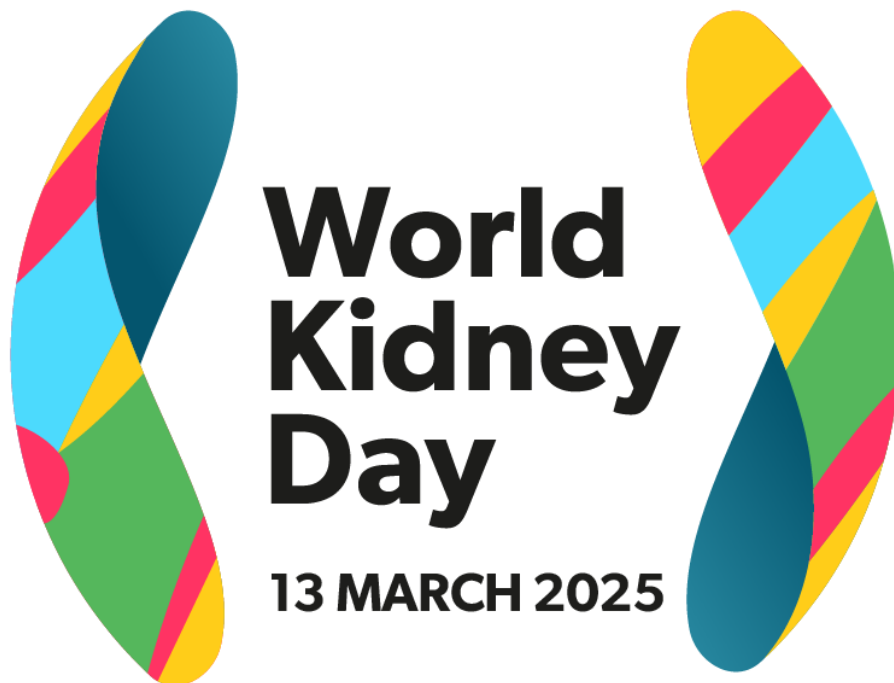
Saskatchewan
Health Authority

Newsletter

March 2025

The Kidney Connection

A publication of Northern Saskatchewan
Kidney Health Services based out of
St. Paul's Hospital, Saskatoon



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Nutrition Month 2025: Nourish to Flourish



This year's theme, "Nourish to Flourish" is all about the connection between food and well-being. As Registered Dietitians, we are passionate about helping people understand how what you eat can make a big difference for your physical, mental, and emotional health!

Nutrition Month 2025 - Social Media Toolkit

Recipe: 3 Beans Salad



Yield: 16 servings

Ingredients

- 1 can low sodium green beans, drained and rinsed
- 1 can low sodium cannellini beans, drained and rinsed
- 1 can low sodium kidney beans, drained and rinsed
- 1 small yellow or white onion, sliced into thin rings
- 3 celery stalks, thinly sliced
- $\frac{2}{3}$ cup white vinegar
- $\frac{1}{3}$ cup vegetable oil
- 1 tsp pepper
- 1 tbsp sugar

Instructions

1. Mix all ingredients in a bowl
2. Let salad marinate in the refrigerator for at least 12 hours before serving. This is a great recipe to make the day before!



Beans and Kidney Disease

Beans are a great source of fiber, protein, and iron, and can be a part of a kidney friendly diet!

While beans and lentils do contain some Phosphorus and Potassium, our bodies do not absorb them as much as from animal sources.

Free Tax Clinics 2025

Food Bank and Learning Center

Registration Opens February 18th

Phone: 306-664-6565

More information to come as made available

SWITCH Saskatoon

Wednesday evenings 5:30-7:30

@ Westside Community Clinic 1528 20th Street West

By appointment only. Please phone to book: 306-956-2518

Saskatoon Services for Seniors

Please call to have your name added to the list. Phone: 306-668-2762

Will begin the middle of March.

March has a lot to celebrate!

Pharmacy Appreciation Month

Music Therapy Awareness Month



World Kidney Day - March 13

Dietitian's Day - March 19

Social Work Month



Saskatchewan
College of Dietitians



March is Kidney Health Month!

March is an important month for kidney health! It's both Kidney Health Month, and Nutrition month, and **on March 13th, we celebrate World Kidney Day (WKD)**. This year's theme is **"Are Your Kidneys OK? Detect early, protect kidney health"**, reminding us that catching kidney problems early can help protect them from further damage.

Why Early Detection Matters

Many people don't know they have kidney disease until it's quite advanced. That's because kidney disease doesn't always have symptoms in the early stages. Finding it early can help slow down or even prevent serious problems.

Who Should Get Checked?

If you already have kidney disease, your family members may be at higher risk. Some common risk factors include:

- **Diabetes**—High blood sugar can harm the kidneys over time.
- **High blood pressure**—Extra pressure on the blood vessels can damage the kidneys
- **Heart disease**—the heart and kidneys work closely together, so problems with one can affect the other.
- **Family History**—if a parent, sibling, or grandparent had kidney disease, it's a good idea to get tested.



#WorldKidneyDay
#AreYourKidneysOK
worldkidneyday.org

World Kidney Day is a joint initiative of
  
© World Kidney Day 2006 - 2025

Encourage Family members to get tested

For those with a family history of kidney disease, encouraging loved ones to get tested is important. Getting tested is simple and includes:

- **Urine Test:** Checks for a protein called albumin, which can indicate kidney damage
- **Blood Test:** Measures creatinine levels to estimate Glomerular Filtration Rate (eGFR) - how well your kidneys are filtering your blood.

Spread the Word!

World Kidney Day serves as a reminder to prioritize kidney health. Whether you're managing CKD or aiming to prevent it, educating family and friends about the importance of kidney health and getting tested is important to slow disease progression and improve the lives of those impacted by kidney disease.



Poke Bowl with Spicy Mayonnaise

Yield: 2 Servings

Ingredients

For the Bowl:

- 1/4 cup short grain rice
- 1 can of salmon
- 1 green onion
- 1/2 cucumber
- 1 small carrot
- 1 avocado
- 1 tbsp. lime juice
- 1 tsp rice vinegar
- 1 tsp sesame seeds

For the Spicy Mayonnaise:

- 1 tbsp. mayonnaise
- 1 tsp low sodium soya sauce
- Siracha hot sauce, to taste



<https://www.holisticfoodie.com/recipes/spicy-salmon-bowls-with-rice>

Directions

1. Cook rice according to package
2. Slice green onion, cucumber, and avocado. Shred the carrot.
3. Mix rice vinegar into cooked rice and dish into two bowls. Let cool for 10 minutes.
4. Mix mayonnaise, soya sauce, and siracha in a small bowl.
5. Top each rice bowl with canned salmon, cucumber, avocado, and carrot.
6. Drizzle spicy mayonnaise on top and sprinkle with green onion and sesame seeds.

Estimated Nutrition Facts (per 1 serving)

Sodium	205 mg
Potassium	506 mg
Phosphorus	214 mg

Recipe adapted from Davita.com

Create the soundtrack of your life

The 'soundtrack of your life' is a personal collection of songs that gives you that flashback feeling whenever you hear them. Start building the soundtrack of your life by collecting your musical memories using the prompts below. You can start with any prompt you like.

This playlist belongs to: _____

Your 'Memory Bump' (strong memories formed aged 10-30)

Can you think of songs that remind you of your youth?



Song

Memories

Party tunes

Which songs always get you dancing and/or singing along?



Song

Memories

Special moments and milestones

Which songs take you back to a special memory in your life?



Song

Memories

Hobbies, interests and beliefs

Are there pieces of music that make you think of a group that you belong to?



Song

Memories

Songs from childhood

Are there nursery rhymes or songs from a children's TV show that you loved?



Song

Memories

Holidays

Which songs remind you of a favourite holiday?



Song

Memories

Important places

What songs remind you of your hometown?



Song

Memories

TV themes

Are there TV shows with theme tunes you'll always remember?



Song

Memories

Important people

Think of a person who's important to you. What songs remind you of them?



Song

Memories

Concerts you've been to

Which tunes remind you of the best live music event you've attended?



Song

Memories

@Playlist for Life

Sudoku Activity

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

Rules of Sudoku: Within the rows and columns are 9 “squares” (made up of 3 x 3 spaces). Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square. Have Fun!



Sodium Increases When Food is Processed!

Cucumber
½ cup = 1 mg



Cucumber
with 1 tsp salad dressing
= 180 mg



Dill pickle
1 medium = 526 mg



Tomato
1 small = 5 mg



Tomato sauce
½ cup = 614 mg



Tomato soup
1 cup = 649 mg



Pork
3 ounces = 56 mg



Bacon
4 slices = 331 mg



Ham
3 ounces = 1124 mg



Kidney Wellness Hub

<https://kidneywellnesshub.ca/staying-active>

Staying Active

Staying active is an important part of your overall health but living with kidney disease can be challenging and exhausting. Start slowly and build up over time. For those with long-term kidney conditions or on dialysis, it can be hard sometimes to keep a regular exercise routine, however every bit of movement counts, including tidying your home, gardening, or taking a short walk.



On-Demand Classes

To help you stay active, we have created a variety of classes to suit all fitness levels and accommodate the different stages of kidney disease. These classes are taught by certified instructors, including those affected by kidney disease.

