

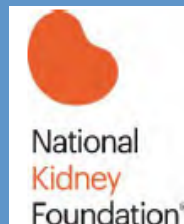
Welcome from our 2014-2015 Chair...

To all the Georgia Renal Dietitians, I am honored and humbled at the opportunity to serve as your 2014-2015 Chair. I have been an active Board member on the Georgia Council on Renal Nutrition for the last five years. In this time, I have had the privilege to work with many of you in some capacity. For those I have not had the opportunity to meet or work with yet, I look forward to getting to know you throughout the rest of this year. Please know we are your peers and here to serve you; therefore, if there is anything you would like to incorporate into our fiscal year, please reach out to myself or any other Board member to help us better serve you! Our Board has been working hard to provide a dynamic year full of learning opportunities, networking, community service and patient education. We are planning our annual meeting for April 30-May 1st at the beautiful Callaway Gardens in Columbus, GA. Our professional education committee has done a fantastic job to bring innovative and accomplished speakers from across the country. We expect an exceptional 2-days, and know the knowledge you gain will be a tremendous asset to you as a renal dietitian.

We are a specialized group of nutrition professionals, of which I am so proud to be a part of. The expertise we bring to our teams is unique and invaluable. We truly make a difference and collectively touch the lives of over 23,000 dialysis patients across the Peach State. I thank you for your dedication and excellence to the field of renal nutrition. I implore you all to reflect often on just how special what you do is for your patients and your community, and never lose the passion for what you do.

"Far and away the best prize that life offers is the chance to work hard at work worth doing." – Theodore Roosevelt

With sincere appreciation, Christine Benedetti

Mark Your Calendars!**2015 NKF Spring Clinical Meeting**

Dallas, Texas

March 25-29, 2015www.kidney.org**MedShare Service Opportunity**

3240 Clifton Springs Road

Decatur, Georgia

April 7th, 1pm – 4 pm

Contact Christine Benedetti at

Cns211@gmail.com**GCRN Annual Spring Conference**Callaway Gardens in
Pine Mountain, GA**April 30th & May 1st****Earn up to 13.5 hours!!!**GCRN Members – **Free**

Non Members - \$30.00

Contact Rob Meadows at 770-540-9051

rmeadows@pcacorp.com**Kidney Walk****2015 Atlanta Kidney Walk**

Turner Field, Atlanta, GA


May 30th, 2015

Check-in 9 am, Start 10 am

Contact: Tayo Adeyefa

tayo.adeyefa@kidney.org

770-452-1539 ext. 605

Medical Updates:

AURYXIA – Newest FDA (2014) approved phosphate binder. Auryxia is an iron (ferric citrate) based tablet approved for dialysis patients. Each AURYXIA tablet contains 210 mg of ferric iron, equivalent to 1 g of ferric citrate or oral use. The ferric iron component binds to dietary phosphate in the GI tract and precipitates as ferric phosphate which is insoluble and excreted in the stool. Additionally, AURYXIA has been shown to increase serum iron parameters through systemic absorption, which is managed by the body's GI regulatory mechanisms. **STARTING DOSE:** 2 tablets orally 3 times per day with meals. Adjust dose by 1 to 2 tablets as needed to maintain serum phosphorus at target levels, up to a **maximum** of 12 tablets daily. The **most common ADVERSE EVENTS:** were diarrhea (21%), nausea (11%), constipation (8%), vomiting (7%), and cough (6%). AURYXIA may cause discolored (dark) stools, which is considered normal with oral medications containing iron. **CONTRAINDICATIONS:** Iron overload syndromes (e.g., hemochromatosis). **WARNINGS & PRECAUTIONS:** Iron overload: Monitor ferritin & TSAT. Patients may require a reduction in dose or discontinuation of IV iron. The "Keryx Patient Plus" program is available to assist with patient accessibility to AURYXIA.

For more information contact: Sharon Funk, Renal Sales Specialist, Keryx Biopharmaceuticals, Inc.

Sharon.Funk@keryx.com (404) 729-7352

TRIFERIC – FDA approved as an iron replacement drug to maintain Hgb in Adult patients on Hemodialysis. Delivered via dialysate, this is the first product to safely maintain target Hemoglobin without the need for IV iron. TRIFERIC crosses dialyzer membrane and enters the blood and binds immediately to transferrin. It is then transported to the erythroid precursor cells for hemoglobin production in the bone marrow.

Legislative Day 2015

*Georgia Academy members
showed up in record numbers for
Legislative Day 2015!*

GAND's Legislative Priorities include:

- Protecting the public health and welfare by providing for the effective and discipline of dietitians in accordance with Georgia law.
- Supporting health policies and initiatives that emphasize low cost and effective preventive care to maximize positive health outcomes.



GCRN Stipend...

Want to attend a professional meeting but short of cash? Apply for a GCRN stipend to help with expenses. You must be a member of GCRN for at least 1 year prior to application. **Stipends award on a first come first served basis up to \$500.** Contact Melissa Conner for information at melirenbycon@hotmail.com.



Feeling burned out?

Like most of you, I began this career to “make a difference.” However, I sometimes wonder how successful I am at facilitating those lifestyle changes. We all know we can only “do so much,” but when lab and quality reports come in each month or we get a verbal lashing by an upset patient or my favorite, the rounding physician asks, “ what are YOU doing about patient X’s labs,” fatigue and frustration are easy to let creep in.

It’s vital for us, as Renal Dietitians, to get refueled!

Here are some tips you might find helpful to ignite that fire...



1. Attend a professional conference & participate in webinars. Listening to passionate people talk may inspire you to keep going and or try something new in your profession. Also, networking with other professionals will help you stay abreast of current events.
2. Participate in local health or wellness activities such as health fairs, 5K run/walks, cooking classes, etc.
3. Reach out to fellow alumni, including those with different career paths. Share ideas & knowledge.
4. Encourage other colleagues to attend conferences and events that promote nutrition and healthy lifestyles. Aim to inspire those around you as well.
5. Subscribe to online resources like Today’s Dietitian or Nutrition Action and Daily News from the Academy of Nutrition and Dietetics. Take 15 minutes each day to read through the headlines.

Your 2014-2015 Georgia Council of Renal Nutrition Board

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GAND Liaison

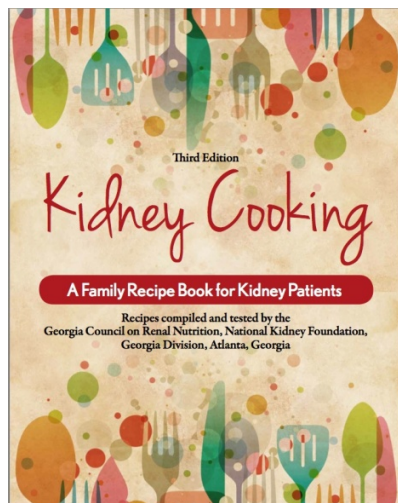
Ivorie Barnes, RDN, LD - Ivorie.barnes@davita.com

Research

Cynthia Goudeau, RDN, LD - cgoudeau@hsmga.com

Ready to ignite that fire?

Get involved in your local Renal Nutrition Board. Board members are voluntary positions for 1 year. Both experienced and new renal dietitians are encouraged to volunteer. We want our Georgia council to continue to be an exciting, informative and useful resource for our Renal RDs. Share your ideas, thoughts, and expertise. Be sure to encourage your fellow RDs to be a part of NKF and the Georgia Council of Renal Nutrition if not already. It’s a great way to give back and refuel that fire! Thanks to all our current volunteers & Board members!



Ready to heat up the kitchen...

Checkout the Council of Renal Nutrition's FREE online cookbook at:

<https://www.kidney.org/offices/nkf-serving-alabama-georgia-and-mississippi>

Maybe you can find a new recipe to sample at home or with patients. Taste testing can be a fun & interactive way to educate patients!



Have a story or experience to share? We would love to hear about it. Please include pictures if available.

Newsletter submissions may be emailed to

DeAnna Jorgensen at

djorgensen55@hotmail.com



GCRN Members at Hunger Walk 2014

Pictured above: Patti Scott, Christine Benedetti & Kristen Hackey



GCRN Social at Red Brick Brewery



GCRN Members at Medshare