

# McMaster Children's Hospital



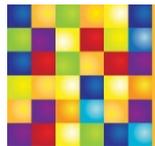
**McMaster  
Children's Hospital**

# McMaster Children's Hospital

- ▶ Provides care for approximately 150,000 children from this region each year



Area covered by Mac Kids



CHILD HEALTH, TRANSFORMED.

# Nephrology Unit at Mac Kids



Dr. Aurora, Dr. Braga (absent) Dr. Bertoswsky, Dr. Lau, Nurse Jackie and Nurse Marian (stayed by Addison's side)

- ▶ Takes care of all issues related to the kidney

The Machine we are replacing

- ▶ Acute kidney disease
- ▶ Chronic kidney disease
- ▶ Patients on dialysis
- ▶ Patients with blood pressure issues
- ▶ All diseases related to the kidney

## Why are we doing this?

My son at the age of 10 had surgery at Guelph General that changed his life forever. He had his appendix removed. The appendix was intact, but something, no one knows what, went wrong. As a result, he went into complete kidney failure. He was transferred to McMaster Children's Hospital. He almost died several times. The fact Addison made it to McMaster was the first of many miracles. The Nephrology doctors said he didn't have a living cell in his kidneys and yet a miracle happened. Not only did Addison live, but his kidneys started to function.

Addison was in Sick Kids for over a month. As we were leaving, I was trying to think of a way to thank these wonderful people who gave amazing care to my 10-year-old son. What do you get them: chocolates, flowers, a diamond ring? Nothing seemed right. So I asked Addison what he thought we should get them. He responded, (still very weak and still has tubes coming out of him), "They need new dialysis machines. Could we get them that? My friends deserve the best." WOW! How could I say no?

So I went to ask the dialysis nurse what he was talking about. Here is what I learned. McMaster is using adult dialysis machines which are not calibrated for children. These machines only do 10% of what the kidneys normally do at best. So if I understand this correctly, the machine they are using does not even do that. Wow! I asked how much these machines are....they are \$30,000 each. We are raising money for 2 for a total of \$60,000.

Last week Addison's nurse contacted me to tell me that Addison may have a heart condition as well now. They are doing a work-up for a transplant for him. If his heart is not strong enough, he will not be able to get a transplant and that means dialysis in the future. The average person only survives on dialysis for 5 years if no match is found.

## **What is so bad about kidney disease?**

Working as a broker in the insurance industry, I know children, especially, cannot find insurance when they have kidney failure.

## **Why?**

Kidney failure causes all sorts of other complications: heart failure, high blood pressure, diabetes, blindness, liver failure (basically everything because kidneys clean your system), retention of vitamins (essential for growing children, so growth is usually not what it would be if they didn't have this disease) and bones become brittle.

## **Transplants a great option?**

My son loves basketball (and he's pretty good at it too) BUT you aren't supposed to play any sports that have any contact after transplant. No trampoline, football or anything like that. Ok sacrifice....The average person lives only 20 yrs after transplant, if they don't reject it, that is. For my little boy, that's not long enough. Also there is medication you have to take for the rest of your life that causes other problems (cancer and heart attack).

## **Can't you control Kidney Disease with food restrictions?**

You can slow it down, yes, but stopping the progression, I have come to find out, is impossible. My son's restrictions change every time we go to the hospital (monthly for checkups basically, unless an emergency). He can eat up to 1800 mg of sodium a day, no high-potassium foods (bananas, potatoes including fries, tomatoes, spinach etc), phosphorus-careful (all foods have this except boneless skinless chicken breast), protein (a max of 65 grams a day). They try not to restrict the amount of protein children have, but it's necessary sometimes. Sugar is also a concern because of diabetes, which is very common problem.

## **Most people think this is an elderly person disease. How many children on average does this help?**

In the Hamilton sick kids area, there are about 6,000 children seen each year in the Nephrology Clinic. Some of those children suffer from acute kidney disease and need dialysis for only a short period of time, others have chronic kidney disease, so their care is ongoing. Thankfully not all 6000 children that visit the Nephrology unit require dialysis.

If it was your child, you would want the best machine to get as close to that 10% mark as you can. My son and I are raising money for those children and possibly for him. I want to make sure that every child gets the best that they can. Nephrology is a forgotten wing of the hospital until it happens to you or someone you care about. These children deserve to have a better quality of life and hopefully quantity too! I am happy to answer any questions you have.

When we were in for one of Addison's checkups in, I think it was, December, Dr. Aurora told us that two of the children that had been coming in for dialysis for several years and that Addy had met during the time that he was in the hospital had finally received kidney transplants.

Mac Kids looks after these children until the transplant surgery, which is done at Sick Kids in Toronto and the after surgery care is completed at Mac Kids.

From our experience, they couldn't receive better care anywhere else.

Something else I didn't know is that a kidney transplant will last from 10 to 15 years and then the process begins again and so does the need for dialysis.

# Kidney Transplants

- ▶ Children needing kidney transplants receive care at Mac Kids.
- ▶ Transplants are conducted at Toronto Sick Kids
- ▶ After surgery care is completed at Mac Kids

# Where Miracles Happen - Addison's Story



In Mac Kids' Intensive Care  
September 2011



In December 2011

# The Need

- ▶ New dialysis machines that are more suitable to children to replace the aging machines currently being used
- ▶ This machine would truly be a lifeline for children requiring dialysis
- ▶ Most people think of dialysis only for adults, but there is a very real need for it for children

# Thank You

- ▶ Thank you sincerely for your time and consideration of this request