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Dear CRIC Participants,

Once again I have the pleasure of greeting you all, this time with the shared perspective and growth we've gained from the past year. 2020 brought unexpected challenges that have deeply affected us all, and I admire the resilience of our study participants and staff. Thanks to your flexibility and patience, we've been able to adapt and continue many CRIC activities.

Since pausing in-person study visits in March 2020, we've learned more about how to keep each other safe. This has allowed many study clinical sites to begin seeing some participants in person, while other locations continue to follow up with participants by telephone. With the widespread uptake of COVID-19 vaccination and continued safety measures like wearing masks and social distancing, our outlook for the future of the CRIC Study remains strong.

We are deeply appreciative of the 86.6% of participants (see the thermometer to the left) from the previous phase of CRIC who have decided to join in the exciting study activities now going on. This includes health measurements from within your homes. This will help us learn how to keep patients healthier even when they can't come into the clinic, something which is especially important during the pandemic.

In the spirit of reflection and hope for the future, this issue of our newsletter includes some positive stories from the past year. A new year is a great time to update your medication list, so we've provided a medication toolkit to help you get organized. In addition, you'll find a highlight of findings from the CRIC Study, a word search, and an indulgent recipe for apple-filled crepes. Finally, we've included some key information to help you know what to expect as the COVID-19 vaccine becomes available to all.

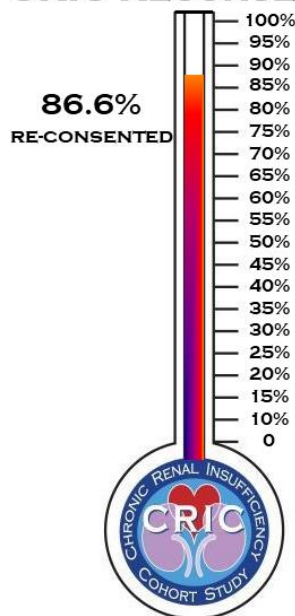
We thank you for your dedication to the CRIC study and wish health and happiness to you and your families as we look ahead to the future.

Warm regards,

Harold I. Feldman, MD, MSCE



CRIC RE-CONSENTED



We'd Love to Hear from You!

Do you have a question about the CRIC study or about kidney or heart disease?
If so, please contact your local CRIC staff by writing or calling: [type here]

Looking forward to seeing you again soon!





Silver Lining of COVID-19

Community spirit

Despite the fact that most people are shut away in their homes, many communities have never been closer.

Community support groups have sprung up around the world with volunteers doing shopping and picking up prescriptions for the elderly and vulnerable. In the UK, a staggering 750,000 people answered the government's plea for 250,000 National Health Service volunteers.

And that's not to mention the community concerts and singalongs that have been taking place from people's balconies, bringing people together with neighbors they may have never spoken to before.

Reduced carbon emissions

As economies have ground to a halt, so has fossil fuel usage. Carbon emissions

are set to decrease by 8 percent in 2020 as the coronavirus pandemic causes the biggest shock to the global energy system in over 70 years, according to the International Energy Agency. The decrease has led to reports of cleaner air in locations across the world.

Focus on essential workers

Supermarket cashiers, shelf-stackers and delivery drivers are not generally thought of as heroes. But the COVID-19 pandemic has highlighted the essential roles played by key workers who we all depend on.

Access to culture without having to travel

Always wanted to go to the Met in New York but never managed to get there? Well now you can wander through its exhibitions without paying for a flight and hotel, thanks to a free online virtual tour.

With potential visitors stuck at home under coronavirus lockdowns, museums across the world are offering the chance to take a virtual look round their exhibits.

Why not soak up the Rembrandts at Amsterdam's Rijksmuseum, take a look around the Louvre or even climb the steps of Mayan ruins Chichén-Itzá in Mexico thanks to the British Museum.

People are sleeping better

Data from Fitbit users in six US cities shows that people are getting an average of 17 minutes more sleep each night during the coronavirus lockdown than they were before the pandemic hit. The health tracking tech company also shows that sleep quality has improved with users getting more REM and Deep Sleep.

We're all finding new ways to connect with ourselves, with our families, and our loved ones.

Risk Factors for Chronic Kidney Disease (CKD) Progression

Overview of Findings from the CRIC Study

CJASN November 2020. doi: <https://doi.org/10.2215/CJN.07830520>

Hannan M, Ansari S, Meza N, Anderson AH, Srivastava A, Waikar S, Charleston J, Weir MR, Taliencio J, Horwitz E, Saunders MR, Wolfrum K, Feldman HI, Lash JP, Ricardo AC, CRIC Study Investigators.

The participation of thousands of people in the CRIC Study has helped us to understand what factors make a person more or less at risk for their chronic kidney disease (CKD) to get worse over time. This article reviews what we have learned from many research papers about the CRIC Study. CRIC has found important differences between men and women and between racial and ethnic groups. Men with CKD have a greater risk of kidney failure than women, and Hispanic and Black individuals are almost twice as likely to have kidney failure than White individuals. Differences between racial groups are due, in part, to factors like education, income, and other chronic diseases like diabetes that we can fix if we address social, economic, and healthcare inequalities.

In addition to the important work of identifying social and racial differences, your participation in the CRIC Study has shown us what sort of lifestyle behaviors may make CKD worse or better.

For example, eating a healthy diet that includes lots of vegetables (except potatoes), beans, fruit, nuts, whole grains, and fish and that limits red meats and sugary drinks is related to a less risk of CKD getting worse. Sleeping well and not smoking are also important for healthy kidneys. The CRIC Study has found genes and other clinical factors, like having a healthy heart, that doctors can use to better treat patients with CKD.

During this phase of the study, CRIC has added several innovative at-home data collection activities including monthly kidney testing, heart rate and activity tracking, heart rhythm monitoring, and sleep-disordered breathing assessments. We are excited to include home-collected data into future study findings. Thanks to the CRIC Study, many more research studies are underway with the goal of improving health and quality of life for patients with chronic kidney disease.

The vaccine for COVID-19 is out now: What do you need to know to prepare?

Does the COVID-19 vaccine work?

All COVID-19 vaccines currently available in the United States are highly effective at preventing COVID-19. COVID-19 vaccination teaches your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick.

Is the COVID-19 vaccine safe?

Large research studies with thousands of participants, just like the CRIC study, have shown that the COVID-19 vaccines are safe and work to prevent COVID-19. Even after a vaccine is approved for use, many vaccine safety monitoring systems are in place to make sure all vaccines are as safe as possible.

How many shots of COVID-19 vaccine will be needed?

With most COVID-19 vaccines, you will need two shots for them to work. Your healthcare provider will tell you how many shots you need and how long to wait in between each one.

Are there side effects of the COVID-19 vaccine?

You may have some side effects from the vaccine, like pain in the arm and feeling more tired than usual. These are normal signs that your body is building protection and should go away within a few days. Drinking plenty of fluids, applying a cool, wet washcloth to the area, and using or exercising your arm can help.

Do I need to get the vaccine if I've already had COVID-19 and recovered?

Yes. The health risks of COVID-19 are serious, and it's possible to be re-infected, so you should be vaccinated even if you already had COVID-19 infection.

How will the COVID-19 vaccine help stop the pandemic?

Wearing masks and social distancing help prevent exposure to COVID-19, while getting the vaccine helps your body fight the virus if you are exposed. Both measures combined provide the best protection from COVID-19. Stopping a pandemic requires all the tools we have.

What else should I do to stay healthy?

In addition to wearing a mask and getting vaccinated, it is important to keep up with your regular medications and doctor visits. Check out the results from our recent survey of CRIC participants to the right to see how you stack up!

How do I get a vaccine?

The United States Centers for Disease Control and Prevention (CDC) makes recommendations about who should get the vaccine first, then each state makes its own plan. Consult with your healthcare provider for the most up-to-date information in your region.

Visit the CDC website to learn more: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/>

Great work!
91% of CRIC participants say they wear a face mask when they go out.



Good news:
96% of CRIC participants say they have access to all the medications they need.



Good job!
88% of CRIC participants do not miss taking any medications.



Apple Filled Crepes



Ingredients

- 4 egg yolks 1/4 cup oil 1/2 teaspoon cinnamon
- 2 whole eggs 2 cups milk 1/2 teaspoon nutmeg
- 1/2 cup sugar 4 apples 1 stick (1/2 cup) unsalted butter
- 1 cup flour 1/2 cup brown sugar

Preparation

1. Mix egg yolks, whole eggs, sugar, flour, oil, and milk until the batter is free of lumps.
2. Heat a small non-stick skillet over medium heat.
3. Spray pan with cooking spray.
4. Using a 2-ounce ladle or 1/4 cup, spoon 1 scoop of batter into the pan, then swirl the pan to spread the batter thinly on the bottom of the pan.
5. Cook for about 20 seconds, then flip the crepe (with the aid of a rubber spatula) and cook for about 10 seconds. Set crepes aside while you make the filling.
6. Peel, core, and slice apples each into 12 slices.
7. Heat a medium sauté pan.
8. Melt butter, then add brown sugar.
9. Toss in the apples, cinnamon, and nutmeg.
10. Cook apples until tender but not mushy. Set aside to cool.
11. Assembling the Crepes: Fill the middle of each crepe about with about 2 tablespoons of apple filling.
12. Roll into a log.

Nutrition Facts

Based on 1 crepe servings per recipe.

Calories: 315	Sodium: 356 mg
Carbohydrates: 40 g	Potassium: 160 mg
Protein: 5 g	Phosphorus: 103 mg
Dietary Fiber: 15 g	

Sodium: All of our recipes are low in sodium because it is hard on kidneys and raises blood pressure. Most people should limit sodium to 1,500 milligrams per day.

Potassium: If you are on hemodialysis, limit potassium too, to 2,000 milligrams per day. If you are on peritoneal dialysis or short daily dialysis, limit potassium to 3,500 milligrams per day.

Phosphorus: If you are on dialysis, limit phosphorus to about 1,000 milligrams per day.

Protein: If you are not on dialysis but have kidney disease, you might benefit from a diet lower in protein. Check with a kidney doctor or dietitian for guidelines.

Stress Relief & Healthy Living

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B	N	U	Q	Y	P	H	I	S	W	M	V	O	C	K	J	S	S	N	O	B	S	N	N
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- Activities
- attitude
- awareness
- balance
- biking
- eating healthy
- exercise
- family
- friends
- goals
- hydrate
- laugh
- love
- mindfulness
- physical
- play
- relax
- rest
- social
- stress
- stretch
- swimming
- walking
- wellness
- run
- yoga