

# share *for* care

## RECIPE

Naturally sweet  
honey and orange  
curd cheese mousse –  
a delightful dessert

## HEALTHY LIFESTYLE

Gardening – the  
natural way to a  
healthier routine

## A PATIENT'S STORY

Beating the odds  
by focusing on  
solutions

TRAVEL STORY

## AMAZING TRANSYLVANIA

So much more than just history

# share for care

Dear readers,

After more than a year of the coronavirus pandemic, what we're all wanting most is to be able to get back to life without the risk of infection again. Especially during this difficult time, it's very important to look after yourself. Are you getting enough special moments to relax and be happy in your personal everyday life? If your answer to that question is a spontaneous "No!", then please read on – because this issue of *share for care* brings together lots of ideas to help you boost the feel-good factor in your daily routine.

Our special medical topic this time is oral health and the importance of paying attention to it. Regular visits to the dentist and a daily teeth-cleaning program alone can effectively reduce the risk of disease and inflammation in the mouth while at the same time making you feel healthier and better every day.

We're also introducing you in this issue to Nikoletta Horváth from Hungary – a young woman who with no exaggeration can be called a "happiness expert." Although she lost her eyesight due to a rare disease and has been dependent on dialysis for years, Nikoletta has been able to find her dream job as a journalist and is now a successful and extremely cheerful blogger and book author.

Our travel story this time will be taking you – in your imagination, and maybe also in your practical vacation plans for post-COVID times – to wild and romantic Transylvania. Colorful architecture, deep ravines and forests, and the best cuisine of Hungary and Romania will turn the trip into an allround experience.

Scientific evidence has now shown that gardening and other activities that give the senses plenty of stimulation make people feel happier. When you've read our article about how good for you it is to dig around in the soil, sniff the scent of flowers, or even just keep a house plant from wilting every day, you'll be wanting to get more greenery into your life.

Wishing you lots of fun reading this issue,  
Your editorial team



Christopher Boeffel



Martin Kuhl

P.S. Please write to tell us how you like the issue – we'll be delighted to receive your letters, comments, and ideas, sent to [dialysis@bbraun.com](mailto:dialysis@bbraun.com).

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A light yet luscious curd cheese dessert that relies on natural fruit and honey for flavor and sweetness.

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## HEALTHY LIFESTYLE

Gardening was probably one of the first fitness routines ever invented – and it has so much more to offer for mind, body, and soul.

## EARWAX AS A STRESS RECORD

It has not so far been possible to record long-term levels of the stress hormone hydrocortisone in the body, since blood samples only provide snapshots of it. But a research study has now shown that analyzing earwax – medically termed cerumen – can document long-term concentrations of the hormone. The fatty secretion inside the ear stores hormones and other substances. Diagnosing a persistently high hydrocortisone level is important for the treatment of psychiatric diseases, among other things.

## COATED BALLOON IMPROVES ANGIOPLASTY

When the dialysis shunt has narrowed and blood is no longer passing through it properly, an angioplasty procedure has to be carried out to widen the affected blood vessels and open them up again. This treatment, which uses a special balloon catheter, has so far often led to irritation and injury to the vessel walls, which in turn can cause the vessels to start narrowing again. A study including 29 treatment centers in the USA, Japan, and New Zealand has shown that adding an outer coating of paclitaxel to the balloon can lead to a substantial improvement in the treatment.



## BLOOD TEST FOR A WIDE RANGE OF CANCERS

Early detection of cancer using a blood test is one of the great unfulfilled ambitions in medicine – but we may now be a little closer to seeing this dream come true. A National Health Service study in Britain, including 165,000 participants, is to investigate the “Galleri test” over the next few years. The test identifies specific molecular changes in the blood, and this might make it possible to detect more than 50 types of cancer even years before symptoms start developing.

# EXERCISE SAVES *lives*

People who exercise regularly increase their chances of living healthier and longer lives – and the same can apply to dialysis patients. A long-term study in Europe and South America investigated the activity profiles of more than 6,000 dialysis-dependent people in connection with the rate of deaths from cardiovascular and other diseases. According to the study, individuals who stated that they were physically active at least twice a week had a nearly 25 percent reduction in the risk of fatal cardiovascular disease in comparison with those who said they were only occasionally active or were mostly sedentary.



# The mouth

## HOW TO KEEP IT HEALTHY AND WHY IT'S SO IMPORTANT

People who live with a chronic disease like renal failure usually have a full diary, with lots of specialist visits and treatments. Going to the dentist may not always be top of the list. But it should be! Because even if you don't have any dental pain or other symptoms, you should never dispense with regular visits to the dentist.

The most frequent oral disease, periodontitis, is present in 70 percent of the population and in as much as 90 percent of older people. It is a hidden endemic disease

Neither embarrassment about allegedly "poor teeth" nor a feeling that "I've got quite enough other health problems" should prevent you from visiting the dentist regularly and insisting on a thorough diagnostic check on your dental health.

Regular checking of oral health is important for the whole body, as the mouth is particularly exposed to the outside environment. The moist and warm interior cavity is used to ingest food every day. The problem is that the sugar contained in food is not only metabolized in the digestive tract, but also feeds some of the more than 700 different types of bacteria that live in the mouth. The best-known of these are the bacteria that cause dental caries, dissolving minerals out of the dental enamel and thus leading to cavities in the teeth.

that develops unnoticed over a long period, and people with chronic diseases such as diabetes mellitus or weakened immune systems, like dialysis patients have, are particularly susceptible to it. At the same time, periodontitis also exposes them to particular risks. So it's all the more important for everyone affected to pay good attention to oral health.

*Regular checking of oral health is important for the whole body, as the mouth is particularly exposed to the outside environment.*

## SALIVA AND DRY MOUTH

Due to restrictions on the amounts they can drink, patients with renal insufficiency often suffer from dry mouth and reduced salivation – a factor that promotes the development of caries and periodontitis. If not enough saliva is present, food is transported from the mouth in a less liquefied form, and more tends to be left on the teeth. Sugar-free chewing gum is helpful for reducing dry mouth, and saliva substitutes (e.g., based on hyaluronic acid) can also be recommended.





Bacterial inflammations in the mouth are damaging not only to the teeth but also to the gums and what is known as the periodontium — the tissue surrounding the tooth root. In contrast

Periodontitis (the *-itis* ending often refers to inflammatory conditions)

to caries, periodontitis may be present for a long period without any symptoms appearing. Bacterial film in the interdental spaces or in gingival pockets initially causes inflammation in the visible area of the gums. This may or may not lead to symptoms such as bleeding in the gums. If the inflammation is not stopped, it penetrates further and further into deeper layers of the periodontium.

This progressive inflammation happens so easily because the teeth emerge through the skin that is actually protecting us against bacteria — giving rise to a systematic weak point, the space between the tooth and the gum. Bacteria are able

to advance through this fissure and can ultimately even cause decay in the jaw bone. In extreme cases, this may become so severe that the teeth lose their support and fall out.

#### THE PROBLEM: LONG-TERM INFLAMMATION

Bone loss in the jaw and tooth loss were for a long time thought to be symptoms of aging. More recently, medical research has shown that they are caused by inflammation. This is why the term periodontosis is no longer used, but rather periodontitis (the *-itis* ending often refers to inflammatory conditions).

This discovery has also led to the disease being regarded today as more dangerous than was earlier thought — as the inflammation often does not remain limited to the mouth and jaw area, but can lead to secondary diseases. As a long-term

inflammation, periodontitis is a burden on the immune system, and this can lead to deteriorating health in dialysis patients, whose immune systems are already weakened. Reducing periodontitis is also an absolute necessity for transplant patients, whose immune systems are deliberately weakened by medication in order to reduce rejection reactions.

Scientific research into the effects of periodontitis is by no means fully completed. There is a consensus that periodontitis is associated with an increased risk of cardiovascular diseases, stroke, and diabetes mellitus. A recent study has shown that type 2 diabetic patients with untreated periodontitis develop severe renal disease more often than those with healthy gums. So there are already more than enough reasons to give much more attention to oral health than before.

#### PREVENTIVE CARE AND MAINTENANCE OF TREATMENT SUCCESS

Correct tooth-brushing, either manual or electric, is not enough. It is just as important to clean the interdental spaces daily as well, using special brushes or dental floss. Together with regular professional dental cleaning (arranged with your dentist), these three elements are promising factors for success in maintaining improved conditions over the longer term.

**DIAGNOSIS:** The starting point is certainly a thorough dental examination. X-rays can be used to clearly diagnose the extent to which periodontitis has already attacked the periodontium. A periodontal probe can also be used in the mouth to examine the depth of the fissure between the tooth and the gums, in order to assess the course of the disease.

**TREATMENT:** The first step here is to eliminate the causes. Cleaning of the oral cavity is used to remove bacterial film and deposits in the gingival pockets and thus control the inflammation in a targeted way. Surgical procedures may also be indicated in cases of advanced periodontitis.

## THE MOST IMPORTANT STEPS TO IMPROVE ORAL HEALTH

# “I DON'T SEE MYSELF AS BEING ILL”



Dialysis is a vital step – not only for improving the quality of life but even just for survival. For patients with renal failure, having to go for dialysis for four hours three times a week means a very big change to their accustomed lifestyle. You might think a difficult situation like this would have negative effects on the emotional state of the people affected, but that isn't so. The staff working in our dialysis centers quite often see people who are full of vitality and with surprisingly positive energy – and in fact, with positive thinking and support from friends and family, and by setting completely new goals, it's quite possible to benefit from the new condition and even enjoy things.

*Like Nikoletta Horváth, called Niki, a patient at the dialysis center in Szombathely, who suffers from a rare disease that meant she lost her eyesight when she was a teenager. Eight years ago, she then also developed a renal disease that made lifelong dialysis unavoidable. We spoke to Niki to find out how she has managed to keep her positive attitude to life – and even be happier than many people who don't have such a serious disease. This is her story.*

“Nineteen years ago, when I was 13, I developed a rare disease that led to the loss of my eyesight a few years later, and as time went on it also caused lots of other problems,” Niki says. “The disease affected the pituitary gland and bones, and led to constricted blood vessels and in the end to kidney failure, so that I needed dialysis treatment.”

The past few years have been full of hard work and a struggle to improve her living conditions, Niki reports. And when she describes the extraordinary edu-

cational career she has followed despite the disease, it's hard not to be amazed.

“In 2014, I graduated with honors in communications studies, and I also have an OKJ (National Qualifications Register) qualification as a journalist.” She's particularly fond of radio broadcasting and journalism, where she has been involved above all in the fields of culture, lifestyle, and mental and emotional health. Niki describes how her life changed completely overnight when she became blind. “I'm grateful I still had the

opportunity to see people and my surroundings for many years before the disease got worse, even though I had to relearn every aspect of my life again after losing my sight. Coping with everyday tasks, public transport, school, and all the other areas of life is completely different for blind people.

*“You need a lot of time to adjust, but living life to the full is still possible as a blind person.”*

That's clear from both Niki's professional career and her private life. Her publications are available both in bookshops and online. Privately, she tries to make as much time as possible for physical exercise.

“I had my first dialysis treatment on March 19, 2012, but that year signaled a change in my life in other areas too, because I made up for the strains of treatment by having some creative fun: in 2012 I launched my blog called VakVagány ('Blind and Tough'), where I cover topics that are important and interesting to me in my own voice.

*“I've also had three books published, in which I introduce my guide dog Lili, for example, and try to give readers a closer insight into my outlook on life, which has also helped me achieve happiness to a great extent.”*

In addition to her work as an author, she takes part whenever she can in the RenBike tour, which is organized regularly for kidney patients. "A couple of years ago I was even given a tandem bike by the organization's staff. I was sad to hear the event isn't being held this year due to the pandemic. From the outside, it might seem like it must take a lot of energy to have such a varied lifestyle, but actually it's these activities that give me my strength and inspiration."

Niki's positive approach can serve as a shining example. But where does she get all the energy from — apart from through her creative work as an author? How does she always manage to sound cheerful, as if she has forgotten she's ill? Niki's answer to this very direct question was clear and decisive.

"I don't see myself as being ill. I don't believe that people all belong to set groups. We're all human beings. There are some people who seem likable to us and some who don't. And that feeling doesn't depend on whether or not we're labeled as physically healthy. I'm a sociable and open person. People close to me say I have a good sense of humor. Integration has never been a problem for me at any stage in my life," Niki explains, before describing the people who have supported her in life and helped shape her positive personality.

**"At home, the family always had a very life-affirming outlook."**

"I often ask my mother how she managed to make it through the last few decades, since she's the real heroine in this story. I can't imagine anything worse than having to sit and watch helplessly while someone you love is suffering. Mom always gives the same answer:

**'I BASICALLY DON'T FOCUS ON THE PROBLEM, BUT RATHER ON THE SOLUTION.'**

"That approach had a really strong influence on me. I never saw my parents showing any signs of desperation. They never ran away, even though they would have had good reason to do so, as we've had plenty of challenging moments over the years. But they stayed strong and never gave me the feeling that there was no way out of the situation. That's what made me what I am today. Of course, lots of other people contributed as well. Some were part of my life only for a short time, while others have been with me for longer... it would take too long to list everyone who's important to

me. That's why I usually just refer to them generally as my angels. I can only hope I'll be able to give them back at least some of all they've given me."

During the first wave of the coronavirus pandemic, Niki published a detailed article about the prejudices that people have about health problems, and about dialysis treatment in particular. She had already been concerned about the problem of ignorance for a long time, she says. "In my experience, not just with dialysis but also in relation to blindness, it's usually just ignorance that lies behind the various misconceptions and false assumptions,

rather than hatred or malice. A lot of people simply have no idea what dialysis involves... When I came across a comment claiming that one positive effect of the quarantine is that people who need dialysis wouldn't need to go for treatment, I was shocked and felt right away that there are misunderstandings that need to be cleared up. I couldn't just let people believe that dialysis treatment is optional.

"For us as the patients affected, dialysis treatment is unavoidable, we would really just suffocate without it. That idea was the starting point for writing the

article and trying to shed new light on social stereotypes about serious disease.

"I've been going for dialysis at the center in Szombathely for eight years now. That's a long time, and I've been able to get to know B.Braun and the doctors and nurses who work here. For me, the center's like one big family, some of the nurses are like family members to me... I also have a very personal relationship with fellow patients. I'm very grateful to the dialysis center community, especially the nurses, who provide the basis for this health-care enterprise and are always there for mental support. To start with, during my first treatment sessions, Lili, my guide dog, was even able to come with me and waited very obediently and patiently until the dialysis was finished. I have a lot to thank B.Braun for — not just for the dialysis treatment, but also some very close friendships. I'm glad I've been able to meet them all, and I would say the dialysis treatment has enriched my life rather than taken anything away. I wouldn't want to change anything that has happened."

*"I have a lot to thank B.Braun for — not just for the dialysis treatment, but also some very close friendships. I'm glad I've been able to meet them all, and I would say the dialysis treatment has enriched my life rather than taken anything away. I wouldn't want to change anything that has happened."*

It's always a pleasure to meet someone who has faced up to tremendous challenges and is still able to live a balanced, happy, active, and successful life. Niki is one such person, and at the end of our conversation she adds that she's not planning to stop and is already thinking up new projects. "Writing will always be part of my life, but there are also a lot of other things taking shape. For example, I'd really enjoy appearing in public and I hope I can get a few opportunities to do so. I've got lots of plans and ideas, I'm making progress. I think you have to live every day with awareness, always trying to let go of bad characteristics and habits. You can't look for your future in the past, you have to take steps toward the future out of the present.

**"So I spend a lot of time working on myself so I can strip away any bad patterns and improve my own mental well-being."**

And our conversation with Niki finishes with that thoughtful piece of advice for life.



# STAYING *well organized*

Lots of pills and different medications are often part of everyday life for dialysis patients. It can be challenging to keep track of them all and make sure not to forget about taking one. So useful aids and tools that make it easier to manage taking medicines are welcome.

1

You should be sure to use this practical aid: **pill organizer boxes**. These are available in all sorts of colors, shapes, and designs. You can use them to presort your pills for each day and the various times of day. The best way is to do this for the whole week ahead. You'll also be able to see when it's time for a new prescription. Some pharmacies also provide a service to fill the boxes for you according to your physician's prescriptions.

2

**Reminder alarms and apps:** A wide range of small technical aids are available, from beeping key fobs to apps for your cell-phone, using audible signals to remind you to always take your pills at the right time. Modern apps can also enable you to scan in your whole medication plan easily in a single step, using a QR code. That means you can automatically get a complete and up-to-date overview of your medications any time (e.g., when seeing a specialist, or in the emergency department).

3

Although pill organizer boxes are practical – when traveling abroad, it's often advisable to keep the pills with you in their original packaging, to avoid any problems when you enter another country.

The best idea is to get information beforehand about the regulations applying at your destination.

## WILL I STILL BE ABLE TO BECOME A FATHER AS A DIALYSIS PATIENT, OR AFTER A KIDNEY TRANSPLANT?

In principle, male dialysis patients are able to have children. However, taking certain medications and having raised blood pressure often lead to some limitations on erectile function and a reduced sperm count. After kidney transplantation, many male patients recover both potency and the ability to have children, substantially increasing the chances of reproduction. If you are wanting to have children, you'll need to get advice from the physician treating you in any case.

## CAN SUNLIGHT BE GOOD FOR US?

Excessive ultraviolet light does of course involve a health risk, and it makes sense to protect yourself against it with appropriate behavior, clothing, and sunscreen. But completely avoiding sunlight is not a good idea either, because the light does actually have an indispensable influence on health. For example, the body can only produce the vitamin D that is essential for bone if we regularly store up some sunshine. Sunlight also ensures that the body's day and night rhythm and thus hormone production are properly regulated, and it's important for mental health and well-being.

## IS IT SENSIBLE TO BUY VITAMIN PREPARATIONS AT THE PHARMACY TO IMPROVE MY GENERAL HEALTH?

During dialysis, not just toxic substances but also nontoxic ones are filtered out of the blood. This often results in loss of water-soluble vitamins and trace elements, which can lead to tiredness, loss of appetite, and poor concentration. However, buying vitamin preparations on your own initiative isn't advisable. It's better to clarify your own personal needs with the physicians treating you. They will know which additional vitamins you should be taking in a targeted way and which you should even avoid, and they can also adjust your vitamin intake relative to the other medications you are taking.

OFF TO

# TRANSYLVANIA!

**BEST TIME FOR TRAVEL:** Transylvania has a continental climate, with hot, dry summers and cold winters. Pleasant temperatures for visiting can be enjoyed in the months of May and June, as well as September and October.

Târgu Mureș is located in the north of Romania on the river Mureș, and it belongs to the historic region of Transylvania. With about 140,000 inhabitants, several universities, a state theater, a zoo, and a multitude of restaurants and cafés competing for visitors, the trading city, founded more than 700 years ago, has long since developed into a regional center with a thriving cultural life.

The region's sweet cake specialties include kürtöskalács (spit cake or chimney cake) and Dobos torte (a sponge cake), and many restaurants offer genuine Hungarian goulash as a main course. In addition to Romanian, people can often also be heard speaking Hungarian on the streets – not surprisingly, since nearly half of the city's population is still proudly Hungarian.

The dialysis center is located about three kilometers (nearly two miles) outside Târgu Mureș, in the quiet, leafy suburb of Sângeorgiu de Mureș. This is where B. Braun opened its first dialysis center in Romania. Many of the staff who were originally responsible for the challenging task of setting up the center still work here and have many years of professional and personal experience, which they are happy to share with their patients and the guests at the vacation dialysis center.



A meeting place for different cultures, colorful architecture, and surrounding countryside full of legends – the Romanian city of Târgu Mureș is a tempting destination for explorers and connoisseurs.

# TRANSYLVANIA – AN EL DORADO FOR HISTORY FANS.

In keeping with Transylvania's complex history, Târgu Mureș offers visitors a rich architectural heritage, with fascinating buildings dating from the Middle Ages and Renaissance and from the Habsburg baroque and art nouveau periods.

These include the city's landmark Rose Square, with the Orthodox Cathedral, the City Hall, and the Palace of Culture. The Palace of Culture, with its majolica tiles that shine in the sunlight and colorful mosaics on the façade, is a superb example of the splendor of Hungarian art nouveau. If you're interested in earlier history, you can climb up to the medieval fortress, which provides a fantastic view of the city, or visit the famous Teleki-Bolyai Library, built in 1799–1803 in the baroque style, which holds many extremely valuable books.

When you're traveling in Transylvania, you come across castles everywhere, as well as the fortified churches that are characteristic of the region – historical witnesses to a past that was also full of religious conflict. The area around Târgu Mureș is marked by mountains and forests, lakes, streams, and rivers and even underground streams. Bicycle tours along the Mureș River are popular. In addition to several national parks, the vineyards and renowned wineries in the surrounding area are also worth a visit.

Sighișoara – the birthplace of Count Dracula, according to legend – is also well worth a visit. The city is captivating, with an incomparable variety of colorful sights, and is one of many beautiful and popular tourist attractions in the region. The city of Brașov is less than three hours' drive away and is also worth an outing, with sights including the Biserica Neagră (Black Church). These are just two of any number of rewarding trips and discoveries that can be made starting from Târgu Mureș. Transylvania – an El Dorado for history fans.

## WORTH KNOWING

Getting there: Târgu Mureș Transylvania Airport is an international airport that is located about 15 km (about 9 miles) southwest of the city. The city center takes about 20 minutes to reach by taxi, rental car, or minibus.

For your personal travel and appointment arrangements, please get in touch with the contact person at the clinic, Ms. Alexandra Balalau, by phone or e-mail.

Tel.: +40 729 887 319

E-mail: [alexandra.balalau@bbraun.com](mailto:alexandra.balalau@bbraun.com)

Internet: [www.bbraun.com/en/patients/renal-care-for-patients/renal-care-centers/europe/romania/targumures.html](http://www.bbraun.com/en/patients/renal-care-for-patients/renal-care-centers/europe/romania/targumures.html)



### DIALYSIS CENTER INFORMATION

Renal Care Center Târgu Mureș  
1 Soarelui Str.  
547530 Sângeorgiu de Mureș  
Mureș County, Romania



# CURD CHEESE MOUSSE

## WITH HONEY

### THE CURD CHEESE MOUSSE

Mix the curd cheese, poppy seeds, orange zest, and honey together until well blended. Soften the gelatin in cold water, squeeze out the water, and then slowly melt in orange juice at low heat (important: never boil gelatin!). Fold into the curd cheese mixture with care.

Allow to cool off, then carefully fold in the whipped cream. Place the mixture into dessert molds and refrigerate for 2 hours.

### THE SAUCE

Blend together 1 tablespoon of orange marmalade and 1 tablespoon of orange juice. Pour over the cream cheese mousse. Garnish with the berries.

### SERVES 4

- 300 g curd cheese
- 2 pinches poppy seeds
- Zest of one orange
- 2-3 TSP honey
- 4 sheets gelatin
- 2 TBSP orange juice
- 100 g whipped cream
- 1 TBSP orange marmalade
- 2 strawberries and currants for garnishing

The curd cheese adds lots of protein to the dessert. Use poppy seeds sparingly.

**Nutritional value** (All nutritional information per serving. This corresponds to 1/4 of the total recipe.)

Energy	Carbohydrates	BE	Protein	Fat	Potassium	Phosphate	Sodium	Water
192 kcal	9 g	0.8	12 g	12 g	107 mg	143 mg	36 mg	81 ml

These nutritional values represent average figures, which may differ in certain cases. They should be used only as a guide and cannot replace a consultation with your doctor or nutritionist.

# GREEN IS GOOD FOR YOU

People who enjoy digging in flowerbeds or lovingly tending to houseplants are also actively looking after their own health — because gardening is a highly effective relaxation program.



there's plenty of food for the senses: it's a hobby that fully rewards the senses of touch, hearing, smell, and taste. And things that make the senses harmonize can create happiness here and now.



You can find useful information for your health & fitness at our website, [www.bbraun-dialysis.com](http://www.bbraun-dialysis.com).

As everyone knows, plants and flowers are soothing for the spirit, and there's nothing like the happiness that comes with the scent of fresh herbs or with successful home-grown tomatoes. In a way, gardening is really in the blood for all of us. Although we nowadays spend a lot of time indoors and in front of digital screens, we haven't lost our receptiveness to the power of nature. Especially in spring, when the sunshine is coming back and everything green is starting to sprout forth, there's an overpowering urge to get outdoors.

But what specific effects does caring for plants have on our health?

Medical research has in recent years found out more about this. There is now evidence that simply looking at plants and listening to the sounds of nature can have a relaxing effect and can reduce blood pressure and sensitivity to pain. Active gardening, plunging your hands into the soil, the physical effort of digging (which also benefits the heart and circulation), and the joy of planting and harvesting can reduce stress, anxiety, and depression. This is why garden therapy is used in supportive treatment for mental illness, for example. According to one study, even just 30 minutes of gardening can reduce hydrocortisone levels in the blood.

You breathe more deeply in the garden, and measurements show that gardening can even improve brain function. Outdoor activity can strengthen the immune system, and sleeping better and having a healthy appetite after working in the fresh air complete the garden's contribution to a better sense of well-being.

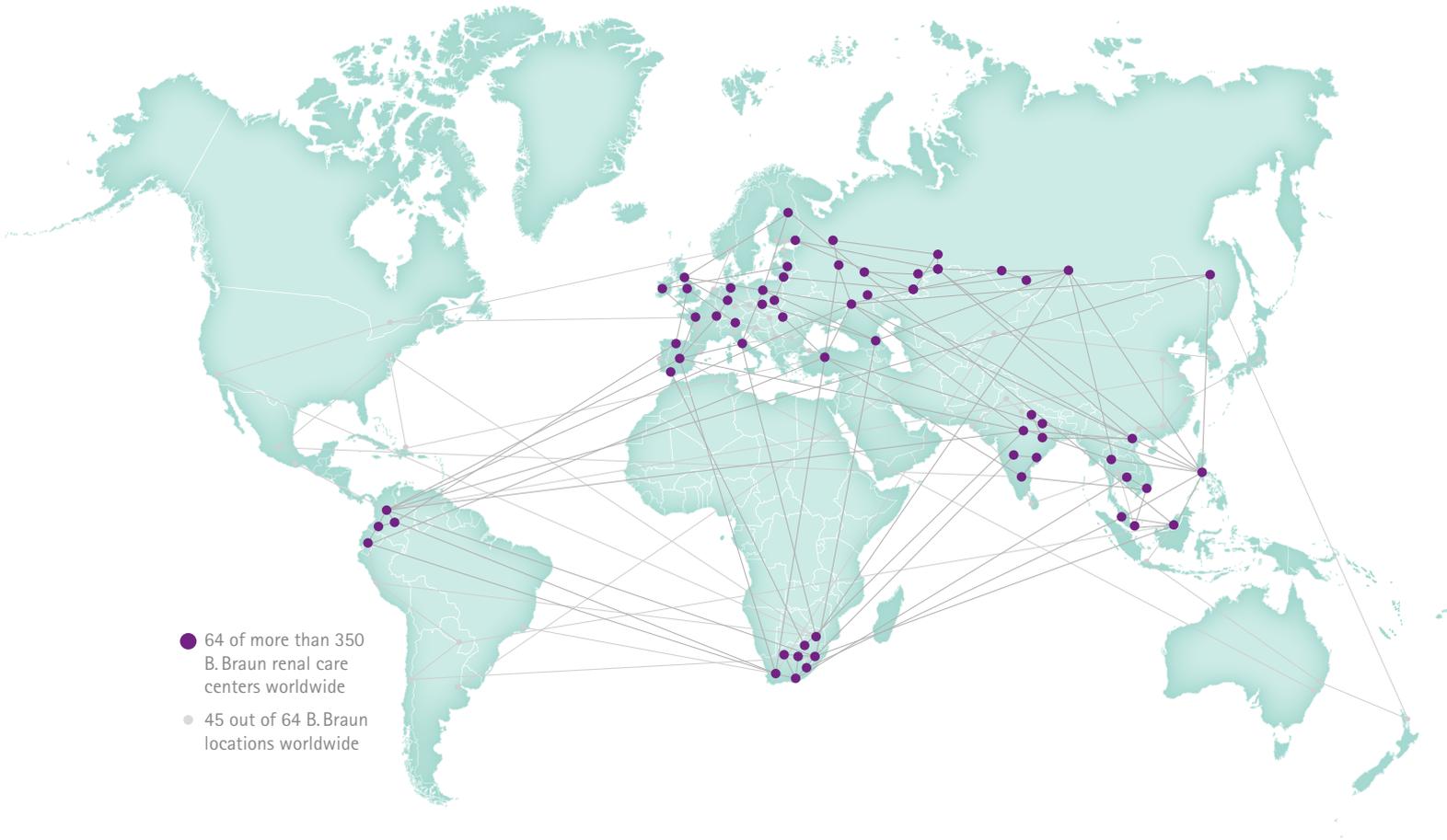
## CREATE A NATURAL ENVIRONMENT AND "FEED" YOUR SENSES

The most important reason for the positive effects of gardening is probably that it appeals to us in so many ways — body and mind are equally involved, you're linked to nature, and

People who enjoy being surrounded by plants indoors can also benefit from these healthy feel-good effects. Because Monstera etc. don't just provide better indoor air quality — taking care of the plants, watering them, and spraying the leaves has been shown to have mood-lifting, relaxing effects. Taking care of plants every day strengthens your sense of your own effectiveness. And at the same time, the fact that the plants are always growing at their own pace promotes patience and calmness. Even just a few minutes of contemplative plant care per day is enough to have a noticeably positive effect on body and mind. A little more nature is good for all of us.

# A NETWORK OF COMPETENCE

Exploring the world with B. Braun



B. Braun Avitum AG | Schwarzenberger Weg 73-79 | 34212 Melsungen | Germany  
Tel. +49 5661 71-0 | [dialysis@bbraun.com](mailto:dialysis@bbraun.com) | [www.bbraun-dialysis.com](http://www.bbraun-dialysis.com)

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