

# Today's Lifestyle

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Fourth Section

## Home dialysis makes her life easier

By CHRISTINE KOSERSKI  
Staff Reporter

Joan Good has a friend she can't do without, a friend she depends on, a friend she sees regularly every three, maybe four, days. Treated with respect by the entire family, this friend even has a room in the Good household.

But although she literally can't live without her friend, Mrs. Good feels guilty, grateful, and resentful of the relationship.

She feels guilty because of the high cost of keeping the friend, a kidney dialysis machine, in her home.

"It's a costly thing to keep a patient on dialysis," says Mrs. Good, who estimates \$20,000 is spent annually. "It makes me feel guilty, that's why I want to put an effort into the Kidney Foundation."

Her dependence on the machine ties her to it with an unrelenting hold. She must undergo dialysis every three to four days.

### 'It's a burden'

"It's a burden to the family," she says. "We finally got to the stage where we

could afford to travel, but I can't leave for more than four days."

Somehow, they manage to work around it; she and her husband, Ron, recently went on a four-day trip to Las Vegas. And as inconvenient as it may be, the machine is an improvement over going to a hospital for dialysis.

"You're on their schedule," she says. "And you have to adapt to it." It's also costlier than home dialysis, she adds, "because you're taking up hospital space and the staff's time."

Most of all, she feels grateful to her mechanical friend for the heightened quality of life it gives her.

"Dialysis is great — I feel grateful," she says. "A couple of years before I went on it, as my kidney function decreased, I felt tired, not motivated — I came off looking lazy."

On dialysis for just over a year, it is only now that Mrs. Good feels well enough to get involved in the kidney campaign.

But once the petite, brown-eyed 47-year-old decides to get involved, she goes all out. She is the new team leader for this year's local campaign drive for the Kidney Foundation of Canada.

She admits she really doesn't know that much about the kidney drive, but

she has had plenty of experience in organizing and volunteer work in Winnipeg where she was "constantly busy" in the community and church for the 15 years she and her family lived there.

It was there that the family was tragically and irrevocably affected by kidney disease. The Good's youngest daughter died at the age of 14 after a life-long battle with a rare syndrome which eventually led to kidney failure about a year before her death.

### Machines smaller

Mrs. Good's father also died from kidney disease in the late 50s when dialysis machines were not as common and where, if one existed, it took up an entire room in a hospital. Mrs. Good's machine is about four feet high and sits inconspicuously in a corner of a small basement room.

From Winnipeg, the Goods moved to Edmonton for two years before coming to Markham, when Mr. Good, who works for a pharmaceutical company, was promoted and transferred here.

The couple lives on a quiet street in Markham with their 20-year-old daughter, Susan. Both she and her father are

trained in assisting dialysis. A patient must never undergo the process alone. If their blood pressure goes too high or too low, they are in danger of losing consciousness or becoming ill.

Susan's twin sister, Lorne, is away studying at Queen's University. Shari, the eldest at 22, just got married this summer. Mrs. Good proudly shows pictures of the wedding. As she flips the pages in her photo album, you can see that her left forearm is noticeably larger and misshapen. Dialysis patients must have surgery to attach a vein to an artery in their arm. This is the spot where Mrs. Good inserts two needles, one each for fluid coming and going, every time her blood is cleaned.

There has been an imperceptible change, but a change nonetheless, in Mrs. Good's life recently. It revolves around the constant anticipation of a phone call that could come in two days or two years. Within hours of that call, Mrs. Good will be rushed to a hospital for a kidney transplant. The decision to put herself on the list of waiting patients was a hard one to make.

"A transplant has risks," she says. "So has dialysis, but there are different kinds of risks — it's kind of scary."

There are the risks that always accompany major surgery, but there is also the risk of bone deterioration and other damage from injection of powerful drugs such as steroids.

And then there's always the chance the body will reject the donor kidney.

"A transplant is a chance for good years without the expense and trouble of dialysis," she says, and adds with a shrug. "But different people react differently — it's basically the luck of the stars."

The recent trip to Las Vegas was made to celebrate the addition of her name to the list of about 600 patients waiting for transplants in Ontario. There are approximately 950 people on dialysis in Ontario.

Mrs. Good takes 13 different medications daily, partly because she also has asthma, and is on a strict diet low in sodium, protein and potassium and anything, in fact, that affects the body's blood pressure.

Sometimes she is forced to go off her diet, at a restaurant, for instance.

"I really pay for it," she grimaces. "My blood pressure goes up and I get killing headaches."

For now, she is putting aside her own health problems and getting on with the job at hand, which is recruiting and organizing volunteers for the campaign drive.

The goal this year is to raise \$200,000 in the Toronto area, double that of last year. Trudy McCallum, district cam-

paign director, hopes to raise \$6,000 in the village of Markham alone. Most of it is raised by canvassers going from door to door. The campaign reaches its peak in March, Kidney Month. The money goes to research, patient services, and a dialysis camp for children in northern Ontario.

"We badly need volunteers," she says. "And we also need volunteer registered nurses for blood pressure clinics."

Clinics, like the one recently held at Markville Shopping Centre, screens people for potential kidney problems by checking for unusually high blood pressure, one of the warning signs of kidney disease.

Ten per cent of people checked at mall clinics are found to have hypertension, and 20 per cent are borderline, according to Patty Blevins, Health Services Coordinator for the Kidney Foundation of Canada. They are advised to see their doctor.

Anyone interested in becoming involved in the kidney campaign can call Mrs. Good at 294-7082. Those in the Unionville area can call local leader Barbara Warden at 477-5137.

Committed to the cause, Mrs. Good is putting her hard-earned energy into the campaign, irregardless of her illness.

"I try not to dwell on it," she says. "I do what I have to do for it, but I try to live my life aside from it."

## Here are disease symptoms

Kidney disease is considered the fourth largest killer in Canada after heart disease, cancer, and car accidents. These are the warning signs:

1. Burning or difficulty during urination.
  2. More frequent urination, particularly at night.
  3. Puffiness around eyes, and swelling around the hands and feet, especially in children.
  4. Passing of blood in the urine.
  5. Pain in the small of the back just below the ribs, which is not aggravated by movement, that is, it is not a muscle pain.
  6. Hypertension (high blood pressure).
- It is possible to have any of these symptoms because of another cause, such as a urinary infection.



Joan Good adjusts a setting on the kidney dialysis machine at her home which she must use at least twice a week. Mrs. Good is the new Markham team leader for the Kidney Foundation of Canada. — Christine Koserski

## Markham minister has many talents

By CHRISTINE KOSERSKI  
Staff Reporter

Frederick A. Styles is known in Markham as reverend at St. Andrew's United Church, but he's known all over the world as an author of books, and in Ontario as an artist and singer.

Having just received his doctoral degree in ministry, the 48-year-old Rev. Styles has travelled a circuitous route since he first left home in Collingwood to sing in Toronto nightclubs at the age of 15.

Along the way he has managed to fit in writing, artwork, broadcasting, and journalism, as well as singing and song writing.

Two years ago he landed in Markham under somewhat bleak circumstances. Tom Head, who was then in charge of pastoral care area at St. Andrew's, had just died, and the man Rev. Styles replaced, Don Parr, had been there for 14 years.

"People get attached to someone after such a long time," he says. "It was an atmosphere of gloom the first few months."

But he enthusiastically tackled the problem of getting to know St. Andrew's large congregation of 700 to 1,000 families.

"I'm still working at it," he says. "I know the inner circle quite well, but it's harder to get to know those on the periphery."

### Enjoys art

Art is one of Rev. Styles' many interests. He has made pieces of symmetrical art (heavy-string art) for the church and has sold several on commission. A sample, entitled Madonna and Child, sits in his office leaning against his desk.

"It's an interesting pastime," he says, and with a laugh, adds. "Most of it gets done in the middle of the night after a late board meeting when I'm trying to unwind." Another string art piece, called Cross

and Crown of Thorn, is used in services during Lent.

He works mostly in string, but has attempted wood and is working on a wall-hanging with the map of Canada carved out in relief on wood.

With art serving as a pastime, Rev. Styles' real passion seems to lie in writing. He has authored several books on religious matters during his career.

His first effort, A Secular Marriage Service, was written as a response to what Rev. Styles felt was a need for secular marriages within the church.

"I offered it to the United Church because I found I needed it in my ministry for people who had no connection with the church," he says. "I wanted to offer a way for them to be married with integrity and yet not compromise themselves with things they don't believe in."

He says he knows of at least two couples married in this way who later joined the church.

"It leaves the door open," he says. "It seems to me, they'll come back to someone who has shown compassion and understanding."

### Surprised

It's for those reasons that he is at the moment working on Rites of Passage for a Secular Society.

"It's a service performed outside the church for people who recognize the need for ritual and ceremony, but who nevertheless, don't belong to a church and maybe don't even have a particular religious leaning," he explains. "It leaves the door open."

He was surprised by the success of his first endeavor. "I didn't even expect to see my name on it," he says.

When he first presented it to the United Church, which publishes its own material, they told him it was a good idea, but it wouldn't sell, and gave him permission to "go ahead and do it on your own."

And he did just that, putting up his own money, and had it published.

"It was a bit scary," he says. "I thought I'd have thousands of copies lying around in my basement."

He didn't have to worry. With the help of some publicity from a Toronto newspaper and wire services, the book sold out and is now in its sixth printing. It is being read all over the world from Australia to places as remote as Fiji.

"I think that indicates something," he says. "It's meeting a need."

When the United Church celebrated its 50th anniversary in 1975, Rev. Styles wrote and directed Holy Smoke, a musical revue based on the development of the United Church in its 50 years.

When he looked for songs to include in a collection for a tape on the life of Jesus, entitled Go Tell Everyone, he ended up writing five of the 10 songs himself.

"The only songs I could find were so drippy and ghouly, I wrote some myself," he says.

He still writes songs for children.

"When I have a message to convey to children and I can't find an appropriate song, I'll write one," he says. "You can talk to children for an hour about something, but if you can teach them to sing it, they pick it up very quickly."

Being a minister seems an unlikely calling for a nightclub singer, and at the time it was the furthest thing from his mind.

"My family was very religious," he says. "And I turned my back on it."

But his experience sailing the Great Lakes as a deckhand on a freighter changed his way of thinking.

"I encountered the problems of other sailors," he says. "Some were hopeless alcoholics at the age of 28 — I tried to help, but I couldn't do much."

### Nightclub singer

While singing in nightclubs, his table always seemed to be "full of people with problems," he says. "I started to take seriously the responsibility of helping others."

It was while he was editing a newspa-

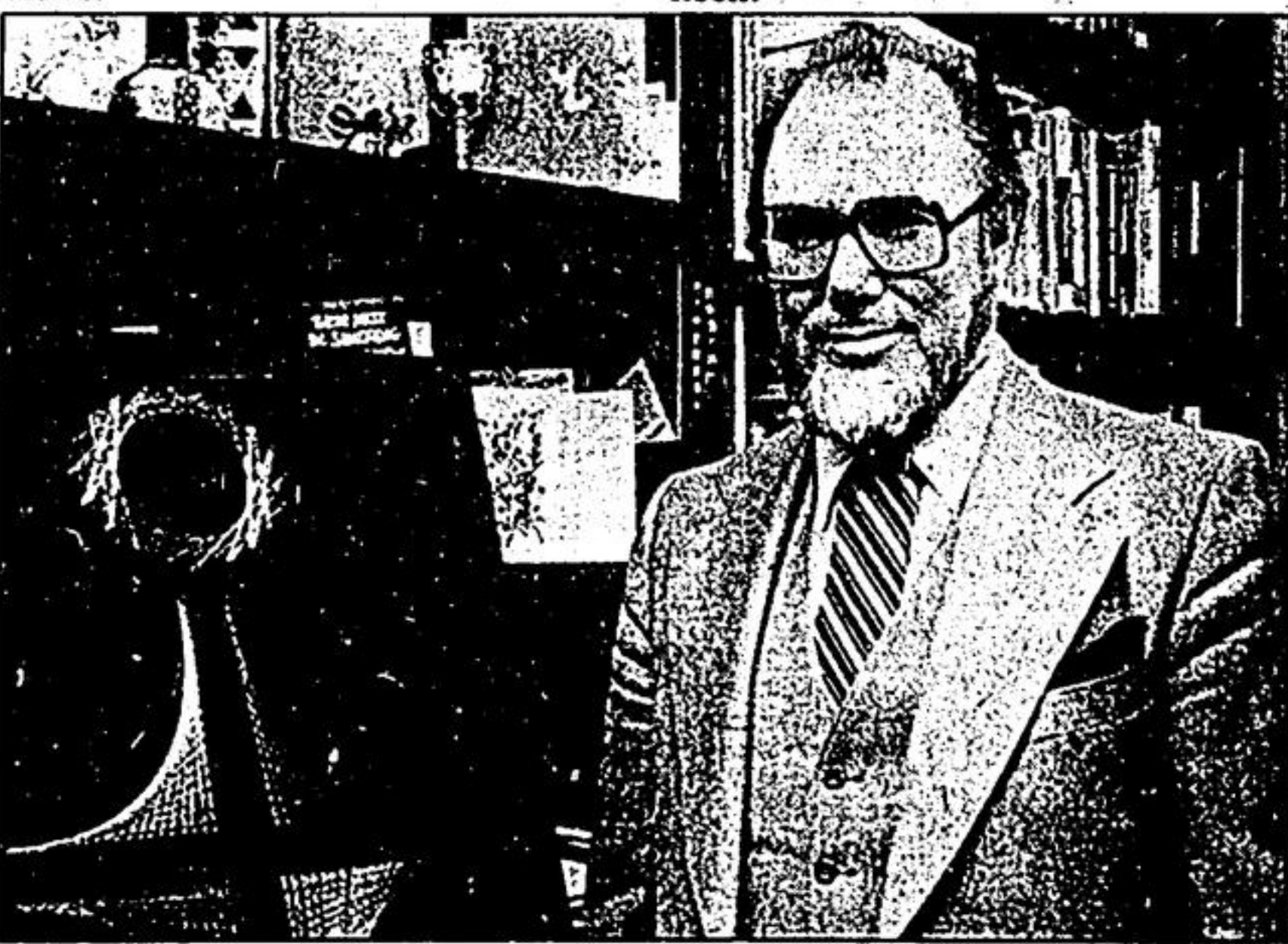
er in Manitoulin Island that he decided to enter the ministry, but the "church wasn't too enthusiastic about my background," he says, laughing.

Eventually, Rev. Styles began studying theology at Queen's University after a year's preparatory work to make up for dropping out of high school.

After receiving his masters degree in theology there, he went on to a three-year study program for his doctorate in ministry at Drew University in Madison, New Jersey, which entailed weekly visits to Queen's. The third year was spent on a congregational project.

For the project, Rev. Styles designed what he calls "Spontaneous Evangelism — a new style of evangelism in a liberal church."

He explains, "It's for those who don't want to intrude on people's privacy, but nevertheless, want to share their views."



Rev. Frederick A. Styles, of St. Andrew's United Church in Markham, is also a writer and artist. Here he stands beside one of his creations, made of heavy string, entitled Cross and Crown of Thorn.