

in this issue

- **Kidney Disease**
- **Kidney Options Works**



- **Patient Profile**
- **Commonly Asked Questions About Peritoneal Dialysis**
- **Fresenius Medical Care Announces it's Newest Cyclor**
- **Notes from a Social Worker**
- **Dietitian's Corner**

Did You Know That...

"Studies show that patients who have received pre-dialysis education adjusted to their treatments and lifestyle changes much better."



Kidney Disease

➔ **K**idney Disease means that the filters in the kidney are damaged. These filters remove toxins and excess fluid from your blood. Most people have two kidneys. Each weighs about 1/4 pound and are the size of a fist. These small organs filter all of the blood of the body in about two minutes.

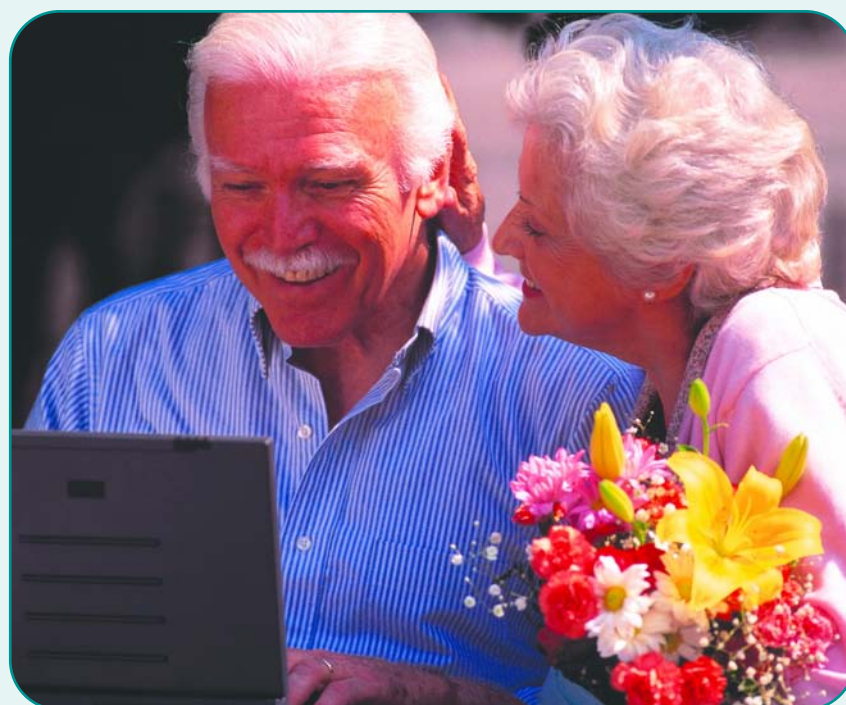
Many people have kidney disease, but no symptoms. Unfortunately, many people do not know that their kidneys are being damaged. They live symptom free for years. The two major causes of kidney disease are high blood pressure and diabetes. Many other diseases and trauma can also cause damage.

The key to preventing continuing damage is early detection. This is easily done through regular medical exams and lab work done at your physician's office. If lab work reveals potential kidney disease, a referral to a nephrologist should be made. A nephrologist is a doctor that specializes in diseases of the kidney. Many simple things such as diet changes and medications can slow the progression of kidney disease if caught early.

If the disease progresses, the damage is usually permanent. At this time, a more aggressive treatment choice must be made. Without treatment, toxins in your blood will build up and place your life in jeopardy. These treatments can include one of the following: Kidney Transplantation, Peritoneal Dialysis or Hemodialysis. Your doctor will assist you to find the best option.

If kidney transplantation may be an option, the nephrologist will refer a patient to a transplant clinic where general qualifications for transplant and referral process are reviewed. Not everyone is eligible for a kidney transplant.

Peritoneal dialysis is done in the patient's home. Patients are taught all



they need to know in how to perform this treatment. The treatments can be performed during the day or at night while you sleep. Peritoneal is a good option for those patients who want to remain as independent as possible.

Hemodialysis is performed in a local dialysis center. The treatments are done three times a week and take on average between three to five hours. Nurses and trained technicians perform and monitor the patients during treatments. Some patients are eligible for home hemodialysis. This treatment option requires a trained

partner and is not available in all locations.

Patients need to be well informed of the disease process and treatment of kidney disease. In some areas, Kidney Options seminars may be available. These seminars are free to the public and can assist patients to choose the treatment option that is best for them. Log onto www.kidneyoptions.com for a list of seminars near you. Always remember that you have the support of the physician, nurses, dietitian and social worker to help you through this time in your life.

Kidney Options Works

Kidney Options has been offering pre-End Stage Renal Disease (ESRD) education since June of 2000. As of December 2002, 9,232 Pre-End Stage Renal Disease Patients along with their families, have been seen for education regarding their disease and its treatment options. Of these patients who have already started dialysis 63% have chosen Hemodialysis and 37% chose Peritoneal Dialysis. When asked, all patients stated that Kidney Options was instrumental in helping them choose the modality that best suited their life style. Visit Kidney Options at www.kidneyoptions.com or call us at 866-kidney1 (866-543-6391).

Patient Profile



Meet Charles R. Bland. Charles is 72 years old and performs Continuous Cycling Peritoneal Dialysis (CCPD) at home. He found out that he had kidney failure when his BUN and creatinine (toxins) were noted to be high and his body was retaining fluid. Charles' Nephrologist referred him to Kidney Options to learn about his illness and its treatment options. He attended a free seminar at the Naples Artificial Kidney

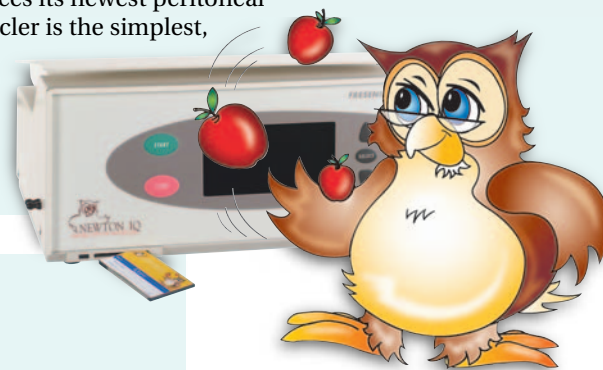
Center in Florida. He stated that he never knew he had any options and found it to be very helpful and would recommend Kidney Options to other renal disease patients. Charles chose peritoneal dialysis because he wanted to dialyze at home. Charles has a partner, his devoted wife Velma, to assist him when needed. Charles sleeps while his blood is being cleansed. "I like that!" Advice Charles would like to give to others if they qualify for peritoneal dialysis is, "The machine seems complicated at first, but it gets easy pretty fast. Be aware of what is going on with your body, watch your diet and take your medications."

Commonly asked Questions about Peritoneal Dialysis

- Q. How long will it take me to learn to do the treatment?
A. This varies from patient to patient. The average time is about a week.
- Q. Can I travel on peritoneal dialysis?
A. Yes! Keeping an active lifestyle, including travel is encouraged. Ability to travel easily is an advantage of peritoneal dialysis.

The Newton IQ

Fresenius Medical Care announces its newest peritoneal dialysis cyclor. The Newton IQ Cyclor is the simplest, safest, and most reliable method for delivering peritoneal dialysis in cycling patients. For more information: call Kidney Options at 866-kidney1 (866-543-6391).



Notes from a Social Worker: Suiting Your Lifestyle

Finding out that you have kidney disease can be very overwhelming. Deciding what form of treatment option to choose can be just as trying. Selecting an option that best suits your lifestyle is very important. Some things to think about in making your decision:

- Your physical abilities or disabilities
- Work
- Family
- Emotional state
- Activities
- How far you live from the nearest dialysis center

Becoming well educated in the causes of kidney disease and treatment options will provide you with information to help make this decision. Discussing the pros and cons of each modality is very important.

Dietitian's Corner

An important part of managing your kidney disease is maintaining a healthy diet. A Kidney Options class can teach you this valuable information. You can also ask your doctor for a referral to see a renal dietitian who is specially trained in kidney disease. A renal dietitian can teach you how to make good food choices so that you will feel your best. This referral is generally covered by most insurance, but you should check with your provider to confirm your coverage.



95 Hayden Avenue
Lexington, MA 02420-9192