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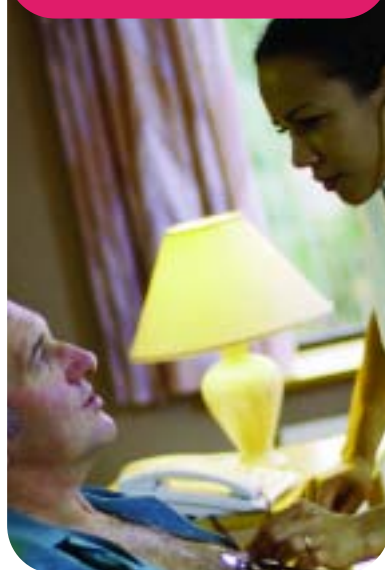
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Did You Know That...

Patients on nocturnal hemodialysis feel more energetic, sleep, better, and have increased appetite?



Learning About Kidney Disease

➔ **F**inding out that you have Kidney Disease can be very overwhelming. There is so much to learn about your illness & its treatments. At Kidney Options, we are devoted to providing you with the education that you need to take charge of your illness and empower you in making treatment choices that best suit you and your lifestyle.

Kidney Options offers free seminars about Pre-End Stage Renal Disease. General information about the kidney and it's function, causes of kidney disease, symptoms of the disease and it's treatment options are discussed as well as diet issues and social issues such as insurance coverage and other areas that effect your life.

At Kidney Options, we are devoted to providing you with the education that you need to take charge of your illness.

One of the most important things that are discussed is how to take care of yourself. With early intervention, many patients can prolong the need for starting a renal replacement treatment for their disease. Knowing what foods to eat and what medications to take, or avoid, and seeing your doctor regularly are key in staying as healthy as possible.

Notes from a Social Worker:

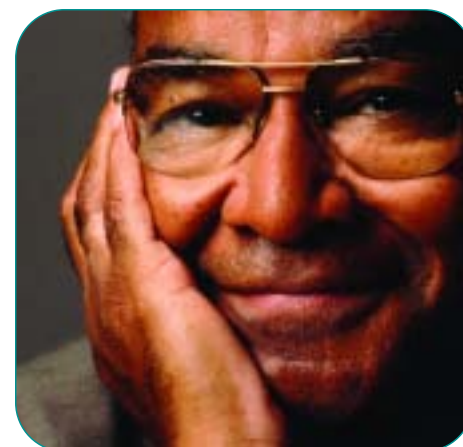
Kidney disease can bring about change in many aspects of your life. Learning as much as possible about kidney disease can help how you deal with these changes and the resulting feelings you may experience. Attending a pre-End Stage Renal Disease class can provide you with the information and support that will



Once the need for kidney replacement therapy is necessary then you must decide on a treatment choice. The choices are kidney transplant, Peritoneal Dialysis (which is done at home) and Hemodialysis (which can be done at home or in a dialysis center). Hemodialysis can also be done at night called Nocturnal Hemodialysis. We will be

highlighting In-Center Nocturnal Hemodialysis in this issue. For more information about the other treatments, and general information about kidney disease, or to check our seminar list, visit our web site at: www.kidneyoptions.com or call 866-kidney1 (866)-543-6391.

help you adjust better. At these classes, experienced professionals discuss how your kidneys function, causes of kidney disease and treatment options. A dietitian presents information regarding nutrition and the renal diet. A social worker discusses some of the adjustment issues related to lifestyle changes and provides important work and insurance information to help you make informed decisions for your future. To find out where a seminar is in your area, visit our web site at www.kidneyoptions.com or call 866-kidney1 (866)-543-6391.



Patient Profile

MMeet Carol Conway. Carol is 42 years old and has been on dialysis for five years. Carol was diagnosed with PKD (Polycystic Kidney Disease) at the age of 19. She had been having her labs monitored on a regular basis. Her BUN and creatinine (impurities) reached levels that required her to start dialysis. Carol started out on in-center hemodialysis for four hours but currently is In center nocturnal hemodialysis for eight hours. At first Carol didn't realize how sick she was and it took a while for her to start feeling better. Now she feels "100% better. Like night and day. Still have limitations but stronger and more active than before". Carol recommends that everyone should try nocturnal. "The difference is amazing". Advice Carol would like to give to pre-ESRD patients is: "Come in and see what it is like. Ask staff to introduce you to a patient and ask them what it is like."

Commonly asked Questions about Hemodialysis Dialysis

Q. Do I have an appointment time for hemodialysis, or can I come anytime?

A. You will have an appointment. You need to come on your scheduled days and time. If you are working, or have special needs, contact your social worker or nurse.

Q. What should I bring to a hemodialysis treatment?

A. You may bring a pillow and blanket for comfort. You are encouraged to bring reading materials or a cassette/CD player with headphones. Once a month you may be asked to bring in your medications from home to be checked.

Q. Can I travel on Hemodialysis?

A. Yes. Keeping an active lifestyle, including travel is encouraged. However you must arrange in advance a clinic at your destination to receive hemodialysis. Your social worker will help you with this.

Hemodialysis

→ **H**emodialysis uses a dialysis machine and dialyzer (artificial kidney) to clean your blood. A small amount of blood is pumped from your body through tubing then into the dialyzer where toxins and extra fluid are removed. The cleansed blood is then returned to you. This is a continuous process.

Hemodialysis requires a permanently placed access. This is how the blood gets from you into the dialyzer and back. These accesses require surgery. There are three types of accesses: a fistula, a graft and a catheter. Fistulas and grafts are generally placed in the lower arm while a catheter is placed in the chest or neck. Fistulas and grafts require two needles each time you have dialysis. A catheter does not. Catheters, however, are usually temporary and are used while the fistula or graft heals.

Hemodialysis usually takes place in a dialysis clinic three days a week for approximately three to four hours. You will be

monitored continuously by trained staff for the entire treatment, or if you qualify, may be done at home. Another type of hemodialysis is called nocturnal hemodialysis. Patients on nocturnal hemodialysis have an increased dialysis time and a slower blood flow rate at cleansing the blood compared with traditional hemodialysis. This is usually performed 3 days a week for about seven to eight hours at a time. This is performed at the dialysis center while you sleep (a bed is provided for you) and as with traditional hemodialysis nocturnal can be done at home.

Patients on nocturnal hemodialysis have seen the following benefits: feeling more energetic, sleeping better, increase in appetite and regaining lost weight, reduced fluid and food restrictions, better laboratory values and some are taking less medication. Some patients have been able to go back to work and report a better quality of life.

Not all dialysis clinics provide nocturnal hemodialysis. If you

think you are interested in this form of treatment, discuss it with your doctor. To get more information about kidney disease and it's treatment, log onto our web site at: www.kidneyoptions.com or call : 866-kidney1 (866-543-6391).

Dietitian's Corner

Maintaining a healthy lifestyle with kidney disease is very important. There may be times that your doctor wants you to watch certain things in your diet such as sodium. Learning to read food labels can be very helpful, but can also be confusing. A Renal Dietitian can teach you, step by step, how to understand the nutritional facts provided on food labels as well as counsel you on your renal diet. Ask your doctor for a referral to see a renal dietitian. It's never too late to start good eating habits.



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