

Need to plan for
dialysis or transplant?



Choices

A free class
to answer your questions
about treatment for
kidney disease

Facing kidney failure
can be overwhelming.



Get your questions
answered.

At Northwest Kidney
Centers **Choices** class,
you'll get the information
you need about **kidney
disease, dialysis and
transplant** so you can
make the best choice for
your lifestyle.

What's covered at a
Choices class—

Kidney basics

- What kidneys do
- How and why they fail
- How this affects your body

Dialysis

- How dialysis works and how it can save your life
- Hemodialysis and peritoneal dialysis (PD)
- Dialysis at home
- Dialysis and your lifestyle
- How to prepare for dialysis

Kidney transplant

- Transplant evaluation process
- Living donors and the transplant waiting list
- Living with a transplant

Common concerns

- Insurance
- Working and dialysis
- Coping with kidney disease
- How to live long and live well with kidney disease

Choices

- Free 2-hour class
- Offered at four Northwest Kidney Centers locations
- Taught by experienced kidney educators
- For patients, family and friends
- Individual sessions available for special situations
- **To sign up, call (206)292-2771 ext. 1082**
- To see class schedule, go to www.nwkidney.org

**Get the facts
about dialysis
and transplant.**



**You'll feel better
about things, and
you'll be ready to
move forward with
your life.**

To sign up for
Choices class,
call (206) 292-2771
ext. 2057

living
well
with CKD™