

Dialysis is no cakewalk



Megin Garrett organized a cakewalk to promote kidney health. Her husband, Daniel, was a patient at Northwest Kidney Centers.

Daniel Garrett was a patient at Northwest Kidney Centers for two years before he received a transplanted kidney donated by a stranger. His wife, Megin, hasn't forgotten what dialysis was like.

"We were at our worst when we started dialysis, and Northwest Kidney Centers got us through it. Everyone we encountered at Northwest Kidney Centers was amazing to us. I am so grateful for the kindness and patience we were shown."

So Megin decided to cook up a creative idea to support Northwest Kidney Centers' mission as part of her company's annual employee giving campaign and help her co-workers at engineering firm Hatch Mott MacDonald keep their kidneys healthy in the process.

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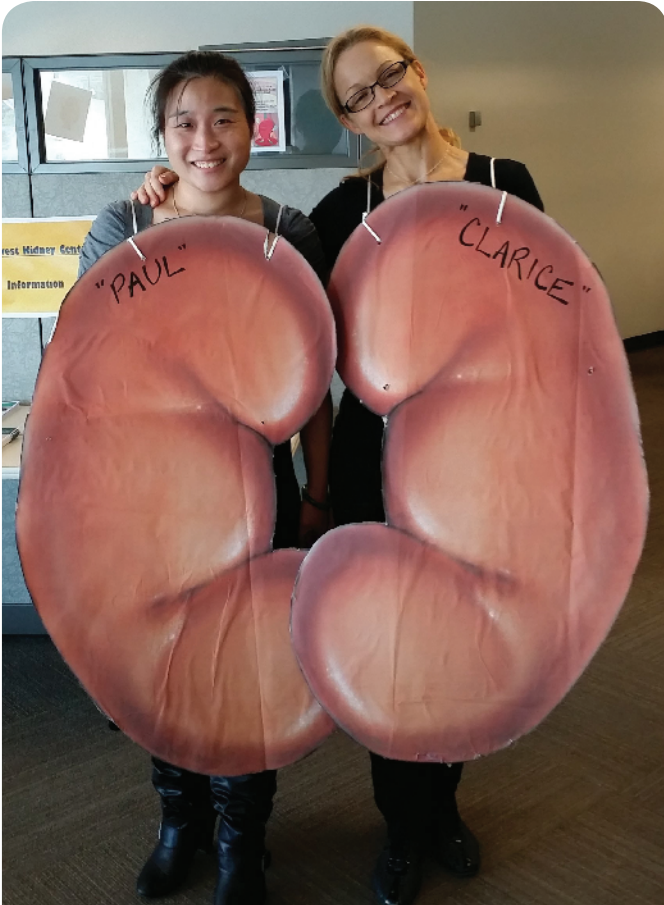
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Gifts help
sustain lives.

Donate to support our mission.

www.nwkidney.org



Megin Garrett's coworkers dressed up to promote kidney health.

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"I wanted to drive home the fact that dialysis is not a cakewalk," explains Megin. So, she staged a cakewalk. Participants bought tickets to walk around a circle with numbered spots while music played. When the music stopped, a number was drawn from a hat, and the individual standing on the matching number won a cake.

The event raised \$847 for Northwest Kidney Centers. More than that, it raised awareness about dialysis and the kidneys' importance. Now that's the icing on the cake!

Like Megin, you can designate Northwest Kidney Centers to benefit from your workplace giving program—through a fundraising event or payroll contributions. Contact:



Dan O'Connor,
annual giving coordinator
206-720-8514
dan.oconnor@nwkidney.org

Oh,
what a
night!



Thanks to 380 attendees and sponsors, Northwest Kidney Centers Discovery Gala Nov. 1, 2014 raised a record-breaking \$691,000 for kidney research. Save the date: this year's Discovery Gala will take place Nov. 14.



Bruce Elkington

New leadership in information services

After six months as interim chief information officer, Bruce Elkington is now the permanent vice president of information services at Northwest Kidney Centers. Bruce is an experienced technology executive and former consultant. He has served as CIO of Franciscan Health System and Overlake Hospital.

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Dr. Suhail Ahmad

Chief medical officer Dr. Suhail Ahmad retires

After nearly four decades of service to kidney patients, staff members and nephrologists in our community, Dr. Suhail Ahmad has retired from his roles as chief medical officer of Northwest Kidney Centers and medical director of our Scribner clinic at Northgate.

In the 1970s, Dr. Ahmad arrived from England to work under the mentorship of University of Washington dialysis pioneer Dr. Belding Scribner. Dr. Ahmad served as medical director of the Scribner dialysis center for 35 years and has taught dozens of UW nephrology fellows. In 2011, he took on the role of Northwest Kidney Centers chief medical officer and guided us clinically through many transitions.



Parul and Gary Houlahan are among 60 generous individuals who have let us know Northwest Kidney Centers is included in their estate plans.

An easy way to leave a legacy

Making a will is an important way to extend your love, generosity and gratitude to family, friends and the charitable causes you care about. A gift in your will, called a bequest, may be the best way to make a meaningful gift to the special people in your life and to your favorite charity.

We hope Northwest Kidney Centers comes to mind when you think of organizations that have made a difference for you or a loved one. If so, please consider joining the generous friends of Northwest Kidney Centers who have notified us they will leave a legacy gift to help ensure that our mission will continue.

Another legacy gift option is to name Northwest Kidney Centers as the beneficiary of a retirement plan, life insurance policy or insurance annuity. These assets are not controlled by the terms of your will, and require only an updated beneficiary form (available from the plan or policy holder) that names us as beneficiary.



If you have questions, please contact:
Larry Richards, gift planning officer
206-720-8550
legacy@nwkidney.org

We are happy to help, without obligation and in confidence.

Providing dialysis to hospitalized patients

In addition to outpatient treatments in our 15 centers in King and Clallam counties, Northwest Kidney Centers has provided inpatient dialysis in area hospitals since 1981.

Northwest Kidney Centers hospital services team

62 hospital services staff members

12,000 dialysis treatments/year

9 King County hospitals:

- MultiCare Auburn Medical Center
- Evergreen Healthcare
- UW Medicine/Harborview Medical Center
- UW Medicine/Edmonds
- UW Medicine/Northwest Hospital Medical Center
- Overlake Hospital Medical Center
- Swedish Medical Center - Cherry Hill
- UW Medicine/Valley Medical Center
- Virginia Mason Medical Center



Registered nurses Anna Marie Dugger, Dominik Arnold, Duane Schaff and Melina Randall are part of a 62-member hospital services team.

Recognized for excellence

Our hospital services team was the first in the country to be certified by The Joint Commission as a health staffing agency administering dialysis.

Sometimes the team provides treatment for in-center dialysis patients who have developed an additional medical problem that needs temporary hospital care.

In other cases, kidney failure comes as a surprise to a patient, since chronic kidney disease may not have obvious symptoms as it creates damage leading to permanent shutdown. When that happens, the inpatient dialysis team takes on an additional role to educate the patient and family about the choices to be made for future ongoing dialysis.

To learn more about Northwest Kidney Centers hospital services, contact 1-855-292-3045.



Renton dialysis tech Michele DeFlora-Ross with patient Abdulkadir Mohamud. He now does home hemodialysis.

Protect your kidneys, save your heart

Even if you don't have kidney disease, you need to take care of your kidneys and your heart.



Stop smoking



Eat a heart-healthy diet



Get 30 minutes of brisk exercise 5 times a week



Be a good weight for your height

120
80 ♥

Aim for blood pressure of 120/80 or below

The kidney-heart connection

Chronic kidney disease and heart disease are strongly linked. People with kidney disease are at increased risk of cardiovascular disease and premature death. That's because when the kidneys don't function properly, waste products can build up and the body's hormones are disturbed, impacting how the heart and blood vessels work. The two leading causes of kidney disease – diabetes and high blood pressure – are big risk factors for heart disease as well.

Heart disease is the primary cause of death among people with kidney disease. Be aware and take care of yourself and your family.



Find and treat chronic kidney disease early to save your kidneys and your heart

You are at risk and you should ask your doctor to test you for kidney disease if you:

- Have diabetes or high blood pressure
- Are related to someone with kidney disease
- Are African American, Native American, Hispanic, Asian or Pacific Islander
- Are obese
- Are age 60 or older



Molly Ramage took the Choices class to figure out what type of dialysis would work best for her. “Each of the modalities is going to be perfect for someone. It depends on the person, the situation. I strongly recommend going to the class to get an idea of what would be involved with each of the modalities.” Molly now does home hemodialysis.

We work to help patients plan for dialysis and start with a permanent access

Treating permanent kidney failure brings up many questions, and good preparation before dialysis can mean a longer, healthier life.

That’s why we offer our Choices class for people at Stages 3, 4 and 5 of kidney disease (5 is permanent kidney failure). The class helps people facing dialysis understand the need to prepare. They must get a small surgery to create an access point that can be used repeatedly for dialysis. The access needs to heal before it can stand up to regular use.

Those who aren’t aware of the importance of preparing, or who don’t know their kidneys are in trouble, might need to start dialysis on an emergency basis in a hospital. If that happens, the blood access usually is a catheter in their chest that leads into the heart. That catheter creates a big risk for infection, and we want people to avoid getting one if at all possible.

Our free education program aims to reach people before they are in a crisis; community donations make that outreach possible. **Last year, 40 percent of all new Northwest Kidney Centers patients had completed our Choices class**, which means they had the knowledge to plan and prepare for dialysis.



Cecilia Lopez helps her father, David, with his PD treatments.

Urgent start means no waiting for PD

David Lopez started dialysis in the hospital, but not for lack of preparation. He took the Choices class at Northwest Kidney Centers, and decided on home dialysis. He expected to prepare and begin in a year.

But David's kidneys declined more rapidly than anticipated, and he needed dialysis before he could get surgery to implant a permanent dialysis access.

Fortunately, David's nephrologist, Dr. Raj Mehrotra, suggested an alternative from a chest catheter: the PD urgent start. Most often PD is a self treatment performed at home by a well-trained patient who has an established PD access. David's "urgent start" status meant he received peritoneal dialysis at Harborview Medical Center from our hospital services team, using special procedures to safeguard his new PD access. When he got out of the hospital he came to a dialysis clinic to receive PD. And finally, after training, he was able to give himself dialysis in the comfort of his home.

"I'd recommend PD," said David. "It does a lot to help. I feel better and less swollen than I was before dialysis. I walk a lot, and I'm taking English classes at the local community college."

Treatments near home for the most frail patients

Northwest Kidney Centers provides the nation's only nonhospital intensive dialysis for people who are very ill and require higher-level nursing and a bed for treatment.

People with complex medical, psychiatric and cognitive problems receive special care in a compassionate environment where we focus on meeting their spiritual, emotional, social and physical needs.

Now we are adding locations so that patients can receive special care closer to home. In addition to downtown Seattle, Kent and Auburn, special care will be available at Lake City, Kirkland and Renton later this year.

Although special care requires a higher staff-to-patient ratio and a higher level of nursing care (and is thus more expensive to provide), Medicare reimburses us at the same rate as for regular dialysis. Your gifts will help make up the difference and provide staff training, chaplain services and chair-beds.

Please designate your gift to "Special Care" to help fund this important and unique service.

www.nwkidney.org



Mark your calendar

Ceremony of Remembrance

Annual memorial service

April 25, 2015

10 a.m., SeaTac Pavilion

17900 International Blvd. S.

Breakfast of Hope

Supporting transplant services

May 14, 2015

7:30 a.m., Westin Seattle

1900 Fifth Ave.

Discovery Gala

To benefit kidney research

Nov. 14, 2015

5:30 p.m., Hyatt Regency Bellevue

900 Bellevue Way NE



www.nwkidney.org

pr@nwkidney.org

206-292-2771



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Pharmacy: 206-343-4870 or 1-800-947-8902

Northwest Kidney Centers promotes the optimal health, quality of life and independence of people with kidney disease through patient care, education and research.



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Kidney Centers

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Our website has a new look!

Are you or a family member new to kidney disease and want to know how to live well on dialysis?

Find that information and more at www.nwkidney.org. We recently launched a new site.

It's colorful, useful and it works on your cell phone or a tablet as well as a desktop computer.

Be inspired by stories of patients and friends of Northwest Kidney Centers. Apply for a job, learn how to volunteer, or make a gift online to support our mission.

