

Winter is coming Be ready for an emergency



Nelle Short gets dialysis at our Kirkland clinic. Nelle loves quilting and reading in her spare time.

If rain or snow makes it difficult for you to get to dialysis, or if there's a natural disaster, you need to have a plan to avoid serious problems. Here are tips to help you prepare for an emergency.

Create a backup transportation plan for getting to dialysis if your normal travel plans fall through.

Have emergency diet food at home in case you can't get to dialysis. Ask your dietitian for a list of items to stock, or see our website, www.nwkidney.org.

Always have a week's supply of medications.

Keep a list of contact information for your dialysis center, doctor, dietitian, friends and relatives. Be sure your clinic has three different ways to reach you.

Make an emergency supply kit. See column at right.

Emergency supply kit

Stock these items for your home.

- ✓ Emergency diet food supply for three to five days
- ✓ Paper or plastic plates, cups, bowls, eating utensils
- ✓ Non-electric can opener
- ✓ Aluminum foil
- ✓ Battery-operated radio
- ✓ Flashlight
- ✓ Extra batteries
- ✓ Candles and matches in waterproof container
- ✓ First aid kit
- ✓ Sharp knife and scissors
- ✓ Paper towels
- ✓ Baby or sanitary wipes
- ✓ Garbage bags
- ✓ Gallon jugs of distilled water (one gallon per person)
- ✓ Bleach and eyedropper to purify water (16 drops per gallon of water)

For a healthy heart, remove that catheter

Dialyzing with a hemodialysis catheter means a plastic tube is placed into your chest, through the neck vein directly to your heart, and the catheter is connected to the dialysis machine at each treatment.

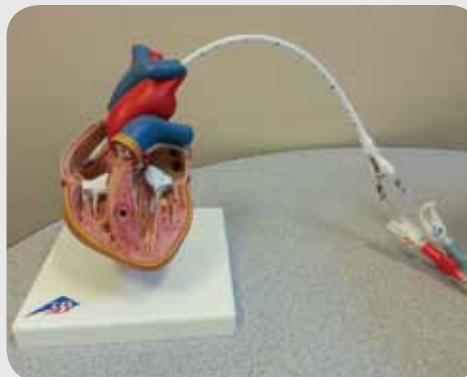
A catheter does not make a good permanent access for hemodialysis. It should be used only until a fistula or graft is available. Catheters are dangerous because of their high risk of complications:

- Risk of death is two to three times higher than with a fistula, graft or peritoneal dialysis access
- Risk of infection is five to 10 times higher
- You're at higher risk of illness and time in the hospital
- With a catheter, waste cannot be removed as well, so you may feel sicker, which could mean more time on dialysis and more prescriptions

We are committed to help you have a long and healthy life. So we will do whatever we can to help you replace your temporary catheter with a better access.



West Seattle patient Helen Nelson dialyzes safely with a fistula.



Your dialysis clinic has a model of the human heart on display. Ask any of your caregivers to show it to you and to explain the dangers of dialyzing with a catheter.

If your nephrologist or vascular surgeon told you that you are not able to have a fistula or graft, talk to your nephrologist and nurse about ways to reduce your risk of complications.

Get connected at a patient meeting

Northwest Kidney Centers will host Dialysis Patient Citizens' regional meeting in Seattle Saturday, Nov. 8. DPC is a nationwide, nonprofit, patient-led organization with membership open only to dialysis and pre-dialysis patients and their families. Join in an afternoon of education on topics such as mental health, advocacy for patient-friendly legislation, and treatment options. The event is free and you don't have to be a member to attend.

To RSVP, visit

[www.dialysispatients.org/
regional-meetings](http://www.dialysispatients.org/regional-meetings)

Saturday, Nov. 8, 2-6 p.m.
700 Broadway, Seattle

Too much phosphorus can be a serious issue

Phosphorus and calcium are minerals in food that your body needs for strong bones and working nerves and muscles. They have a “see-saw” relationship: when one goes up, the other goes down. Kidneys help balance these minerals; when your kidneys fail, phosphorus can build up in the blood, sometimes causing your calcium level to drop.

3 ways to keep your phosphorus in check:

- 1) Dialysis.** Go to all your scheduled dialysis treatments, and stay the full session.
- 2) Diet.** Limit your intake of high-phosphorus foods. Choose rice, soy, or almond milk instead of cow's milk, avoid enriched milk substitutes and check labels for the letters "phos" in ingredients. Ask your dietitian for a phosphorus brochure, which has a list of low- and high-phosphorus foods.
- 3) Binders.** Take these pills when you eat. They stop the phosphorus in your food from going into your blood.

Too much phosphorus can lead to:

- Weak bones
- Damaged arteries and blood vessels, causing heart disease
- Itching and skin wounds

Is your next step home dialysis or a transplant?

Take our free classes to find out

Going home has benefits

Gain independence and flexibility with home dialysis. Learn more at a Next Step Home Hemodialysis or Next Step PD class.

A new kidney

Learn about getting a new kidney at a Next Step Transplant class.

Visit www.nwkidney.org to see a list of all our upcoming free classes.



Patient Ken Hamada and his wife, Joan, enjoy the convenience of home hemodialysis.



Get your flu vaccination

As a dialysis patient, you are at higher risk for complications from the flu. Protect yourself this flu season and ask for the flu vaccine at your dialysis clinic.



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Join us on Facebook and Twitter.
Hear the latest news as it happens!

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

700 Broadway • Seattle WA 98122

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Did you know? Our pharmacy will deliver prescriptions to your clinic, where you can pick them up at your next dialysis visit.

Northwest Kidney Centers pharmacy is here for you.

Expert consultation, easy ordering, free delivery

Phone: 206-343-4870

Toll-free: 800-947-8902

pharmacy@nwkidney.org

Talk to us!

You can help us give you the best care possible by letting us know what is, and isn't, working well for you. It's your right to share comments, complaints or grievances without fear of reprisal.



Debra Marcella is the nurse manager at Enumclaw.

Talk to the staff in your clinic. Your nurse manager and social worker are interested in knowing what's on your mind.

Use the comment program. Share your suggestions, questions or compliments using comment program forms in your clinic. Or contact Bill Bowden, social services manager, at 206-720-3772 or bill.bowden@nwkidney.org.

If you have a complaint or grievance to file, talk to your nurse manager or social worker. Do so orally or in writing, with or without your name. (If we don't have your name and contact information, we may not be able to fully understand or respond to your problem.)

If you are not satisfied with the resolution, contact the clinical director or vice president. If you're still not satisfied, contact the chief medical officer or president/CEO. Your social worker or social services manager Bill Bowden can help you figure out the best person to talk to.