

If weather outside is frightful . . .

Have a plan in case of emergency

If bad weather or a disaster hits, will you be ready? Winter weather can be a serious problem if it gets in the way of your dialysis treatments. Here are a few simple steps you can take to prepare for the season ahead.

Ask your dietitian about the emergency diet plan in case you can't get to dialysis. Shop for the right foods to survive.

Stock up on medications. Always keep a week's supply on hand.

Keep a current list of contact information. List your dialysis center, doctor, dietitian, friends and relatives. Make sure your unit has three different ways to reach you.

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

Create an emergency supply kit. See column at right.



Etta Barwee gets dialysis at our Seattle center, at 15th and Cherry.

Emergency supply kit for 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)

Is your next step home dialysis or a kidney transplant? Find out at a free class

Home dialysis offers many conveniences

On home dialysis, you won't worry about bad weather making it hard to get to your appointment on time. You're in charge of your treatments and you don't have to work around a clinic's schedule. You gain independence and flexibility, and you can eat a more normal diet.

Our staff is there every step of the way to train you and help get you comfortable doing your own treatments.

Could home dialysis be right for you?

Attend a free Next Step class and find out.

Northwest Kidney Centers Seattle

548 15th Ave., 4th Floor

Second Wednesday every month:

Nov. 13, Dec. 11, Jan. 8

Fourth Thursday of even months:

no class Dec. 26 (holiday)

Northwest Kidney Centers Renton

602 Oakesdale Ave. SW

Fourth Wednesday of even months: **Dec. 18***

Fourth Thursday of odd months: **Nov. 20*, Jan. 23**

9 a.m., home hemodialysis classes

10 a.m., peritoneal dialysis classes

To find out more or to register, contact:

Home hemodialysis: 206-292-2558 or 1-877-216-2558

Peritoneal dialysis: 206-292-2285 or 1-877-292-2285

* Classes moved up a week due to holidays



"We found the classes very good and informative. As much as we may think we already know, we always learn a bit more at these classes," – Ben and Renate Reali. Ben dialyzes at Totem Lake.

Learn more about kidney transplant

Our Next Step Transplant class will tell you all about the evaluation to qualify, living donor and deceased donor transplants, the transplant waitlist, and how to live well with a transplant.

Thursday, Dec. 5, 10-11:30 a.m.

SeaTac Pavilion

17900 International Blvd. S., SeaTac

Classes are held monthly, alternating between Northwest Kidney Centers Haviland Pavilion and SeaTac Pavilion.

To sign up or for more information, call 206-292-2771, ext. 1082.

Visit www.nwkidney.org
to see all our classes.



Lake Washington patient Guadalupe Santiago Hernandez with her sons Fernando Torres and Jesus Torres.

Kidney disease runs in families

Your loved ones may be at risk for kidney disease. Ask them to get tested to stop the damage before it is severe. Screening takes just three simple tests:

- ✓ blood pressure check
- ✓ test for protein in urine
- ✓ blood test for creatinine, a waste product normally removed by healthy kidneys

Don't fall!

5 ways to avoid a bad spill when you come for dialysis

1. Wear shoes with good support and non-skid soles. Keep them on, even when you are getting weighed.
2. Bring your glasses.
3. Use your cane, walker or wheelchair.
4. Don't eat during dialysis. It may lower your blood pressure.
5. Avoid using the bathroom during treatment. If you can't wait, go by wheelchair.



Dialysis-friendly eating



Top 10 trades to slash the sodium

by Katy Wilkens, MS, RD
Nutrition Manager

Too much salt causes high blood pressure, which can damage your kidneys, heart and blood vessels. Cutting down salt can help you live a longer, healthier life. Here are my Top 10 salt substitutes that are easy to incorporate into your everyday cooking.

Top 10 trades

1. Mushroom broth* instead of salted chicken or beef stock
2. Corn tortillas or rice wrappers instead of wheat tortillas or bread
3. Salt-free herb blends* instead of seasoning salt
4. Diluted soy sauce with pineapple juice instead of straight soy sauce
5. Dried beans instead of canned beans
6. Homemade popcorn instead of packaged, salted microwave popcorn
7. No-salt-added canned tomatoes instead of marinara or regular tomato sauce
8. Oatmeal from scratch instead of instant oatmeal
9. Oil and vinegar or lemon juice instead of salty salad dressing
10. Unsalted potato or corn chips instead of salted ones

*Recipe on our website
at www.nwkidney.org.

Emergency Contacts

My dialysis center is

Is my dialysis center open or closed?
206-292-3001 (recorded info)
www.nwkidney.org

My center is closed.
Where can I dialyze instead?
1-800-606-9174 (free call)

Medical emergency – 911



www.nwkidney.org
pr@nwkidney.org
206-292-2771



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



NORTHWEST

Kidney Centers

700 Broadway • Seattle WA 98122

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Keep your Northwest Kidney Centers magnet handy for important numbers to call in case of an emergency. If you don't have a magnet, contact your nurse educator.

For more emergency tips,
open this issue.

Important changes to Medicare Part D drug coverage



Scribner dialysis patient David Junker with his wife, Patricia.

Open enrollment runs until Dec. 7, 2013

It's open enrollment season for Medicare Part D, which subsidizes the cost of prescription drugs for many Northwest Kidney Centers patients who receive Medicare.

There are some important changes for 2014. There are 26 different plans offered, and some current plans will be discontinued. Your financial case manager can help you navigate drug coverage plans.

Contact your financial case manager for information, or to report changes to your Medicare Part D drug plan and/or medical insurance.

Call 206-292-2771, press 0 and ask for your financial case manager.