

To feel better and prevent problems, control your fluid weight gain

Liquids are one of the most important parts of your diet. How much liquid is good for you depends on your urine output, dry weight and length of dialysis treatments. If you are unsure what your fluid allowance should be, ask your dietitian or nurse.

It is normal to gain weight from extra fluid building up in your body between dialysis treatments. For most people, a good weight gain is 2 to 3 kilograms, depending on body size. The less salty food you eat, the lower your fluid weight gains.

Eating salt and drinking too much liquid can lead to problems. Excess fluid built up between dialysis treatments can cause swelling, increase your blood pressure and stress your heart. Fluid in your lungs may make it hard to breathe.

When your care team pulls off a large fluid gain all at once at your next treatment, your blood pressure may drop and you may get muscle cramps, headaches and nausea. Sometimes you may even need an extra dialysis session to remove excess fluid.

To stay comfortable and healthy, be sure to watch your fluid intake between treatments. See the column at right for tips.



Richard Crabb, a patient at Northwest Kidney Centers Totem Lake, and his wife, EllaMae, enjoy ice water with their lunch. Drinking cold beverages will help slow your intake of liquids.

Watch that water: tips for handling thirst

The key to managing your fluid weight gains is to control your thirst. Here's how:

- Avoid salty foods, which make you thirsty. Salt hides in anything processed or packaged.
- Drink cold liquids instead of hot ones.
- Sip beverages slowly to savor the liquid longer.
- Use small cups or glasses.
- Snack on ice-cold low-potassium vegetables and fruits, like chilled berries or grapes.
- Try swallowing pills with applesauce instead of liquids.
- Freeze your allowed water intake into an ice cube tray. Or freeze Kool-Aid, grape, apple or cranberry juice in an ice cube tray.
- Use frozen treats like Popsicles and ice cream to cut the amount you drink.



Robert Johnson took a Next Step Home Hemo class last year before he decided to get training for home hemodialysis.

Interested in home dialysis? We've got a class for you

Home dialysis is a great way to gain more independence and flexibility. You're in charge of your treatments, and you don't have to fit them around a clinic's schedule.

We'll help you every step of the way to get set up and comfortable:

- Thorough, one-on-one training
- Nurses available by phone 24/7
- Clinic visits and monitoring
- Supplies delivered to your home

We offer free Next Step PD and Next Step Home Hemo classes every month to help you learn more about home dialysis.

9 a.m., home hemodialysis classes

10 a.m., peritoneal dialysis classes

Northwest Kidney Centers Seattle

548 15th Ave., 4th Floor

Second Wednesday every month: May 8, June 12, July 10

Fourth Thursday of even months: June 27

Northwest Kidney Centers Renton

602 Oakesdale Ave. SW

Fourth Wednesday of even months: June 26

Fourth Thursday of odd months: May 23, July 25

To find out more or to register for a class, contact:

Home hemodialysis

206-292-2558 or 1-877-216-2558

Peritoneal dialysis

206-292-2285 or 1-877-292-2285

Write to win: Renal Support Network essay contest

Enter the 2013 Renal Support Network essay contest and you could win \$500 and have your essay featured in the organization's newsletter and website. Anyone diagnosed with chronic kidney disease can enter. Write a maximum of 750 words, and get your entry postmarked by **Aug. 1**.

The theme is: *Provide an example of how you became an active participant in your own care.*

Details are at www.rsnhope.org/essay-contest



Get your prescriptions filled at our specialty pharmacy



Pharmacy manager Tom Montemayor is ready to answer your questions and fill all your prescriptions.

Our full-service pharmacy has served the needs of kidney transplant recipients and dialysis patients since 1989. Specializing in medications for kidney patients from predialysis through transplant, the Northwest Kidney Centers pharmacy can provide all your other prescriptions too, helping to reduce the potential for unintended drug interactions.

Stop by the expanded pharmacy at 700 Broadway, Seattle to talk to one of our friendly pharmacists, or have your prescription mailed to you for free.

206-343-4870

pharmacy@nwkidney.org

Attitude makes all the difference

by Sharon Pahlka



Each and every day we have a choice regarding what attitude we will embrace. With all that we can't change, having this powerful choice can provide comfort. Studies have shown that a positive attitude is important in maintaining happiness and good health, especially when you have been diagnosed with kidney disease.

Listen to your positive inner voice, not your negative inner voice. What we say to ourselves has the greatest impact on our behavior. Say positive things to yourself and you will love seeing your attitude change. A positive outlook will help boost your health and satisfaction with life!

A former Northwest Kidney Centers patient, Sharon Pahlka is a life coach who helps people with chronic health challenges live well and meaningfully. She spent 20 years on dialysis, and for the last 20 years has had a kidney transplant. Her website is www.lifeisagift.com.



Betty and Dionisio Garcia both dialyze at Northwest Kidney Centers Lake Washington.



A class for you: cooking up bacon

Saturday, May 11

11 a.m. – 1 p.m.

Northwest Kidney Centers
700 Broadway, Seattle

Join our dietitians as they
explore how to enjoy bacon the
healthy way.



katie.huff@nwkidney.org
or 206-720-3990



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.



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Want to learn more about kidney transplant?

Do you dream of a kidney transplant? Find out if it's really for you, and how to take steps to make it happen, in Northwest Kidney Centers' new, free class for dialysis patients.



Angela Pappas was able to receive a kidney transplant by keeping healthy.

Join us at the first Next Step Transplant class
to learn more about:

- Transplant evaluation process
- Living donor and deceased donor transplants
- How to find a living donor
- What to expect after a transplant

Friday, June 28 1:30-3:30 p.m.

Haviland Pavilion, 700 Broadway, Seattle

Next Step Transplant classes will be held monthly, alternating between Northwest Kidney Centers Haviland Pavilion and SeaTac Pavilion.

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

If you are interested in home dialysis, see page 2 for information on our free, monthly Next Step Home Hemo and Next Step PD classes.

Visit www.nwkidney.org to see all the classes we offer.