

A full team to support you at Northwest Kidney Centers

By Joyce Jackson, president and CEO



At Northwest Kidney Centers, our team of 590 staff members is committed to providing you safe, high quality care every day. Our work is not just dialysis treatments – we are dedicated to helping you achieve the best quality of life.

You know our receptionists, nurses, technicians, social workers and dietitians well because you see them often in person, or talk on the phone. There are another 100 Northwest Kidney Centers employees who work hard each day behind the scenes to support you too. See sidebar.

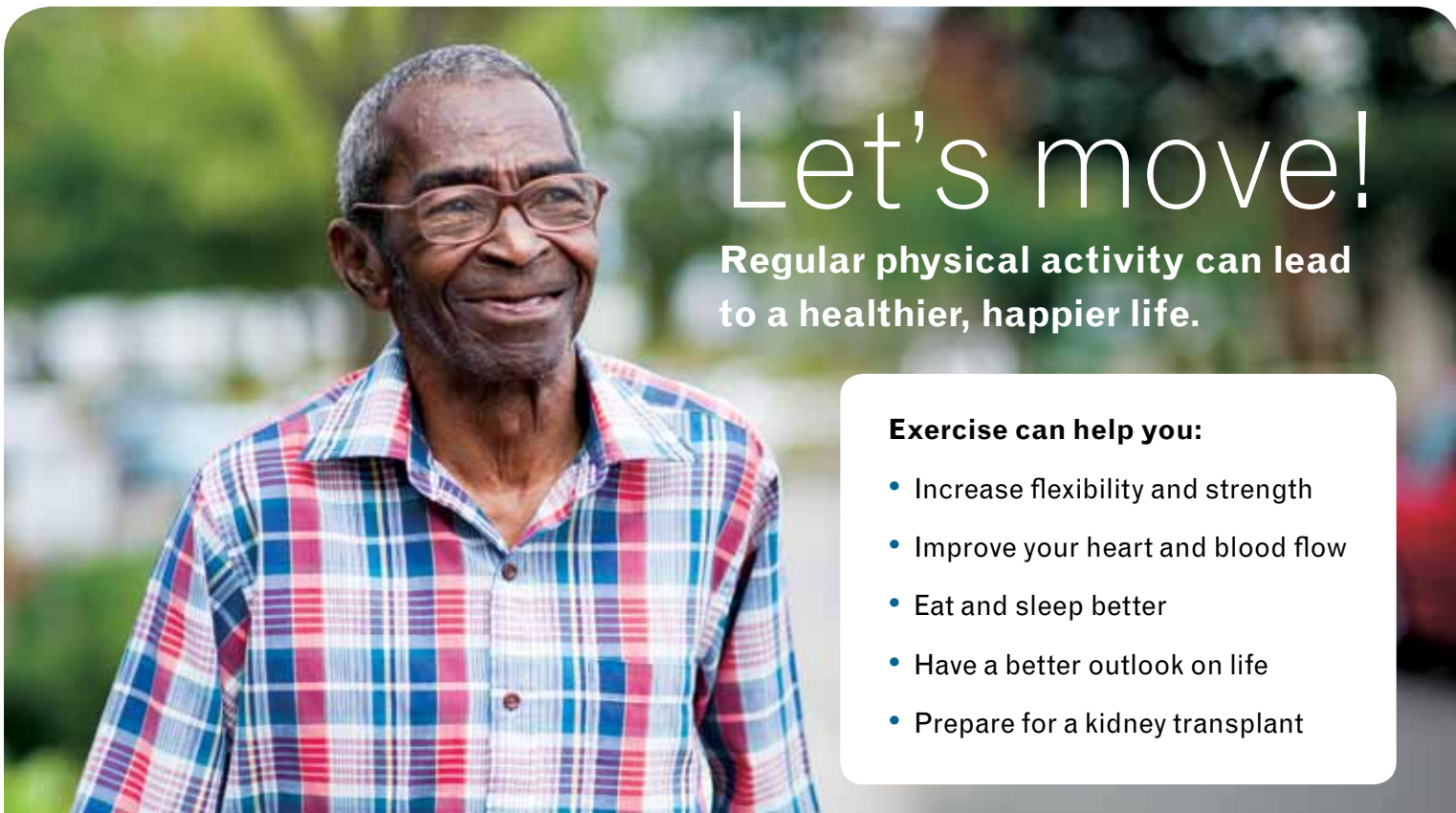
Longtime patient Bill Peckham said, “Dialysis makes it so I can live the life I was meant to live.” We are honored that you have chosen us for dialysis care, and we are here so you can live the life you were meant to live. Count on us to be with you on your life journey.



Young Jeong is a registered nurse on our hospital services team. They provide dialysis in area hospitals.

Northwest Kidney Centers staff members work each day to:

- ✓ Keep water systems and dialysis machines functioning well
- ✓ Help with insurance issues and submit bills to insurance companies so we are paid for services, which then allows us to compensate our staff and pay our bills
- ✓ Raise donations for important patient support services such as special care and our free community classes
- ✓ Teach classes for people newly diagnosed with kidney disease, and for those already on dialysis
- ✓ Communicate messages to the public about the risks and treatments for kidney disease
- ✓ Keep computers working and your personal health information secure
- ✓ Hire and educate new staff members so we are well prepared to monitor you during treatment and keep you safe from infection
- ✓ Keep our facilities secure, well maintained and fully functional
- ✓ Provide expert full-service medication dispensing and counseling at our pharmacy



Let's move!

Regular physical activity can lead to a healthier, happier life.

Exercise can help you:

- Increase flexibility and strength
- Improve your heart and blood flow
- Eat and sleep better
- Have a better outlook on life
- Prepare for a kidney transplant

Darrell Lynch walks outside. He dialyzes at Northwest Kidney Centers Auburn.

Get started this winter:

- **Exercise videos** are available from video rental stores, the library or online services like Netflix.
- **Exercise bands** help with gentle stretching to improve flexibility and strength.
- **Exercise balls** improve balance, stretching and strengthening.
- **Community fitness** centers often have special programs for people with medical issues.
- **Mall walking.** Many malls open early for walkers. Meet a friend and take a stroll!

Make a plan to get out and be active. Do things you enjoy to maintain your health, feel better and be more independent.

Questions about your health insurance coverage?

Your financial case manager can help

Our financial case managers can help you with the questions you have about your insurance coverage and why it is important to stay employed while on dialysis.

Aletha White: 206-720-3770

Anthony Moore: 206-720-3768

Mary Grennan: 206-720-3767

Sonia Edmonson: 206-720-3766

If you're unsure who your financial case manager is, call 206-292-2771 and ask for the patient financial case manager on call.



Know your meds!

Studies show that more than 50 percent of prescription medications are taken incorrectly or not at all.

This can lead to:

- Treatment failures
- Costly hospitalizations
- Poor health outcomes

Find out as much as you can about your prescribed medication from your doctor and pharmacist.

- Name and strength of the medication
- Condition it is treating
- Does it contain anything I am allergic to, or anything that has caused me problems in the past?

Know how to take the medication properly.

- How many times per day do I need to take it?
- How many tablets/capsules should I take each time?
- Should I take it routinely, or only as needed?
- Does it need to be taken with food or on an empty stomach?
- Does it interact with any other meds I am taking?
- Are there special precautions for the medication, like avoiding alcohol while taking it?

Once you know why you are taking the medication, and how to take it, know what to expect.

- What side effects might I expect?
- How will I know whether the medication is working or not?
- What follow-up with my doctor is necessary?

Our pharmacy is here for you

Free mail delivery, friendly service, expert consultation

- 206-343-4870
- pharmacy@nwkidney.org
- 700 Broadway, Seattle

What is your next step?

Take a free class to see if it's home dialysis or a kidney transplant

There's no place like home

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

Could a new kidney be right for you?

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.



Manager Laura Brock teaches the Next Step Transplant class.

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



Ceremony of Remembrance

A special memorial event

Saturday, April 5

10-11 a.m.

Northwest Kidney Centers

SeaTac Pavilion

17900 International Blvd. S,

SeaTac



dianna.cox@nwkidney.org
or 206-720-3952



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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Take care of your access

A healthy fistula or graft will make you feel better and live longer

Having permanent access, such as a fistula or graft, means you'll live longer, feel better and stay out of the hospital. There is a vascular access coordinator at your Northwest Kidney Centers clinic who is in charge of managing the care of patients' fistulas, grafts and hemodialysis catheters.



Ann Block dialyzes with a fistula at Northwest Kidney Centers Broadway.

Tips to keep your access healthy:

- ✓ Keep your access clean. If you notice tenderness, swelling or redness, you may have an infection. Notify your vascular access coordinator immediately.
- ✓ Wear loose clothing and avoid sleeping on your access arm to maintain blood flow and prevent clotting.
- ✓ Always wash your access arm well before each dialysis treatment.
- ✓ If you need to have your blood pressure taken or blood drawn, use your non-access arm.
- ✓ If you are dialyzing with a catheter, consider getting rid of it. Catheters are dangerous and you face a higher risk of death, infection and hospitalization. Talk to your nephrologist, surgeon and health care team to get a fistula or graft.