

You have a hand in infection control

Did you know that infection is the second-leading cause of death in dialysis patients, and that dialysis patients are less able to fight infection? Northwest Kidney Centers is committed to preventing infection.

Simple hand washing is one of the best ways to protect yourself and stay healthy. You may have noticed signs about hand hygiene in your clinic.

Make sure you wash your hands and your dialysis access correctly. See sidebar at right for tips.

It is also important that dialysis staff caring for you are washing their hands.

Please ask the staff if they washed or gelled their hands.

Speak up if you see staff have not cleaned their hands before providing care.

Clean hands save lives and preventing infection is everyone's responsibility!



Keep germs away

- ✓ Use hand sanitizer when you enter and leave the dialysis clinic.
- ✓ Wash your hands and access arm before you go on dialysis.
 - Use liquid soap in the original container. Germs can live on bar soap.
 - Scrub for 30 seconds.
 - Scrub fingers, around nails and between fingers.
 - Dry well with paper towels. Germs like dampness.
- ✓ Keep vaccines up to date to help your body build up protection from infection.
- ✓ Frequently wash blankets, pillows and other items you use often. Use bleach if there are blood stains.
- ✓ Notify your clinic and doctor if you notice redness, swelling or pus oozing from your access site area.



Stay cool when it's hot: expertly manage your fluid gains

It's been a hot summer, and heat can be a challenge when you're on a dialysis diet and need to watch your fluid gains between treatments. You may feel especially thirsty on a warm day, but you have to be careful about the amount you drink. Too much can push you over your recommended daily fluid allowance and cause health complications.

Kathy Bulzomi dialyzes at our Seattle clinic at 15th and Cherry. Kathy enjoys making jewelry and collages and exercising.

The extra fluid that builds up in your body between dialysis treatments can:

- **Cause swelling**, which will increase your blood pressure and strain your heart.
- **Collect in your lungs**, making it hard to breathe.

**HOW MUCH
LIQUID
IS GOOD FOR YOU
TO DRINK?**

That depends on your urine output, dry weight and how often you dialyze. Ask your dietitian or nurse if you are unsure.

Tips to stay cool

- Avoid salt, which makes you thirsty.
- Use cold treats like frozen pops and ice cream to cut the amount you drink.
- Try freezing berries or grapes for a cold, refreshing snack.
- Sip beverages slowly. Sipping will let you savor the liquid longer.
- Freeze your allowed daily water or juice in an ice cube tray.
- Try swallowing pills with cold applesauce instead of a liquid.

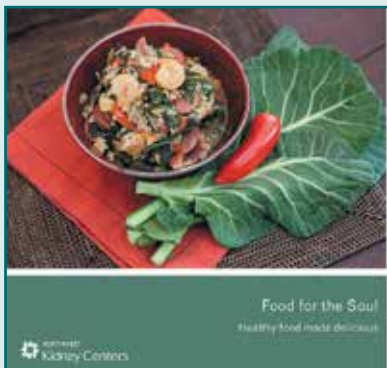
Nourish your soul with good, healthy food

You have to pay close attention to your diet when you're living with kidney disease and undergoing dialysis treatments, but that doesn't mean you can't enjoy good food. Here are a few resources to help you follow a balanced, low-sodium diet.



Visit the recipe collection on Northwest Kidney Centers' website

Our website features delicious kidney-friendly recipes sortable by meal type and different nutrition requirements based on your dialysis treatment and dietary needs. Visit www.nwkidney.org to find inspiration for your next meal.



Get a recipe booklet that celebrates cultures and tradition

Our 32-page Food for the Soul booklet features recipes filled with flavor, so you and your family can enjoy traditions while feeling your best. Ask your dietitian for a printed copy, or download it from www.nwkidney.org/food-for-the-soul

What's next? Explore home dialysis or a transplant

Our free classes will help you figure out your next step



Rochelle Fonoti chose peritoneal dialysis for its flexibility. "I love it. When my job requires me to travel, it's good to know I can do it, and that I have the support from Northwest Kidney Centers."

No place like home

Our Next Step Home Hemodialysis or Next Step PD class will tell you what's involved in doing your own treatments. With home dialysis, you can follow a more normal lifestyle, with a less restricted diet and more independence as you set your own treatment schedule.

A new kidney

Our Next Step Transplant class will answer all your questions about transplant qualifications, living donor and deceased donor transplants, the waitlist, and how to live well with a transplant.

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



Meds with ease

Our pharmacy will send prescriptions to your home or to your clinic, where you can pick them up at your next dialysis visit. Delivery is free.

Expert consultation, easy ordering, free delivery

Phone: 206-343-4870

Toll-free: 800-947-8902

pharmacy@nwkidney.org

Refill your prescription online:

www.nwkidney.org/pharmacy



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.



NORTHWEST

Kidney Centers

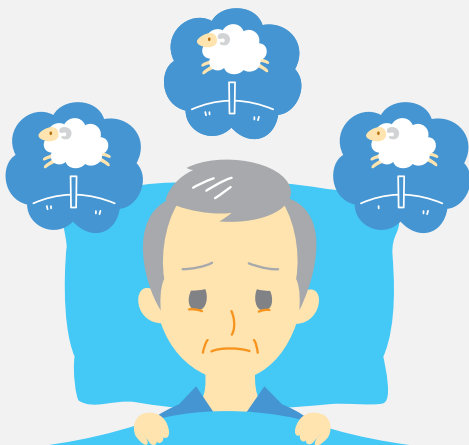
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Counting sheep: finding sleep

Kidney failure can affect your ability to get a good night's sleep. About half of dialysis patients have trouble sleeping.



Sleep is important for health and welfare. Most adults need at least 7 to 8 hours of sleep nightly to maintain good health.

Sleep allows for complete repair of body cells. Lack of sleep can lead to inefficiency at work, irritability and nervousness. It also can contribute to heart and circulation problems and increase risk for a shortened life span.

Proper sleep helps you avoid daytime drowsiness, altered moods, weight gain, poor health and low energy.

If you have trouble sleeping:

- Keep a log of your sleep habits for a few weeks so you can see patterns.
- Choose a wake-up time based on your normal pattern and get up at the same time all week, even on days you don't need to.
- Figure out how much sleep you need at night. Work back from your wake-up time to find your bedtime.
- After a week, start adding 10 to 15 minutes to your sleep time after each successful week.
- During the day, keep active to stay awake, and avoid naps.

It will take time and willpower, but eventually your nights will be filled with less tossing and turning.