

Dialysis Connection

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Missing dialysis can be deadly

Dialysis replaces your kidney function and removes fluid and wastes that build up in your blood. To feel your best, you need to get enough dialysis.

Shortening or skipping treatments has serious risks. When you miss dialysis, fluids, toxins and potassium build up in your bloodstream, making you feel weak. You are more likely to get an infection.

You may get cramps or low blood pressure at your next dialysis session when extra fluid has to be removed. Fluid overload and high potassium levels can lead to trips to the hospital, a need for emergency dialysis, and heart complications.

You may not notice any problems right away, but not getting enough dialysis will eventually affect your health. Don't miss a single dialysis treatment without talking to your nurse or nephrologist first.



Getting enough dialysis is essential to your health. Go to your dialysis clinic to get your full dialysis doses as prescribed, and don't cut treatments short. Imelda Bautista dialyzes at Northwest Kidney Centers West Seattle.

To stay as healthy as possible while on dialysis:

Follow your dialysis schedule. Don't shorten or skip dialysis treatments, especially before your two days off.

Limit your sodium intake to 1,500 milligrams a day. Too much salt can cause high blood pressure, which raises the risk of heart attack, stroke and arterial disease. High blood pressure can also lead to emergency room visits and hospital stays.

Avoid foods high in phosphorus and take your binders. High phosphorus levels harden blood vessels, which can cause heart attack, stroke and arterial disease. Taking your phosphate binders helps keep the phosphorus in your food from being absorbed into the blood.

Get all your prescriptions
at our pharmacy:

206-343-4870

pharmacy@nwkidney.org

Delivery is free.



Coming soon

New Northwest Kidney Centers dialysis clinic will open this spring

Our new, five-station dialysis clinic at 857 Roosevelt Ave. E. in Enumclaw will open this spring following inspection and approval by Medicare. If you are interested in transferring, tell your social worker or unit manager.

Resources to help you live well with chronic kidney disease

American Association of Kidney Patients and **National Kidney Foundation** are both national nonprofit organizations offering education, resources and links online to help you live well before and during dialysis, and to help you prepare for and live with a transplant.

Visit **AAKP** at www.aakp.org. Listen to free, hour-long webinars on kidney health topics. Get information on the Annual Patient Meeting, the largest national convention where kidney patients can interact one-on-one with fellow patients and health care professionals. Join as a member for \$15 to get aakpRENALIFE magazine, At Home with AAKP magazine and AAKP's monthly e-newsletters.

Visit **NKF** online at www.kidney.org. Sign up for its PEERS support program by emailing nkfpeers@kidney.org or calling 855-653-7337. NKF offers brochures and other resources on kidney disease. Join the e-advocacy Take Action Network and lend your voice to legislative and public policy issues surrounding chronic kidney disease.

Kidney disease runs in families

Your family may be at high risk for kidney disease. Ask them to get tested.



Patient relations coordinator Sonja Coffman visits Northwest Kidney Centers' new dialysis museum and gallery.

Visit the new Northwest Kidney Centers museum

A centerpiece of our new kidney resource center at 700 Broadway is a historical museum and gallery. It covers the history of Northwest Kidney Centers and of dialysis therapy, with photos and equipment used over the last 50 years. Visit the museum free during weekday business hours for self-guided tours, or make an appointment for a guided tour by calling 206-292-2771.



Helen Bemer, a patient at Northwest Kidney Centers Renton, brings in her own sheets and blankets to make her dialysis session more comfortable.

Tips for staying comfortable and warm during dialysis

When you're sitting in your dialysis chair for four hours, staying comfortable can be difficult. Our chairs are made to fit people up to 450 pounds, but everyone has a different body type and different needs. Try these ideas to make your dialysis station your own:

- Bring pillows, towels, seat cushions or memory foam to pad the seat and help support your neck, lower back and other parts of your body. Roll or shape items to fit your needs.
- Bring blankets and towels to keep warm. Use the 50th anniversary Northwest Kidney Centers fleece blanket you received.
- Use the heat panel over your chair. If your unit has new chairs, try out the heated seats and the neck rest for comfort.
- Wear warmer clothes, or wear layers such as long underwear.
- Wear warm, longer socks.
- Wear a hat – you can lose a lot of heat through your head.

Remember:

Wash your blankets and clothes regularly to prevent infection. Remove blood stains with bleach.

Never cover your access. Keep it in view at all times.



Dialysis-friendly eating



Oven-blasted vegetables

by Katy Wilkens, MS, RD

Mix and match ingredients according to what's in season and how much potassium the veggies contain. Pair high-potassium vegetables with low-potassium ones.

Fall/winter: potatoes, sweet potatoes, yams, Brussels sprouts, beets, carrots, parsnips

Spring/summer: new potatoes, asparagus, baby carrots, green onions, zucchini, broccoli, green beans, cauliflower



Preheat oven to 450 degrees. Cut all vegetables the same size, about 1-inch square. Place in a bowl and drizzle with 2 tablespoons olive oil. Toss vegetables. Lay onto flat baking sheet. Bake in oven for about 8-10 minutes, stir and cook another 8-10 minutes. Test with fork. When vegetables are done, remove from oven, sprinkle with 2 tablespoons freshly grated parmesan cheese and 2 tablespoons fruit- or herb-flavored vinegar. Serve immediately.

For more recipes, visit www.nwkidney.org.



**A class for you:
Tasty meals with minimal work**

Saturday, Feb. 9
11 a.m. to 1 p.m.
Northwest Kidney Centers
Haviland Pavilion
700 Broadway, Seattle

RSVP

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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Kidney Centers

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Is home dialysis right for you? Find out at a Next Step class

Home dialysis allows you greater independence and flexibility. You're in charge of your own treatments and you don't have to work around a clinic's schedule. Many patients find that home dialysis means feeling better and leading a more normal lifestyle. Could home therapy be right for you? Join us at a Next Step class to get the facts about home hemodialysis or peritoneal dialysis.

Northwest Kidney Centers Seattle • 548 15th Ave., 4th Floor

Second Wednesday every month: Feb. 13, March 13, April 10

Fourth Thursday of even months: Feb. 28, April 25

Northwest Kidney Centers Renton • 602 Oakesdale Ave. SW

Fourth Wednesday of even months: Feb. 27, April 24

Fourth Thursday of odd months: March 28

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

Welcome Home – a social gathering for people who care about home dialysis

Friday, March 8, 2013, 6-8 p.m. • 700 Broadway, Seattle

Join us at this informal reception. Meet fellow Northwest Kidney Centers patients as well as out-of-town attendees in Seattle for the University of Missouri's Annual Dialysis Conference at the Washington State Convention Center downtown. This is a casual social event where you can talk to others who are successfully dialyzing at home and learn about their experience with home dialysis therapies. For more information, contact Sonja Coffman at 206-720-8518 or sonja.coffman@nwkidney.org.