

Watch for fluid gains as the weather warms up

With warmer weather comes more thirst and the potential for too much fluid in your body. When kidneys aren't working, fluid (water and salt) can build up to dangerous levels.

Fluid in your diet is anything that is liquid or melts at room temperature. Consuming too much fluid raises your risk of tiredness, hospitalization, lungs filling with fluid, heart failure and even death.

- Leaving extra fluid at dialysis raises your risk of problems
- Removing too much fluid or removing fluid too fast is not safe
- You may need extra treatments or longer ones to safely remove excess fluid

Patients who have high fluid gains between treatments have a higher risk of death. Remember, your weight after treatment should be the same as your target weight.



Alan Yabui stays active in the summer by walking and tending a garden. Alan dialyzes at our Kirkland clinic.

Keep fluids in check

- Don't miss dialysis treatment and don't leave early. Dialysis removes salt and water.
- Know your target weight set by your doctor (your weight without extra fluid). Talk with your nurse care manager if you don't know your target.
- Limit your fluid intake. A safe amount of liquid to take in is the amount of urine you make in a day, plus 3 cups.
- Cut down on salty foods because salt makes you thirsty. Ask your dietitian for help.
- Talk with your doctor about longer or more frequent treatments.

What effect do your meds have on fluid balance?

Give us a call if you need advice. Our pharmacists can provide expert advice on any of your prescriptions, when and how to take them and how they all work together. We'll deliver prescriptions right to your clinic at no cost.

Order by phone at **206-343-4870** (1-800-947-8902 toll-free) or online at www.nwkidney.org.

If your summer plans will take you far from home, here's how to arrange for dialysis along the way

One or two months before your trip (some destinations require more advanced planning)

- Discuss your travel plans with your clinic's receptionist or social worker.
- Find a dialysis clinic online at www.medicare.gov/dialysisfacilitycompare. Contact the clinic to arrange dialysis appointments during your visit.
- Check with your insurance provider about coverage.
- Complete any paperwork the clinic needs.
- Arrange with your home clinic to have your medical records sent to the clinic that you'll visit.

One week before you leave

- Ask someone on your care team for copies of your last three treatment log sheets to bring to the clinic you will visit.
- Confirm your dialysis appointments with the clinic you plan to visit.
- In your carry-on bag, pack your medications along with a list of all medications you take; include the contact information for your Northwest Kidney Centers clinic and the one you'll visit.



Carol Carlson dialyzes at our Renton clinic. When the weather's nice, Carol's husband, Larry, and their poodle, Princess, will pick her up with their pop-up trailer and head for a campsite.

Changes to your insurance?

Call our patient finance team for help with insurance changes or questions.

Sonia Edmondson: 206-720-3766

Mary Grennan: 206-720-3767

Anthony Moore: 206-720-3768

Tess Morgan: 206-901-8748

Aletha White: 206-720-3770

Next Step classes

What will be next for you? Dialyzing at home on a flexible schedule? Finding a donor and getting a kidney transplant?

Our free Next Step classes can answer your questions.

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



Former dialysis patient Stan Iwata chose kidney transplant as his next step in 2013.

Anemia: a common challenge for people who are on dialysis

Many people on dialysis have anemia. It occurs when you have low levels of red blood cells and hemoglobin. Both are important because they carry oxygen throughout your body.

Signs and symptoms

When you have anemia, you may feel tired or dizzy, have headaches, have a rapid heartbeat or shortness of breath, lack energy for daily activities, have a poor appetite, feel depressed, have difficulty sleeping or have trouble thinking clearly.

Effective treatments

Usually anemia is treated with iron and ESA drugs (erythropoiesis-stimulating agents), which help your body make red blood cells and hemoglobin. Common ESA brands are Aranesp, Epogen and Procrit. These medications are administered during regular dialysis treatments. You should feel better and have more energy after treatment. If you have severe anemia, you may need a transfusion.

Avoiding anemia

- Do not miss scheduled dialysis treatments or prescribed doses of your ESA and iron.
- Take all medications and supplements as prescribed.
- Follow doctor's orders to lower the dose or stop the use of blood pressure pills called ACE inhibitors and ARBs.
- Get a blood pressure monitor and take your pressure every morning and night. Share the results with your doctor.
- Tell your doctor if breathing problems cause sleeping troubles. If you wake up because it is hard to breathe, let your doctor know.
- Work with a dietitian and follow a dialysis-friendly diet.
- Talk to your doctor about exercising. It may help.



If you have questions about anemia, talk with your nurse care manager.



Help bring hope through kidney research

Make a difference by being part of a research study at the Kidney Research Institute. It may be very simple to help out with a study that needs patients with your health condition. If you join the registry, you will get full details before you decide to participate in any study. Learn more or register at the Kidney Research Institute: <http://kri.washington.edu/communityconnection>



Enumclaw patient Bonnie Martin cleans up at home in Buckley.

Washing your hands with warm water and soap is the single best thing you can do to prevent the spread of infections.



Please join us

**Northwest Kidney Centers
Breakfast of Hope**

Tuesday, May 16
7:30 - 8:45 a.m.
Westin Seattle

**American Diabetes
Association Tour de Cure**

Sunday, May 21
Chateau Ste. Michelle
Woodinville



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



Join us on Facebook and Twitter.
Hear the latest news as it happens!

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.



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Beef or chicken enchiladas

Celebrate Cinco de Mayo (literally Fifth of May, the day in 1862 that Mexican forces defeated French occupiers) with these tasty favorites. They are full of protein but low in sodium, potassium and phosphorus.



Nutrition Information:

Calories: 235, Carbohydrates: 30 grams, Protein: 13 grams,
Sodium: 201 milligrams, Potassium: 222 milligrams, Phosphorus:
146 milligrams

Ingredients

- 1 pound lean ground beef or chicken
- ½ cup onion, chopped
- 1 clove garlic, chopped
- 12 corn tortillas
- 1 can enchilada sauce

Preparation

Heat oven to 375 degrees. Brown meat in frying pan. Add onion and garlic. Continue cooking. Stir until onions are soft. In another pan, fry tortillas in a small amount of oil. Dip each tortilla in enchilada sauce. Fill with meat mixture and any vegetables and roll up. Place enchiladas in a shallow pan and top with cheese if desired. Bake until cheese melts and enchiladas are golden brown. Serve with sour cream, sliced olives or topping of your choice. Makes 6 servings.