


Home Connection


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Pack your bags with everything you need



If you're planning to travel this year, be sure your preparations include letting us know early. We'll help you get the dialysis supplies and equipment you need so you can enjoy your trip.


 Give your nurse 30 days' notice for trips longer than four days. NxStage will ship cartridges and dialysate to any destination within the continental United States.


 Notify your nurse and Baxter 60 days in advance. You may have to pay shipping charges to some locations in the United States. If you're traveling out of the country, you may have to pay for the dialysis supplies as well as the shipping.



Home hemo patient Michael Cunningham, left, enjoys traveling in his RV. His son, Jesse, helps him load his NxStage dialysis machine for a trip.

Travel cases are available for your trip

 We have soft cases for loan for your driving trips. They can also be purchased from NxStage.

 We have hard carrying cases you can borrow for airline travel.

We do not take reservations, so get one on a first-come, first-served basis. Or purchase your own – a rolling suitcase can do the job. Contact your nurse for more details.



Northwest Kidney Centers pharmacy is here for you

Our friendly staff is happy to answer all your questions and fill prescriptions for your medications.

Phone 206-343-4870

Toll-free 800-947-8902

pharmacy@nwkidney.org

PD

PD training now available in Lake City and Bellevue

We've added two new locations where patients can train for peritoneal dialysis: Lake City and Lake Washington in Bellevue; and we continue to offer PD trainings at Auburn, Port Angeles, Renton, and in Seattle at 15th and Cherry. A PD nurse is now available at each center to provide training and clinics at a location close to you.

For more information, contact the PD unit at 206-292-2285 or 1-877-292-2285.



Reminder: submit your logs on time!



Please submit your treatment logs daily, using the website portal or by fax.



Please submit your treatment logs daily if you are using the website portal, and by the first of the following month if you are filling out paper forms.

Need supplies?



If you have less than two weeks' supplies on hand, call our supply deliveryman Doug Nevins of Deeco Services, not Northwest Kidney Centers, to restock you. Don't wait until you are out. Contact Doug at 206-849-8428. If you need NxStage supplies between monthly deliveries, please call the home hemo unit for assistance.

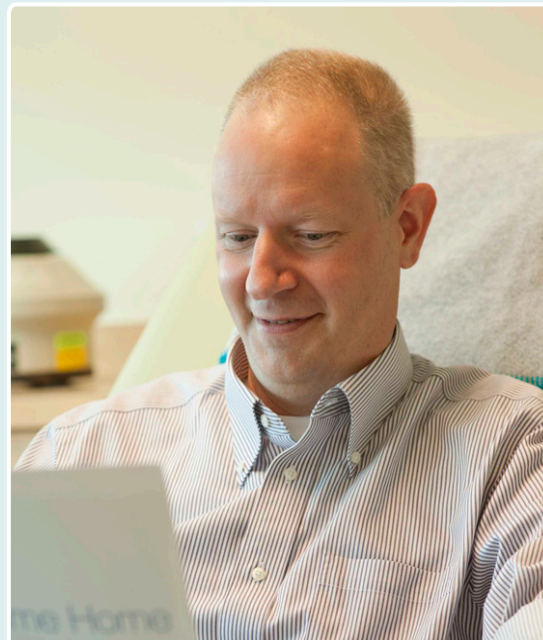
Online resources can help you live well with chronic kidney disease



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 kidney disease.



Rich Bloch is a Northwest Kidney Centers Foundation Board member who does home hemodialysis.



Analisa Mitchell (on peritoneal dialysis), Ike Brown (dialyzes at Northwest Kidney Centers Lake City) and Chan Manochamng (transplant recipient) are three of eight patients who received rehabilitation scholarships in 2012.

Going back to school? Apply now for a scholarship



Northwest Kidney Centers' donor-funded scholarship program encourages career advancement for dialysis and transplant patients.

As a home dialysis patient, you are eligible to apply if:

- ▶ You are 18 or older.
- ▶ You are a Washington resident.
- ▶ You will use the scholarship within Washington state.

For more information and a scholarship application packet, contact Adrian Fomby at 206-292-3090 or adrian.fomby@nwkidney.org.

Applications are due March 28



Dialysis-friendly recipe

Easy breakfast bars can get you moving

Medicines you take may cause constipation or diarrhea. For both these problems, adding bran to your food can help normalize your bowels. These breakfast bars are not only quick to make, they are high in fiber and low in sodium.

Karin's bran breakfast bars

- 1 1/2 cups boiling water
- 1/3 cup raisins or diced dates
- 1 cup oatmeal
- 1/2 cup whole wheat flour
- 1 1/2 cups raw bran
- 1/3 cup corn or safflower oil
- 6 tablespoons sugar or sugar substitute

Preheat oven to 375 degrees. Pour 1 cup boiling water over diced fruit. Let stand 20 minutes. Combine dry ingredients in a large mixing bowl. Drain fruit, discard juice. Add remaining 1/2 cup boiling water to fruit and blend in blender or food processor with oil. Add to dry ingredients and mix well. Put batter in greased or nonstick 9- by 12-inch pan. Press with fingers or spatula until level. Mark cutting lines with a knife – 4 squares the narrow way, 6 squares the long way. Bake 20 minutes, cool on rack. Makes 24 squares.

Refrigerate or freeze if keeping more than two days. Do not eat too many at once, as they are laxative.

Nutrition information (per 2 squares):
Calories: 162, Carbohydrates: 24 grams, Protein: 4 grams, Fiber: 4 grams, Sodium: 3 milligrams



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



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

Home hemodialysis unit: 206-292-2558 or 1-877-216-2558
Peritoneal dialysis unit: 206-292-2285 or 1-877-292-2285

Northwest Kidney Centers promotes the optimal health, quality of life and independence of people with kidney disease through patient care, education and research.

Mark your calendar!

March 28:

Patient rehabilitation scholarship deadline (details on page 3)

May 14:

Breakfast of Hope, 7:30 a.m., Westin Seattle

Nov. 16:

Northwest Kidney Centers Gala, 5 p.m., Hyatt Regency Bellevue



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Hosted by longtime Northwest Kidney Centers trustees and home hemodialysis patients



Bill Peckham

James Manning



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

Friday, March 8, 2013

6-8 p.m. Conversation and refreshments

7 p.m. Short program

Join us and 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. This is a casual social event where you can talk to others who are successfully dialyzing at home and share experiences with home dialysis therapies.

For more information, contact Sonja Coffman at 206-720-8518 or sonja.coffman@nwkidney.org.