

Home Connection

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Need to go?



How to treat and prevent constipation

Constipation is a common issue for kidney disease patients. It's uncomfortable and it can make you feel bloated, which may lower your appetite. Prolonged constipation is a serious medical condition, causing a blockage of stool or a tear in the lining of the bowel.



If you're on peritoneal dialysis, irregular bowel movements are a big problem, because they make it harder to do your exchanges.

Signs of constipation:

- Lack of bowel movement every 2 or 3 days
- Hard stools more than 25 percent of the time
- Straining during bowel movements more than 25 percent of the time

If constipation is an issue for you, contact your health care team. There are many ways to avoid constipation. See tips at right.



Registered dietitian Renin Oliver is one of the members on our nutrition team who can offer advice on how to avoid and relieve constipation.



Be regular with these tips

Increase the fiber in your diet to make your stools softer and easier to pass. Increase slowly – too much fiber too fast causes gas, bloating and cramping.

Try high-fiber foods like whole grains, bran and fruits and vegetables.

While fruits and vegetables are good sources of fiber, many also contain high levels of potassium, so check with your dietitian about the amounts allowed for you. There's a delicious high-fiber recipe on page 3.

Get daily physical activity, which will increase blood circulation and muscle tone in your intestines, making it easier to regulate your bowels. Take a daily walk, stretch, do light housework.

Start a bowel routine. Take some time each day to spend in the bathroom. Always respond to your urges to have a bowel movement. Speak with your doctor about laxatives or stool softeners that may work for you.



PD patients Monica Alfonzo and Trina Williams received rehabilitation scholarships in 2013.

Apply for a scholarship for school



Northwest Kidney Centers' donor-funded scholarship program helps kidney patients finance education and training to encourage career advancement.

You are eligible to apply if:

- You are a Northwest Kidney Centers dialysis patient or a former patient who has received a kidney transplant within the last 5 years.
- You are 18 years old or more.
- You are a Washington resident.
- You will use the scholarship at an accredited school or training program within Washington state.

For more information, visit

www.nwkidney.org/scholarship

or contact Adrian Fomby at 206-292-3090

or adrian.fomby@nwkidney.org.

Training and clinics at new Kirkland site this spring



On March 30, Northwest Kidney Centers will open a new home treatment hub and community dialysis center at 11327 NE 120th St., Kirkland. Conveniently located for Eastside patients, the new 17,000-square-foot facility gives us more space to train people for home treatments and hold monthly clinics for peritoneal dialysis and home hemodialysis patients. This facility will replace PD support formerly offered at our Lake Washington facility in Bellevue, and it makes home hemodialysis training available on the Eastside.

Is your next step a kidney transplant?



Our free Next Step Transplant class will tell you all about the process – evaluation, waitlist, transplant surgery, and how to live well afterward.

Upcoming classes: **March 7, April 8**

Visit www.nwkidney.org for full class information, or call 206-292-2771, ext. 1082.

Questions about your health insurance coverage?



Let us know if you anticipate any changes in your employment that might impact your insurance coverage. We are happy to help you consider your options.

Contact your financial case manager, or call 206-292-2771 and ask for the financial case manager on call.



Home hemodialysis reminders:

Need backup? If you need to set up a backup dialysis run in-center, call us at 206-292-2558 and we will schedule you. Do not call the centers directly.

NxStage issues. If you experience equipment problems, please contact NxStage directly at 1-866-697-8243.

For alarms or run issues, please contact the on-call nurse, available 24 hours a day, 7 days a week, at 206-292-2558 or 1-877-216-2558.

Monitoring magnesium. We are now monitoring magnesium in your blood during monthly lab tests. Magnesium is an electrolyte that is important in proper nerve, muscle and enzyme function. It's found in dialysate and some medications. We will check your NKC Special lab draw each month to measure your magnesium level.

Watch your blood pressure. You may experience a drop in blood pressure during treatment if too much fluid is removed from the blood during dialysis.

Signs of low blood pressure:

- Yawning
- Dizziness
- Headaches
- Nausea
- Perspiring
- Chest pain
- Seizures, if severe

If you experience any of these symptoms, you are at risk for losing consciousness. Raise your feet higher than your head. Reduce or turn off your target. Take saline, 100 cc at a time (maximum to 500), while checking your blood pressure. Be sure to record the saline on your logs. If you need assistance, phone the on-call nurse at 206-292-2558 or 1-877-216-2558.



High five these high-fiber muffins



by Katy Wilkens, MS, RD

High-fiber foods can normalize your bowels if you are experiencing constipation.

These muffins contain bran and apples, both great sources of fiber to help start your day.

Apple bran muffins

- 2 cups whole wheat flour
- ½ cup oatmeal
- 1 ½ cups wheat bran
- 1 teaspoon baking soda
- 1 ½ teaspoons nutmeg
- 1 tablespoon orange rind, grated
- 1 cup chopped apple
- ½ cup raisins
- ½ cup chopped nuts or sunflower seeds
- Juice of one orange
- 1 ¾ cups nonfat milk
- 1 beaten egg
- ½ cup molasses
- 2 tablespoons oil

Preheat oven to 350 degrees. With fork, toss together flour, oatmeal, bran, baking soda and nutmeg. Stir in orange rind, apples, raisins, and nuts or seeds. Combine juice of one orange with milk, then add egg, molasses and oil. Stir thoroughly. Stir liquid ingredients into dry ingredients with a few swift strokes. Pour into greased muffin tins, bake for 25 minutes. Makes 24 muffins.

Nutrition information (per muffin):

Calories: 113, Carbohydrates: 20 grams, Protein: 4 grams, Dietary fiber: 3 grams, Fat: 3 grams, Sodium: 144 milligrams; Phosphorus: 60 milligrams; Potassium: 224 milligrams



Mark your calendar!



Ceremony of Remembrance

A special memorial event

Saturday, April 5

10-11 a.m.

Northwest Kidney Centers

SeaTac Pavilion

17900 International Blvd. S

SeaTac

Questions?

dianna.cox@nwkidney.org

or 206-720-3952



www.nwkidney.org

pr@nwkidney.org

206-292-2771



Join us on Facebook and Twitter.
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Pharmacy: 206-343-4870 or 1-800-947-8902



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.



NORTHWEST

Kidney Centers

700 Broadway • Seattle WA 98122

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Know your meds!

Studies show that more than 50 percent of prescription medications are taken incorrectly or not at all, which can lead to:

- Treatment failures
- Costly hospitalizations
- Poor health



For best results:



Find out as much as you can about the prescribed medication from your doctor and pharmacist. Know the name and the strength of the medication, what it is treating, if it contains anything that you are allergic to.

Know how to take the medication properly. Know the dosage frequency, if it should be taken with food or on an empty stomach, if it interacts with other medications you are taking, and if you should take precautions like avoiding alcohol.

Once you know why you are taking the medication, and how to take it, know what to expect. Know the possible side effects, how to tell if the medication is working, what follow-up is necessary with your doctor.

Our friendly pharmacists are here to help.

Free mail delivery, expert consultation

206-343-4870 – pharmacy@nwkidney.org

700 Broadway, Seattle