

Home Connection

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Are you receiving enough dialysis?



Dialysis adequacy means how well your treatment is cleaning your blood. When toxins and wastes are removed well enough, you feel better, sleep better and have a better appetite. If you're not getting adequate dialysis, you might feel weak and tired and have nausea and not feel like eating.




Lab results that show Kt/V within a normal range, of 2.0 or greater, mean that dialysis is cleaning your blood well enough. Getting adequate dialysis means you'll live longer and better.



Damon Brown did peritoneal dialysis until his kidney transplant in January 2012. PD gave him flexibility to spend time with his wife and young sons.

Get adequate dialysis and keep your Kt/V looking good:



- Complete all your treatments as prescribed. Do not skip or shorten them.
- Care for your dialysis access daily.
- Follow your care team's instructions for
 -  collecting urine and dialysis fluid
 -  and blood samples for testing, to ensure accurate test results.
- Fill in your treatment logs. Your home care team closely monitors your samples and labs to ensure your dialysis is adequate.
-  Do draws the first full week each month and record them in your logs so we can calculate adequacy.

We want to know how you're doing



It's important to touch base with us at monthly clinics

Monthly clinic visits let us check how you are doing and find out if you are dialyzing safely at home. They are also a time for you to ask us questions.

During your clinics, we:

- **Review the month's education topic.**
- **Evaluate your access.**
- **Review your treatment logs and labs.** Make sure you fill out treatment logs completely and accurately each day. Submit them on time each month at www.nwkidney.org, by fax or in person.
- **Give you an iron infusion** if your iron levels are low.
- **Update your prescriptions.**



Please come to the monthly clinic on time. If you need to reschedule, let us know ahead of time.



What's your next step?

Are you considering a kidney transplant or a different form of dialysis?

Do you wonder what life might be like without dialysis? Or if a different type of dialysis might work better for you? Take our free Next Step classes to find out if home hemodialysis, peritoneal dialysis or a kidney transplant is right for you.

Visit www.nwkidney.org

for a schedule of upcoming free Next Step Home Hemodialysis, Next Step PD and Next Step Transplant classes.



Our PD team is here to support you. John Paul Europa, Alice Chamberlin, Jennifer Aulava, Yongmei Liu, Debra Smith, Ruth Sneed, Rebecca Joy, Mary Luty, Virginia Earnshaw, Annabelle Lumauig, Irene Sprague, Angela Ter Louw, Cheryl Schnabel, Eun Choe. Not pictured: Rosa Hong, Patsy Knight, Phyllis Munoz, Eric Ozretich



Our home hemodialysis team is here to help. Janice Omri, Mo Fain, Elizabeth Morfin, Teresa Graham, Carol Pettes, Jolene Lynch, Marcy Valencia, Gail Cutrell, John Vandermay. Not pictured: Anna Aslanidi

Maintaining healthy calcium levels in your body



Molly Ramage does home hemodialysis. Being able to set her own treatment schedule allows her to pursue activities such as daily walks and quilting.

Maintaining proper levels of calcium is important to good health when you are on dialysis. A healthy range is 8.4 to 10.2 mg/dL.

When the calcium level in your blood is low, your parathyroid gland makes parathyroid hormone (PTH), which raises your calcium level back to normal. The change happens because PTH pulls calcium from your bones. This puts more calcium and phosphorus into your blood. If your PTH is high, you can get weak bones, which break easily.

Active vitamin D can help keep your PTH level down and maintain healthy calcium levels. Active vitamin D is different from regular vitamin D that you buy over the counter. Some patients take oral medications with active vitamin D such as calcitriol, Zemplar or Hectorol. Most hemodialysis patients take Zemplar, which is given with their dialysis.

Another medication that can lower your PTH is Sensipar. Both active vitamin D and Sensipar bind on the parathyroid gland, telling it you don't need to break down your bones.

Too much calcium isn't good for you either. When your calcium is high, it can be deposited in soft tissue like your heart and blood vessels and clog them up, contributing to heart disease. When calcium increases, your care providers decrease vitamin D supplements, decrease the calcium in the dialysis bath, and change to a phosphorus binder that contains no calcium.

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If your PTH or calcium levels are high, talk to your doctor, nurse or dietitian about ways to lower them. Always tell your care providers if you are taking any vitamins or nutritional supplements like vitamin D.

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HH Home hemodialysis unit: 206-292-2558 or 1-877-216-2558

PD 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.

Get all your prescriptions at our pharmacy



The expert staff can fill prescriptions for all your medications. Delivery is free.

Phone: 206-343-4870
Toll-free: 800-947-8902
pharmacy@nwkidney.org

Refill your prescription online:

www.nwkidney.org/pharmacy



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Does your PD caregiver need a day off?



Our intermittent peritoneal dialysis program offers respite for caregivers of PD patients. While your care partner is off duty, you can take time off from home treatments and receive care at select Northwest Kidney Centers clinics.

We offer:

- Periodic, scheduled care for PD patients who are unable to do exchanges on their own while their caregivers are away.
- Transportation support for patients to and from the clinic, if needed.

To use the program, you must:

- Get approval from your nephrologist.
- Schedule in advance with the PD team.

For more information, contact your care team.



Northwest Kidney Centers peritoneal dialysis patient
 Rochelle Fonoti, hanging out in West Seattle.