

Home Connection

Volume 8, Issue 1 · Spring 2017

Art of good eating



A nutritious diet can help you live a healthier life. What's optimal will vary depending on the stage of your kidney disease, other health problems and type of treatment. With your dietitian, you can create an eating plan that fits your needs.

Eat enough protein – Have a high-protein food at every meal. Beef, fish, poultry, pork, tofu and eggs are all great sources.

Eat less salt – Substitute fresh, home-cooked foods for salty, processed alternatives. Limit restaurant meals.

Limit fluids – Keep a close eye on liquid you take in. Watch out for salty food because it can make you thirsty.

Eat foods high in potassium and low in phosphorus – Dialysis may take more potassium off your body than you're used to. Ask your dietitian how many fruits and vegetables you need. Your kidneys may have trouble processing phosphorus. Eating less processed food and trying dairy alternatives will help keep your labs at the right levels.



Former PD patient Alan Hoshino with wife Cheryl in their kitchen. Alan received a kidney transplant in 2015.

An easy way to understand portions



1 serving of protein

- 1 ounce meat, fish, poultry or cheese
- 1 cup milk
- 1 egg
- 1/4 cup tuna, salmon, crab or lobster

1 serving of low potassium fruit

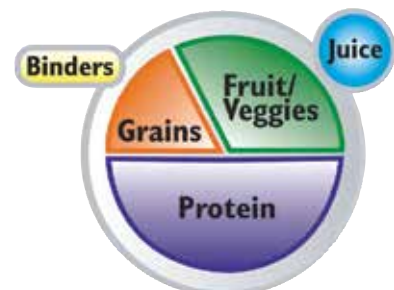
- 1 cup blueberries
- 1 tangerine
- 1/2 cup strawberries
- 1/2 cup canned pears

1 serving of low potassium veggies

- 4 spears asparagus
- 1/2 cup canned or frozen corn
- 1 cup lettuce
- 1/2 cup green beans

1 serving of phosphorus foods

- 1 cup milk
- 1 cup yogurt
- 2 ounces of cheese
- 1 1/2 cups non-dairy products



If you're on peritoneal dialysis or home hemodialysis, a healthy plate of food should be like this.

Is a transplant your next step?

Have you been wondering about a transplant? Our free Next Step Transplant class can help you find out if a kidney transplant is right for you.

The class covers:

- The transplant evaluation process and waitlist
- Living donor and deceased donor transplants
- Transplant surgery
- How to live well after transplant

Visit www.nwkidney.org for a schedule of free classes.



Patient Damon Brown with son Theo. Damon previously did peritoneal dialysis but has since received a kidney transplant.



Sexuality and kidney disease

Besides taking time for dialysis and a different way of eating, kidney failure affects other parts of life as well. Sexuality issues are common.

Problems may result from irregular sleep patterns, physical discomfort, low energy, concerns about attractiveness or a decrease in desire. Side effects from medication and hormone imbalance can also come into play.

Overcoming the challenges to intimacy

- Talk with your partner honestly about how you feel. Make it clear that your lack of desire doesn't mean you don't care. Open communication is important to understanding and intimacy.
- Prioritize physical exercise, sleep and relaxation to improve your body image and energy level.
- Check with your doctor to see if antidepressants or therapy may be appropriate.

Ask your care team

They want you to live life to the fullest. They can help you just as they have helped others with similar problems.

In the name of science

Make a difference by being part of kidney research. Learn more or register at the Kidney Research Institute: <http://kri.washington.edu/communityconnection>



Managing your blood pressure



High blood pressure isn't just hard on your kidneys; it damages blood vessels throughout your body, clogs arteries and stresses your heart. Blood pressure rises when your body has too much fluid and salt.

To keep your blood pressure under control:

- Don't miss dialysis – by removing fluid and salt, dialysis helps keep your blood pressure in a more normal range.
- Don't shorten treatments – at the end of each dialysis, you should be back to your target weight (your weight without extra fluid). Talk with your care team if you don't know your target weight.
- Eat a low sodium diet to help keep fluid gains low; ask your dietitian for tips.
- Take blood pressure medications as prescribed.
- Be active for 30 minutes, 5 days a week.

**If you need help,
call your care team:**

Home Hemodialysis:
206-292-2558 or 1-877-216-2558

Peritoneal Dialysis:
206-292-2285 or 1-877-292-2285

Maintaining your target weight and fluid levels supports healthier blood pressure.

New staff on the home team

We welcome Jayson Hood, RN, new clinical director of the home program. In addition, My-Hanh Vu has joined the home hemo unit as a nurse care manager, and Chris Marnell is a new nurse care manager with the PD unit.



Jayson Hood



My-Hanh Vu



Chris Marnell



Rub-a-dub-dub



Washing your hands with soap and warm water is the best way to prevent infections.



Questions about your health insurance coverage?

If you have concerns about your insurance coverage, our patient financial counselors are ready to help. Our aim is to help you identify the most appropriate insurance coverage for your individual needs.

If you don't know the financial counselor assigned to you, call 206-292-2771 and ask for the Patient Finance department. You can also ask your social worker to have your patient financial counselor contact you.



Take advantage of our pharmacy

In addition to filling all of your prescriptions, our friendly pharmacy staff can give you expert advice. You can refill online and get free delivery.

Phone: 206-343-4870

Toll-free: 800-947-8902

pharmacy@nwkidney.org

Refill your prescription online:

www.nwkidney.org/pharmacy



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



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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.



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Creamy pasta salad



If you love pasta salad, you must try this easy, creamy one. It's low in salt, potassium and phosphorus, and high in protein. Perfect for people on home hemo and peritoneal dialysis.



Nutrition Information:

Calories: 188, Carbohydrates: 23 grams, Protein: 4 grams, Sodium: 134 milligrams, Potassium: 90 milligrams, Phosphorus: 56 milligrams

Ingredients

- 8 ounces medium pasta shells
- 1/2 cup sour cream
- 1/2 cup mayonnaise dressing
- 1/2 teaspoon celery seed
- 1 teaspoon onion powder
- 1/8 teaspoon ground mustard
- 1/4 cup refrigerator pickles, chopped
- 1 stalk celery, chopped
- 2 tablespoons carrot, grated

Preparation

Cook pasta per package directions and rinse with cold water. Use a whisk to mix sour cream, mayonnaise dressing, celery seed, onion powder and ground mustard. Add dressing to cooked pasta. Stir in chopped pickles. Garnish with celery and carrot. Makes 8 servings.