


# Home Connection

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## Protect your access




Summer is coming. During those longer, warmer days and outdoor activities, keep your access clean and dry to prevent infections. If you have questions or need supplies, ask your nurse.

 Even when you are warm and perspiring, you still need to keep the dressing over your PD access clean and dry. You may need to change the dressing more than once a day.

Use a special bag to protect your access when you swim in saltwater or a chlorinated swimming pool. Never swim in freshwater lakes, rivers or streams because that water contains bacteria that can cause an infection.

Block air flow during exchanges and sterile connections to prevent bacteria from entering the system and causing an infection. During summer months, it is especially important to close windows and doors and turn off fans during treatments.

 You do not need to cover your fistula or graft when you swim. If you have a catheter, you cannot swim.

Turn off fans when making connections to prevent dust and dirt from flying around.



PD patient Michele Spratley enjoys a summer day outside.



## Here for you: Northwest Kidney Centers specialty pharmacy

Our full-service pharmacy has served the needs of home dialysis patients since 1989. Northwest Kidney Centers pharmacy stocks medications you need for other uses besides kidney conditions too. That means all your records can be in one place, where experts will keep an eye out to reduce the potential for unintended drug interactions.

Stop by the pharmacy at 700 Broadway, Seattle to talk to one of our friendly pharmacists, or have your prescription mailed to you for free.



Phone 206-343-4870

Toll-free 800-947-8902

[pharmacy@nwkidney.org](mailto:pharmacy@nwkidney.org)

# Meet others who dialyze at home



Jessica Pitts is one of the social workers who will answer all your questions about home dialysis.

Share experiences, tips and concerns about home dialysis. Attend our monthly PD and hemo hemo support group to meet and talk with other home patients. Learn about topics of interest from guest speakers, staff members and others like you.

Family members, friends and care givers are welcome to attend.

## **RSVP**

To find out more or to **RSVP**, contact:

Jessica Pitts at 425-203-5235

Lori Grant at 206-720-3984

### **Wednesday, June 19**

*What's on your mind?*

1-2 p.m.

Rattazzi Conference Room

Northwest Kidney Centers

Renton

602 Oakesdale Ave. SW, Renton

### **Wednesday, July 17**

*Travel*

5:30-6:30 p.m.

Houlahan Conference Room

Northwest Kidney Centers

Haviland Pavilion

700 Broadway, Seattle

### **Wednesday, Aug. 21**

*Get active!*

1-2 p.m.

Rattazzi Conference Room

Northwest Kidney Centers

Renton

602 Oakesdale Ave. SW, Renton

## Traveling this summer? Plan ahead



Let us know in advance (home hemo patients, at least 30 days; PD patients, at least 60 days) of your travel plans:

- when you are arriving and departing
- address and phone number of your destination
- how many treatments you will do

Tell people at your destination the date and quantity of supplies arriving for your visit, so they will be expecting the delivery.

It is always a good idea to pack a day's worth of extra supplies in your luggage to be safe.



If you will get dialysis in-center during your holiday, contact the clinic where you want to dialyze and confirm the times. That clinic will fax us forms to complete. You will need recent chest X-rays and current hepatitis lab results.



## Another way to make a connection

Can't make it to support group meetings, but want to talk with other home hemo patients by email, phone or in person? **Call the home hemo social worker at 206-720-3985** and we will connect you with other interested patients.



Drinking cold beverages will help slow your intake of liquids. Sip slowly to savor the liquid longer. Jeffrey Klein is on peritoneal dialysis.

## Control your fluid weight gain for optimal comfort



Hot summer days can make you feel very thirsty. But drinking to cool off is not the best way to beat the heat. It might mean going over your recommended fluid allowance, and that can lead to a number of complications. The excess fluid built up between dialysis treatments can cause swelling, increase your blood pressure and stress your heart. Fluid may accumulate in your lungs, making it hard to breathe.

How much liquid is good for you depends on your urine output, dry weight, and the frequency and length of dialysis treatments. If you are unsure what your fluid allowance should be, ask your dietitian or nurse.

Salt is a big culprit in making you thirsty. The less salty food you eat, the lower your fluid weight gains. Avoid salty foods and be sure to watch your fluid intake, especially during the summer, to stay comfortable and healthy.



## Dialysis-friendly eating



### Stay cool with DIY Popsicles

by Katy Wilkens, MS, RD

A frosty Popsicle is a refreshing way to feel cool while controlling your fluid intake. It takes much longer to eat a Popsicle than it would to drink the same amount of liquid. And you can easily keep track of the fluid in each Popsicle.

Stay cool with store-bought Popsicles this summer, or make your own ice pops!

### Do-It-Yourself Popsicles

Buy molds or use paper cups or an ice cube tray.

A 3-ounce Dixie cup is just right. Cover filled cups with foil and poke in a spoon or wooden stick for the handle. If you use your ice cube tray, count one cube as one ounce of fluid.

Fill molds with something as simple as Tang, Kool-Aid (regular or low-calorie) or Crystal Light. For extra flavor, use less water than the directions call for. Add a splash of carbonated water for a fizzy flavor. Sour flavors like lemonade or limeade are especially good thirst quenchers. Cranberry or grape juices are other low-potassium choices.

For more recipes, visit [www.nwkidney.org](http://www.nwkidney.org).







[www.nwkidney.org](http://www.nwkidney.org)  
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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.

## Mark your calendar!

### June 22:

Kidney Health Fest for African American Families, 9 a.m. - 2 p.m.  
 Van Asselt Elementary School, Seattle

### Nov. 16:

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



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Darren Patillo, a former home hemodialysis patient, has had two kidney transplants.

## Want to learn more about kidney transplant?



Do you dream of a kidney transplant? Find out if it's for you, and how to take steps to make it happen. Come to Northwest Kidney Centers' new, free class for dialysis patients.

### Join us at a Next Step Transplant class to learn more about:

- Transplant evaluation process
- Living donor and deceased donor transplants
- How to find a living donor
- What to expect after a transplant

Next Step Transplant classes will be held monthly, alternating between Havaland Pavilion and SeaTac Pavilion.

### Friday, June 28

1:30 - 3:30 p.m.

Northwest Kidney Centers  
 Havaland Pavilion

700 Broadway, Seattle

### Tuesday, July 30

10 a.m. - 12:30 p.m.

Northwest Kidney Centers  
 SeaTac Pavilion

17900 International Blvd., SeaTac

To sign up or for more information, please call 206-292-2771, ext. 1082.

Visit [www.nwkidney.org](http://www.nwkidney.org) to see all the free classes we offer.