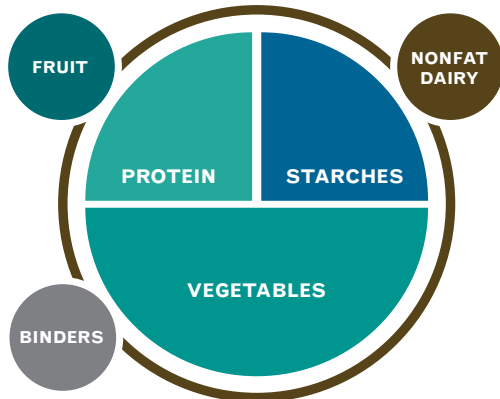


Pay attention to diabetes if you are on dialysis

If you are a person with diabetes on dialysis, being aware of good nutrition can help you improve your quality of life. Healthy eating begins with structuring your meals using the MyPlate method.

If you are on hemodialysis, fill half your plate with vegetables, a fourth with protein sources and a fourth with complex carbohydrates, sometimes called starches. Have fruit for dessert and limit yourself to one serving of dairy foods a day to help control your phosphorus intake. Don't forget to take your phosphate binders.



Peritoneal dialysis patient Charlette Duckett works out. Regular exercise helps control blood sugar.

5 steps to maintain good health if you're diabetic

- 1 Keep a routine eating pattern.** Several small meals and snacks throughout the day can help keep your blood sugar within good range. Talk with your dietitian about menu planning and recipes.
- 2 Carry carbohydrates, glucose tablets or liquid sugar** to help treat low blood sugar episodes. Know what to do if your blood sugar drops.
- 3 Take your diabetes medicine and check your blood sugar levels** as prescribed by your doctor.
- 4 Exercise** for at least 30 minutes a day, five days a week, which helps with weight management and blood sugar control.
- 5 Get eye and foot checkups regularly** to avoid serious long-term health issues. Even if you don't wear prescription lenses, get your eyes checked annually for diabetic effects. Early detection and treatment can save your vision. Foot problems are common for people with diabetes, so keep blood flowing to your feet with physical activity. Wear comfortable shoes when you exercise and stop at the first sign of a "hot spot" or blister.



Keep your lifeline working for you

Your fistula or graft provides access to your bloodstream for dialysis. It's your lifeline, so give it some TLC to feel better and live longer.

Kirkland clinic patient Nelle Short dialyzes with a fistula, the gold standard for blood access.

➔ Touch

- Feel your access with your fingers every day. You should notice a buzz or vibration from the blood rushing through. To some, it's like a cat purring.
- If you don't feel the buzz, call your nephrologist immediately.

➔ Look

- Check your access site every day for redness, swelling or pus.
- Notice if your hand or fingers are numb, cold or blue/gray in color. These could be signs of an infection or clotting. Notify your nephrologist immediately.

➔ Care

- Keep your access clean. Wash your arm daily and before each dialysis treatment.
- Don't wear tight clothing or jewelry over your access.
- Don't sleep on your access arm.
- Don't carry anything heavy on top of your access.
- Don't let anyone take your blood pressure, draw blood or start an IV line with your access arm.

Put on your writer's cap



Enter the Renal Support Network essay contest for a chance to win \$500.

This year's theme:

How have you used your experiences to give hope to others with kidney disease?

Write an essay of no more than 750 words on the topic and you could win \$500 and have your work featured on the Renal Support Network website. All entries must be postmarked by Aug. 1. Anyone diagnosed with chronic kidney disease can enter.

More details at
www.rsnhope.org/essay-contest.

What's next?

Explore home dialysis or a transplant



Our free classes will help you figure out your next step



Stephen and Karen Kringle now get to walk and hike during time Stephen once spent on home dialysis treatments. He received a kidney transplant in August 2013.

Go home

Our Next Step Home Hemodialysis class or Next Step PD class will tell you what's involved in doing your own treatments. With either method of home dialysis, you can follow a more normal lifestyle, with a less restricted diet and more independence and flexibility as you set your own treatment schedule.

A new kidney

Our Next Step Transplant class will answer all your questions about transplant qualifications, living donor and deceased donor transplants, the waitlist, and how to live well with a transplant.

Visit www.nwkidney.org to see a list of all our upcoming free classes.

How did we score?

We asked, you answered

We are improving patient care in dialysis facilities

The 2014 CAHPS survey shows that your experience as a Northwest Kidney Centers patient improved in many categories compared to 2013 and 2012:

- ✓ Overall ratings for dialysis staff and dialysis centers
- ✓ Nephrologist communication and caring
- ✓ Quality of dialysis center care and operations

Based on your responses, the staff will create an action plan to meet concerns. All of Northwest Kidney Centers will work on:

- ✓ Providing you written information about your rights as a patient and talking about what you should eat and drink

The survey was mailed to 1,170 patients in Northwest Kidney Centers dialysis clinics; 33 percent of you responded. Thank you to those who took part. The 2015 spring CAHPS survey is happening now, so please respond to give us your feedback.

CAHPS stands for Consumer Assessment of Healthcare Providers and Systems. Its standardized surveys, used across the country, come from the U.S. Agency for Healthcare Research and Quality.



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

Pharmacy: 206-343-4870 or 1-800-947-8902

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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It's easy to get medications

from us. Our pharmacy will deliver prescriptions to your home or to your clinic, where you can pick them up at your next dialysis visit.

Northwest Kidney Centers pharmacy is here for you.

Expert consultation, easy ordering, free delivery.

Phone: 206-343-4870

Toll-free: 800-947-8902

pharmacy@nwkidney.org

Refill your prescription online:

www.nwkidney.org/pharmacy

Feeling restless?

Restless legs syndrome is common in people on dialysis

Restless legs syndrome is a condition where you feel an uncomfortable sensation in your legs. The feeling might be tingling, itchy, crawling or even painful. It usually happens at night or after a rest, which can make it hard to sleep or sit through dialysis.



Bonnie Martin
dialyzes at our
Enumclaw clinic.

What causes restless legs?

The causes are unknown, but may be related to:

- Waste that builds up in your body due to kidney failure
- Low iron
- Nerve damage from diabetes
- Side effects of certain medications

Treatments

See what works best for you:

- Prescription medications; ask your doctor
- Getting more dialysis and better waste removal
- Kidney transplant
- Iron supplements
- Taking your renal vitamins
- Exercise
- Avoiding caffeine, alcohol and nicotine
- Warm baths, heat/cold packs or massage