

Home Connection

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Get ready now for a change in the weather



We're a few months from winter, but now is the time to check your plan to deal with bad weather. Don't be caught off guard.

Keep emergency diet food at home. It will help you survive if you are unable to dialyze. Ask your dietitian for items to stock.

Make an emergency supply kit. Talk to a nurse for a complete list of items.

Keep a list of current contacts. Include Northwest Kidney Centers, other health care providers, friends and relatives. Be sure your home dialysis support team has three different ways to reach you.

Have backup travel plans to get to appointments or treatments in case of a power outage.

Check weather reports. Dialyze early if the power might go out. Charge your phone battery.



Home hemodialysis user Ken Hamada and his wife, Joan, do some planning at home in Shoreline.

Supplies to keep on hand



- ➔ An extra one-week supply of hemodialysis solution and tubing in case of a delivery delay. PD patients, your nurse can help you decide what you need.
- ➔ A week's worth of medications you've built up.
- ➔ Your current dialysis prescription, in writing.

Monitor expiration dates so supplies and medications don't go bad.

If temperatures are low, check dialysis supplies closely to be sure they have not frozen. If things don't look right, contact your dialysis nurse.

If your Epogen freezes, don't use it. Call our pharmacy at **206-343-4870** for a new supply.

If you can't reach the home dialysis department in an emergency, contact:

206-292-3001 for a recorded message, or **1-800-606-9174** for emergency scheduling.



Vashon Island resident Larry Epley washes his hands before starting a peritoneal dialysis treatment.



You have a hand in infection control

Infection is the second-leading cause of death in dialysis patients, who are less able to fight infection than others. Northwest Kidney Centers is committed to preventing infection.

Simple hand washing is one of the best ways to protect yourself and stay healthy.

- ➔ Make sure you wash your hands and your dialysis access correctly before you start your treatment. See tips at right.

It is also important that your health care providers are washing their hands.

- ➔ When you come in for your monthly clinic, please ask staff members if they washed or gelled their hands.
- ➔ Speak up if you see anyone who didn't wash up before providing care.



Keep germs away

1. Wash your hands and access arm before you start dialysis treatments.
 - Use liquid soap in the original container. Germs can live on bar soap.
 - Scrub for 30 seconds.
 - Scrub fingers, around nails and between fingers.
 - Dry well with paper towels. Germs like dampness.
2. Use hand sanitizer when you enter and leave your treatment room or the dialysis clinic.
3. Keep vaccines up to date to help your body build up protection from infection. Northwest Kidney Centers will provide flu vaccine when you come in for clinics this fall.
4. Frequently wash blankets, pillows and other items you use often. Use bleach if there are blood stains.
5. Notify your home care team and doctor if you notice redness, swelling or pus oozing from your access site area.

Clean hands save lives.
Preventing infection is everyone's responsibility.

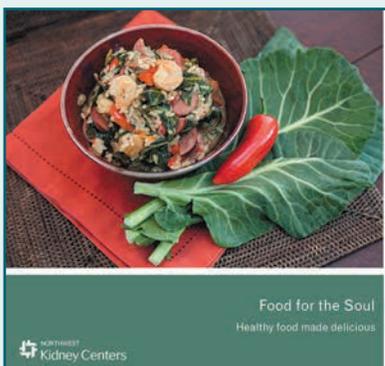
Nourish your soul with good, healthy food HH PD

You have to pay close attention to your diet when you're living with kidney disease and dialysis treatments, but that doesn't mean you can't enjoy good food. Here are a few resources to help you follow a balanced, low-sodium diet.



Visit the recipe collection on Northwest Kidney Centers' website

Our website features delicious kidney-friendly recipes. They are sortable by meal type and different nutrition requirements based on your dialysis treatment and dietary needs. Visit www.nwkidney.org to find inspiration for your next meal.



Get a recipe booklet that celebrates cultures and tradition

Our 32-page Food for the Soul booklet features recipes filled with flavor, so you and your family can enjoy traditions while feeling your best. Ask your dietitian for a printed copy, or download it from www.nwkidney.org/food-for-the-soul

Check up on your Medicare Part D HH PD

It is time for the annual renewal of Medicare D prescription plans. Open enrollment is Oct. 15 through Dec. 7. It is a good idea to re-evaluate to make sure your current plan will be the most cost-effective for you.

To review your options, visit www.Medicare.gov and choose "Find Health and Drug Plans." If you do not have access to the internet or would like help to review your options, please contact your financial case manager by Nov. 1.

If you would like to stay on your current plan, you do not have to do anything.

Our financial case managers have a new home at SeaTac HH PD

Our financial case managers have moved to SeaTac Pavilion at 17900 International Blvd. S., Suite 403 in SeaTac.

Phone numbers remain the same:

Aletha White: 206-720-3770

Anthony Moore: 206-720-3768

Mary Grennan: 206-720-3767

Sonia Edmondson: 206-720-3766

Financial case managers are here to help you get, maintain and update insurance coverage so you can focus on improving your health. Call anytime or make an appointment for an in-person meeting.

What's next? HH PD

Learn about kidney transplant or a different form of dialysis at a free class

Visit www.nwkidney.org for a class schedule.



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



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

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.

Easy ordering at our specialty renal pharmacy **HH PD**
 We provide expert consultation and free delivery.

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



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Are you getting enough sleep?

Kidney failure can make it difficult to get a good night's sleep. In fact, about half of dialysis patients have trouble sleeping.

Sleep is important for health and welfare. Most adults need at least 7 to 8 hours of sleep nightly to maintain good health.

Sleep allows for complete repair of body cells. Lack of sleep can lead to inefficiency at work, irritability and nervousness. It also can contribute to heart and circulation problems and increase risk for a shortened life span.

Proper sleep helps you avoid daytime drowsiness, altered moods, weight gain, poor health and low energy.



If you have trouble sleeping:

- ▶ Keep a log of your sleep habits for a few weeks so you can see patterns.
- ▶ Choose a wake-up time based on your normal pattern and get up at the same time all week, even on days you don't need to.
- ▶ Figure out how much sleep you need at night. Work back from your wake-up time to find your bedtime.
- ▶ After a week, start adding 10 to 15 minutes to your sleep time after each successful week.
- ▶ During the day, keep active to stay awake, and avoid naps.

It will take time and willpower, but eventually your nights will be filled with less tossing and turning.

