

Cool off and control fluid with smart snacks

Most Pacific Northwest residents are thrilled when the weather turns hot and dry, but it isn't easy to stay within your fluid allowance when heat makes you thirsty. Beat the heat with these kidney-friendly, thirst-quenching snacks:

- Chilled or frozen berries, apples and grapes; cold salads.
- Raw vegetables – try chilled cucumber slices, jicama, carrots, celery or radishes for a low-potassium thirst quencher.
- Frozen treats – homemade ice pops, Popsicles or ice cream will cool you down without adding lots of fluids.
- Flavored ice – make your own with lemonade, juice or mint.

It's normal that some fluid will build up between your dialysis treatments, but you don't want to gain more than a pound or so. Excess fluid can cause swelling, which increases blood pressure and makes your heart work harder. Or it can build up in your lungs, making it harder to breathe.

Ask your dietitian or nurse if you're not sure about your daily fluid allowance. It depends on your urine output, dry weight and how often and long you dialyze.



Northwest Kidney Centers Kirkland patient Benjamin Reali and his wife, Renate, at their home in Bothell.

Keep fluids in check

- Limit your salt – the single best way to avoid fluid gains. Salt makes you thirsty and retains water. Remember that salt hides in processed food.
- Avoid exerting yourself. Stay inside during the hottest part of the day.
- When you do drink, make your beverage ice cold. You will drink more slowly and won't need as much.
- Take your medications with cold applesauce instead of a liquid.



All gifts, no matter the size, make a big difference.

Contact Dan O'Connor
at 206-720-8514 or visit
nwkidney.org/give.



Enumclaw patient Bonnie Martin at home in Buckley.

Top 5 tips to avoid infections

1. Use hand gel every time you come to and leave the dialysis clinic.
2. Wash both hands and access arm before you dialyze.
3. Keep your vaccines up to date. Check with your doctor to see if you need any immunizations.
4. Wash your blankets, pillows and other items often. Use bleach if there are blood stains.
5. Tell your doctor and clinic any time your access exit site is red, swollen or oozes pus.

The keys to effective hand-washing

Hand-washing matters. It stops infection from spreading. Because infections are the second leading cause of death for dialysis patients, the way you wash your hands matters too.

- Use liquid antibacterial soap in the original container.
- Scrub for at least 30 seconds.
- Scrub fingers, around nails and between fingers.
- Dry thoroughly with paper towels.

Preventing infection is everyone's responsibility, so speak up if your caregiver did not wash up before your treatment.



Transplant recipient and former home hemo patient Jackie Brown with her son Sonne at Gene Coulon Beach Park in Renton.

Next Step?

Free classes at Northwest Kidney Centers can help you figure out your next step. See details at www.nwkidney.org/classes.

Is it dialyzing at home? Our Next Step Home Hemodialysis class or Next Step Peritoneal Dialysis class will cover everything you need to know about doing your own treatments. Home dialysis can allow you a more normal lifestyle with more flexibility and independence.

A new kidney? Our Next Step Transplant class covers a range of topics from qualifications and donor transplants to the transplant waiting list and how to live well with a transplant



“Any exercise helps you move better and helps you walk better. I’d encourage anyone to exercise. Walking is good. The stationary bike is great. Do whatever it is that keeps you moving — that’s better than sitting,” says Juanita Dance, a patient at our Seattle clinic. She enjoys working out at the YMCA and in the building where she lives.



Northwest Kidney Centers has a plan with you at heart

Northwest Kidney Centers recently adopted a strategic plan to guide us through 2021. The strategic plan is the road map we will follow to serve you and carry out our mission. Our goals are:

Care Better - transform our care model and improve the health of the community

Perform Better - effectively manage the quality, safety and cost of our services

Grow Bigger - extend our footprint in services and sites

Grow Together - collaborate with local, regional and national partners

As we work toward these goals, we’ll maintain our commitment to being a patient-centered organization.

Get active this summer

Exercise increases energy levels and strength, reduces stress and can ease chronic pain. It can even slow down kidney disease and reduce the risk of depression.

Northwest Kidney Centers offers free access to elastic exercise bands and exercise balls. Pedometers are available so you can track your daily step totals. You can even use a Pedlar exercise bike while you dialyze.

Thanks to a partnership between Northwest Kidney Centers and the YMCA, you can use YMCA workout facilities at a reduced cost. You can get your initiation fee waived and then pay a monthly fee based on your income. Ask your care team for more information.

Not sure where to start? Our Nutrition and Fitness team can design an exercise regimen specifically for you or you can get a referral to physical therapy, which is often the first step to increasing your activity levels.

Join the Kidney Research Institute registry

You can support research into kidney disease by joining the Kidney Research Institute’s registry. It’s a list of people interested in participating in research on kidney problems or dialysis.

When scientists need people with conditions like yours, a research coordinator will come to your clinic to tell you about the upcoming study and ask if you want to participate. Many studies take only a few minutes, either before or after your treatment. Ask your nurse care manager about joining the 500 Northwest Kidney Centers patients already on the list.



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



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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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Insurance questions?

Our financial case managers can help you with any questions about insurance, whether about coverage or clarifying a message from your insurance provider. The team is available by phone and in-person at SeaTac by appointment.

Aletha White: 206-720-3770

Anthony Moore: 206-720-3768

Mary Grennan: 206-720-3767

Sonia Edmondson: 206-720-3766

Keeping your fistula/access healthy

Few things are more important to your health than your fistula. Take good care of it to feel better and live longer.

Touch

- Feel your access with your fingers every day to experience the buzz or vibration from the movement of your blood.
- If you don't feel the buzz, call your nephrologist right away.



Look

- Check your access for redness, swelling or pus.
- If your hands or fingers feel numb or cold, or are blue/gray in color, notify your nephrologist – these could be signs of infection or clotting.

Care

- Keep your access clean – wash your arm every day and before each time you dialyze.
- Don't wear tight clothes over your access.
- Don't sleep on your access arm.
- Don't carry anything heavy on top of your access.
- Don't let anyone draw blood, take your blood pressure or start an IV line with your access arm.