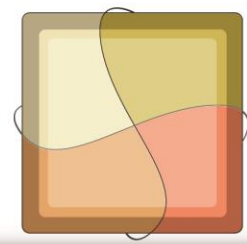


JANUARY



Take part in your care *It's your life!*

How can I increase my engagement this month?

- **Know your medicines**
 - Make a complete list of every medicine you take, every pharmacy you use, and any allergies you have. Update your list every month.
 - Ask what each of your medicines is for and what side effects to watch for.
 - Fill or refill your prescriptions on time.
 - Talk to your doctor *before* you stop taking a medicine or start taking a medicine (even over-the-counter medicine).
 - Some medicines should not be taken with other medicines. Ask your Nephrologist and your Pharmacist about possible interactions before you take any new medicines.
 - Put a copy of your medications in your wallet, your refrigerator/freezer, your emergency kit (in a waterproof bag), and the glove compartment in your car.
- **Prevent infection and protect your access, if you have one**
 - Always wash your hands before and after treatment. It could save your life!
 - Tell the staff at your facility to wash their hands and wear gloves before touching you!
 - If your access does not feel “right”, get it checked immediately.
- **Go to support groups if they are offered in your area or look for online support groups**
 - Learn more about kidney disease and treatment options by searching the internet and attending seminars and support groups. Don't wait for someone else to tell you.
- **Know your options**
 - Attend your Plan of Care meetings at your facility and if you have questions, please speak up.
- **Continue to consult with your dietitian to learn how your diet can improve your labs**
- **Talk with a pharmacist if you have any questions about insurance and drug coverage**
- **Talk with the social worker if you want to work, go to school, or volunteer**
- **Know your allowed fluid intake. Talk with your health care team to determine what is best for you.**

Why should I increase my engagement by taking part in my care?

- **YOU** know how you feel and what you need better than anyone else
- Attending Plan of Care meetings empowers **YOU** to help make decisions about your care
- When you understand all of your choices, **YOU** have more control over your own health

Word Search - Find the following words that will help you be part of your care team:

Family	XUTMLEARNBY
Patient	EGAGNESTRIO
Engage	PWEYLIMAFD
Learn	EWPATIENTM



This information was created BY ESRD patients FOR ESRD patients! To file a grievance or for questions, contact the ESRD Network of Texas at 1-877-886-4435 (phone), 972-503-3219 (fax), info@nw14.esrd.net (email), 4099 McEwen Rd, Suite 820, Dallas, TX 75244, or www.esrdnetwork.org