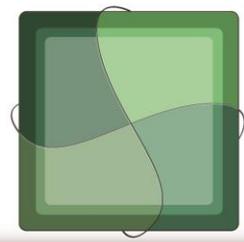


JULY



Learn About Different Dialysis Treatments

Know your choices!

WHY should I increase my engagement by learning about dialysis treatment choices?

- Healthy kidneys clean your blood all the time. If you have kidney disease, you may need **dialysis treatments**. This means that you use a machine to clean your blood because your kidneys do not work.
- To be healthy, you must go to all of your **dialysis treatments**. If you leave early, you may feel weak, tired, and nauseous. If you miss treatments, you might also have heart problems or even die.
- Choosing the right **dialysis treatment** can help you feel better. This is because your blood is cleaner. When you feel better, you can do more things you enjoy like hobbies, traveling, or returning to work.
- The dialysis machine cleans the blood through a special filter to remove waste products from your body now that your kidneys no longer do this job.

HOW can I increase my engagement this month?

- **Learn about the kinds of treatments.**
 - **In-center hemodialysis (ICH):** You go to a dialysis facility for treatments. A staff person connects you to a machine that cleans your blood. This happens 3 or 4 times every week. If you don't go, or if you leave early, you will not feel as good as you could.
 - **Peritoneal dialysis (PD):** You can do treatments at home or somewhere outside of the dialysis center. You can do PD by yourself or with a care partner. You do not need a large machine to clean your blood. People on PD are cleaning their blood all the time. PD does not require needles as you use your belly as a natural filter.
 - **Home hemodialysis (HHD):** Treatments where you or your care partner or a nurse connects you to a machine that cleans your blood. These treatments can be done at home. You can do home hemo more often than in-center hemo so that you will feel better between treatments.
 - **Transplant:** Treatment that gives you a healthier kidney from a donor. If you get a transplant, you may not need dialysis treatments anymore. Financial assistance for donors can be located at <https://www.livingdonorassistance.org/Home/default.aspx>.
- **Learn which treatment option is best for you.**
 - Every person is different. Learning about your choices can help you make good decisions.
 - There are many ways to get dialysis treatments. You should choose the one that works best for you.
- **Your Care Team will help you stay informed. You can ask them about your options.**
 - Your kidney doctor, nurse, social worker, and dietitian can help you learn about the different treatment choices. They can tell you how each choice is different than what you do now.
 - Ask your social worker if you can talk to other dialysis patients who are on a different treatment type. Patients that have tried different treatments can help you understand what it is really like.

Activity:

Who is your SW? _____ Who is your Charge Nurse? _____
Who is your FPR? _____ Is it ok to leave treatment early? True or False

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

