

access

PATIENT NEWSLETTER | JAN / FEB 2016



CDC

Centers for Dialysis Care

News & Notes.....	2
Well Wishes	3
Patients' Goals and Encouragement for 2016	4
Community Partners ..	5
For the Fun of It	6
February is American Heart Month	7
Succeeding with Resolutions	8
Artist in Focus.....	9
Healthy Eating.....	11

access

Centers for Dialysis Care Newsletter
January / February 2016

Editor: Pamela S. Kent
Patient Education Coordinator
(216) 903-2004
Design: Impel Creative

CDC

Centers for Dialysis Care

The Centers for Dialysis Care (CDC) has provided the information in this newsletter to inform you and your loved ones.



On the Cover
Up Above the City, Ink and Watercolor
La'tricia Adams, CDC Warrensville

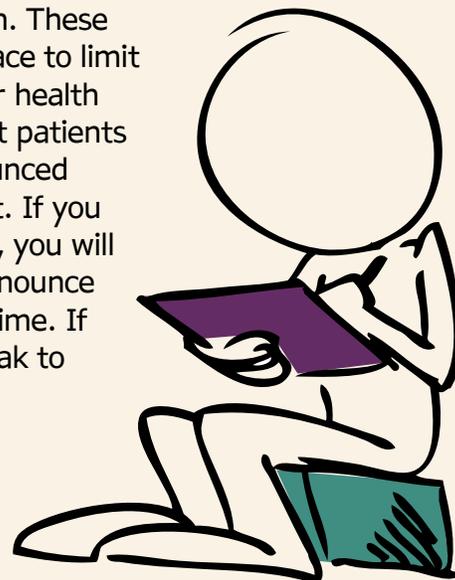


The Centers for Dialysis Care (CDC) is a leader in providing patient-centered quality care to all individuals with kidney disease.

News & Notes

You and Your Health Information

Your health information is protected by Federal Law. The privacy rule (HIPAA) gives you the rights over your health information and sets rules and limits on who can look at and receive your health information. These rules need CDC to have steps in place to limit the risk of accidentally sharing your health information. CDC's practice is to let patients know that their name will be announced when they come to the dialysis unit. If you do not want your name announced, you will need to sign the Patient Do Not Announce form. This can be changed at any time. If you have any questions, please speak to your social worker.



Well Wishes



Diana P. Wish

Dear Friends:

On behalf of the staff and management of CDC, I want to wish you a Happy New Year. I hope that you were able to enjoy the holiday season with your family and friends. This is the time of the year when we thank our loved ones for all that they do and for all they mean to us.



This past year has been very busy. In November we were able to open our new 20 station state-of-the-art facility at Eliza Bryant Village. At the same time we closed CDC Cityview and moved all of the patients and staff to the new unit. During 2015 in our 16 hemodialysis facilities we have cared for more than 1800 patients and have safely performed more than 200,000 treatments. We expanded our Home Dialysis program and have nearly 100 patients who perform dialysis in the comfort of their homes. CDC employs 540 dedicated staff who work very hard to provide exceptional care to you. Everyone is committed to doing a good job and to look for ways to do things better. If you have any suggestions on ways to make things better please let your Facility Manager know.

CDC will be working on several projects in 2016. CDC will be using the Vasc-Alert program to monitor your vascular access to detect problems before they happen. The program works by checking pressure patterns in both the arterial and venous needle sites. If the pressure increases there may be a stenosis or narrowing of the access. The team is alerted of possible issues allowing for quick evaluation and intervention.

CDC will also be focusing on ways to better manage fluid removal during dialysis. Patients can hold an extra 10 pounds of fluid without any signs or symptoms of extra fluid. Your dialysis facility will be introducing the Dry Weight Challenge protocol to patients who meet specific criteria to remove excess fluid. This protocol is ordered by your kidney doctor. Your dry weight would be lowered slightly for 6 treatments.

We also have exciting technology to assist the staff to better manage fluid removal and identify cardiovascular events. Last year CDC piloted Intelomed CV Insight at the East dialysis facility. The program was very successful in helping patients lower their dry weight. The technology allows real-time measurement of how you are doing with fluid removal to optimize your treatment session. During this year CV Insight will be started at the different facilities throughout the year and available to patients who meet specific criteria.

Hopefully the winter won't be too bad this year. Please be careful as you walk on the snow and ice and stay healthy. I hope 2016 is a good year for you and your loved ones.

Diane P. Wish
President & CEO

Patients' Goals and Words of Encouragement for 2016

Many people make resolutions for the New Year. Others say they do not make resolutions because they break them quickly. A resolution, or goal, is met in small steps. Here are goals or words of encouragement from CDC patients:

Orin Skaggs, West:

Live another year and see his grandchildren grow up. He says to watch your diet, exercise, and "be here every day, on time, stay your whole treatment – it's your lifeline."

Latrice Goodrum, East:

"Thinking of a goal or something positive can take your mind off things and give you something to look forward to." What helps her treatment is relaxing and sometimes listening to music.



Evelyn McLemore, East:

Her goal is to be able to walk again. She hasn't walked for 3 years.

Michael Jones, East:

"Any resolution you have at the beginning of the year, just do it and get it over with!"

Ora Eldridge, Eliza Bryant:
Her goal is to not eat things she's not supposed to eat.

Robin Warr, East:

Her goals are to stop smoking, eat healthy, and control the pain. "Show up and do the time. Everything else will fall into place."

Steven Harris, West:

"My goal is to get in shape, stay in shape, get a kidney, and keep it as long as possible, with God's help. I think family is very important for support."

Tim Bozak, West:

Keep living. "Don't quit, endure regardless. Your attitude affects your outcome."

Jettie Strozier, Eliza Bryant: "To be the best person I can be."

Community Partners

Cleveland Minority Organ Tissue Transplant Program

This year, think about saving a life by becoming an organ, eye, and tissue donor. Your decision can help to save the lives of over fifty people, and your friends at Cleveland MOTTEP have made the process easy for you.

To learn more about Cleveland MOTTEP visit clevelandmottep.org or contact Linda D. Kimble at (216) 229.6170 x137.

Step 1: Learn what organ, eye and tissue donation means.

Anyone can be an organ or tissue donor! Your age and your health do not keep you from saving lives. Here are some things you can do to learn more about being a donor:

- Visit www.clevelandmottep.org
- Talk to your health care provider
- Ask to talk with someone from Cleveland MOTTEP.

The Cleveland MOTTEP staff will be happy to help you with becoming an organ or tissue donor. They can show you how the choice to help others through the gift of donation is open to everyone.

Step 2: Talk with your friends and loved ones about your choice to save lives.

Your decision to become an organ or tissue donor is an important one for yourself, your loved ones, for those who will receive your organ or tissue donation. Talk to your loved ones about your decision to help others as an organ or tissue donor.

Step 3: Make it official!

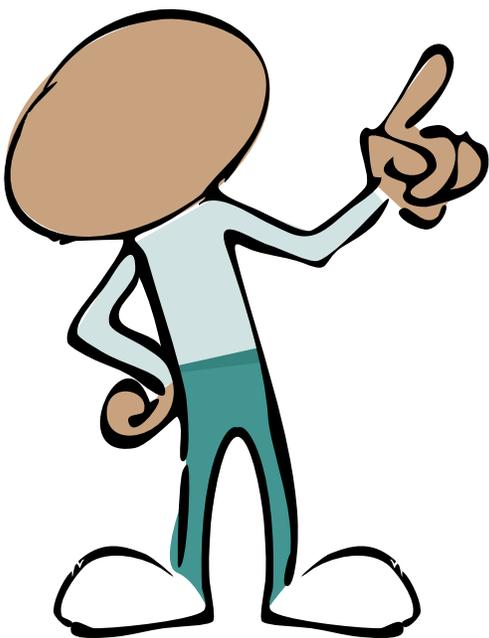
Register as an organ, eye, or tissue donor by contacting Cleveland MOTTEP for a donor form, or the next time you visit the Bureau of Motor Vehicles. Remember that the need is increasing, and you can help. Over 123,000 men, women and children are in need of transplants, and only those who volunteer can help.

Step 4: Congratulate yourself!

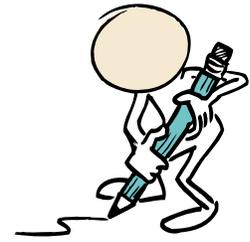
Making a New Year's Resolution to become a donor is a great way to make your community stronger, provide a service that money cannot buy, and feel good that you are making a difference! Thank you!!!

Step 5: Get others involved!

Please spread the message of organ, eye and tissue donation to others. With your help, Cleveland MOTTEP can continue its mission to save lives and spread awareness.



For the Fun of It



Number Seek: Solve this puzzle by seeking numbers instead of letters.

9	5	8	6	3	1	3	2	4	6	1	2	5	8	7
6	1	5	2	4	7	1	3	6	2	5	5	5	0	7
4	1	2	8	9	6	7	8	2	3	0	4	5	0	4
0	3	8	6	8	5	5	6	9	0	8	4	9	6	7
1	0	4	3	2	2	7	9	3	4	4	0	1	9	4
6	0	4	4	1	3	3	7	3	5	4	6	0	0	2
5	9	8	0	4	6	3	8	2	0	1	1	3	6	6
2	7	0	6	7	8	7	2	0	0	7	0	8	8	5
4	0	9	4	9	5	5	6	3	7	8	6	3	9	0
6	9	1	5	3	5	0	0	1	9	3	3	8	0	1
9	2	7	8	2	8	3	8	0	7	1	7	2	5	5
0	6	4	2	8	4	9	7	0	4	3	6	6	7	7
7	5	8	4	9	2	2	6	9	7	2	9	1	3	1
8	2	8	1	5	2	8	9	6	6	2	9	1	4	9
1	1	5	9	6	1	9	5	8	8	8	9	7	9	0

Numbers:

01402	01571	05351	05624	08072	09798	10006
10303	10637	16044	16283	26380	27828	27934
28448	28956	28967	29577	29817	30097	30195

February is American Heart Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions.

Here are some heart health facts:

- Fats are an important part of a healthy diet. Fats supply over twice the amount of calories (energy) than protein or carbohydrate to help reach your daily calorie goal.
- Fats help your body use and store some vitamins.
- There are three main types of fats: saturated fats, unsaturated fats, and trans-fats.
- Saturated fats are artery clogging fats. Found mainly in animal products such as meats, eggs, milk, and some other dairy products. Limit these in your diet.
- Unsaturated or polyunsaturated fats are healthier fats. These include liquid vegetable oils such as canola or olive oil and tub margarines.
- Trans-fats raise the bad cholesterol (LDL) and lower the good cholesterol (HDL). These are man-made. You will find trans-fats mainly in bakery products such as cakes, cookies, breads, and muffins.



Tips for eating healthy:

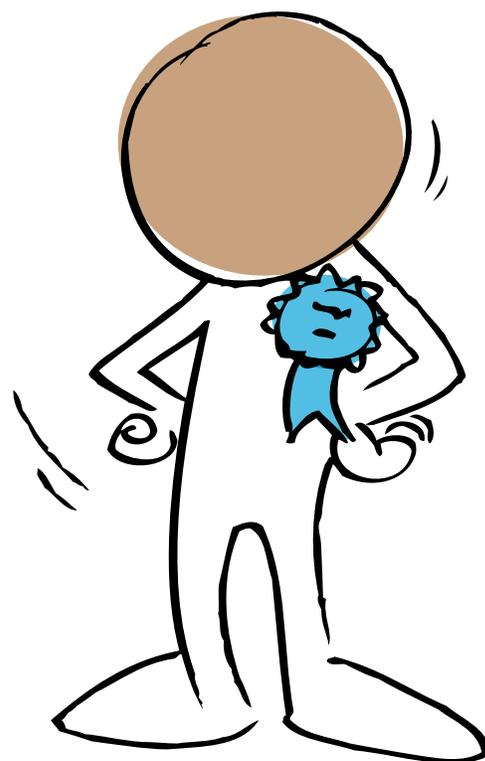
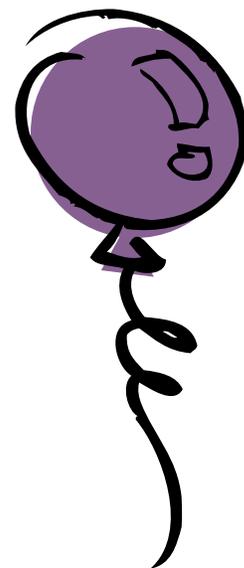
- Choose unsaturated fats in meal preparation and homemade desserts.
- Switch from whole or 2% milk to 1% or skim.
- Use only margarine in a tub, which is easy to spread. Some margarines contain phytosterols or plant stanols which may help to lower your cholesterol. These are sold as Benecol or Take Control. Check with your dietitian for more information on choosing the best margarine.
- Deep fried food, especially from a restaurant, adds saturated fat and in some cases trans-fats to your diet. Prepare fried foods at home using soy bean or peanut oil and throw the oil away after one use. Using unsaturated vegetable oils more than once will cause the fats to become saturated and unhealthy.

Succeeding with Your New Year's Resolutions

At the start of the New Year, many of us want to change certain habits or improve some behaviors. But by the next day, week or month, most of us will have given up trying. How do we go about achieving success? To succeed, we must plan carefully. Instead of focusing on a specific thing to change, it is better to focus on improving health. When you focus on improving health, you get the benefits right away. Any small change that you make is going to make you feel better.

Areas of Health Improvement for Kidney Patients

- **Vascular Access:** Whether your access is a fistula, graft, or catheter, you should take good care of it. Your dialysis team will teach you how to take good care of your access. Patients with catheters should get a fistula or graft placed as their goal if possible.
- **Watch Your Fluid Intake:** Any food that is liquid at room temperature is counted as fluid intake. This includes ice, sherbet or popsicles. Soups, stews and watery foods like watermelon contain fluid too.
- **Nutrition:** Good nutrition is the key to good mental and physical health. If you need assistance with your diet ask your dietitian.
- **Treatment:** Always go to all of your scheduled treatments and stay for the full treatment.
- **Weight:** You will gain too much weight if you drink more fluid than you should or eat more sodium than you should. You will change your body weight if you exercise more or less than usual or if you change the amount of food you eat.
- **Hand Hygiene:** Wear a glove and wash hands after holding your needle sites.
- **Speak Up:** Speak up and be involved in your care.



Artist in Focus

La Tricia Adams of CDC Warrensville Heights



La Tricia Adams

The cover art for this newsletter was created by Tricia Adams, who just celebrated her 3rd year anniversary at CDC. To adjust and help cope with her treatment time she quickly became involved in art therapy sessions, and says that it not only helps her here, but also keeps her creative at home!

Poem by La Tricia Adams

Up Above the City

Cement, concrete, glass,
Blue,
Hue blue,
Up above fantasy,
Yellow,
Bright, orangey yellow.
Where the dragons sleep,
Far from the cellphone's ring, fast food, and
Piles of garbage.
Here it is clean, airy, and freedom of
imagination lives.
This only can be up above the city.

Can you guess what inspired her to paint a dragon?

Tricia says that she created the dragon from a doodle! The whole process took a few months, due to health issues, and the dragon was transformed several times, but finally became what you see now; strong, vibrant, and full of life!

Can you tell what medium was used?

Tricia used ink and watercolor, because she loves the vibrancy. The ink helps define the areas to paint, since she is legally blind. She also loves the way they blend together to create new bold colors. It is pure fun! The actual image is large: 24 x 18, so she could see it to paint!

Do you notice anything else in the image?

At the bottom of the painting is a city. Tricia explains that the city represents everyone's problems and struggles, and the dragon represents their hopes and dreams! Also, the dragon is a rainbow of colors to represent all of us as one big melting pot, and the people climbing the mountain are trying to reach where the dragon lives because they're trying to reach their goals!



Stepping Forward in the New Year

Our goal is to help you prevent falls at the dialysis unit and at home. Always tell the staff if you have fallen recently. Frequent falls may be a sign of other health problems.

Watch out for slippery surfaces due to ice and snow.

Here are some things that you can do that will lower your risk for falls.

Prevent falls in the dialysis unit

1. Wear safe non-slip street shoes to prevent slipping in the dialysis unit.
2. Wear shoes even if you are transported in a wheel chair.
3. Use the grab bars located at the scales to help with balance.
4. Weigh with your shoes on. Not wearing shoes increases your risk of a fall!
5. Be sure to sit up for a few minutes after you have reclined in a chair before trying to stand.
6. Be careful when bending over from a standing position after coming off of the machine. Your body may still be getting used to being "off dialysis", and bending over can cause your blood pressure to drop.
7. Tell your nurse if you feel dizzy, weak, or lightheaded so you don't fall.
8. Tell the staff if you see a puddle or water on the floor.
9. Report any icy areas outside to the staff.

Prevent falls at home

1. Use a night light and keep a flashlight handy
2. Make sure lights are easy to turn on and off
3. Remove clutter from the floor, hall and stairs
4. Use hand rails while taking the stairs
5. Place double-sided tape under rugs or remove
6. Wipe up spills
7. Wear safe non-slip street shoes at home

For additional tips and resources on fall prevention, please visit www.learnnottofall.com



Healthy Eating



Strawberry Bread

*Adapted from Creative Cooking for Renal Diets,
The Cleveland Clinic Foundation*

Yield: 15 slices; count as 1 starch and 1 calorie booster

Ingredients

- 1 ½ cups flour
- ½ teaspoon baking soda
- 1 ½ teaspoons cinnamon
- 1 cup sugar
- 1 egg, beaten
- ½ cup plus 2 tablespoons vegetable oil (any will do)
- 1 10-ounce package frozen, sliced strawberries, thawed

continued on back cover >

Music



Music:

It carries you to another dimension.
Music...
Music...
You forget all your cares and...
Music...
It just lifts you,
It carries you.
Music...

— Jettie Strozier
CDC Eliza Bryant



“Words make you think a thought. Music makes you feel a feeling. A song makes you feel a thought.”

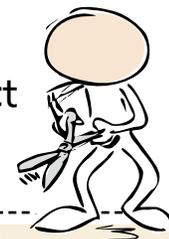
— Lyricist E. Y. “Yip” Harburg

Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything.

— Plato

Healthy Eating

Recipes to Collect



Strawberry Bread

Directions

- Turn oven to 350° to preheat.
- Stir flour, baking soda, cinnamon and sugar together in a large bowl. Add egg and oil, stirring only until dry ingredients are moistened. Stir in strawberries.
- Spoon batter into a lightly greased 8x4 inch bread pan. Safety reminder: Wash your hands after cracking the egg.
- Bake for 1 hour and check for doneness. (Stick a toothpick into the center of the bread, which should come out clean.)
- Remove from pan to cool. Let stand overnight before slicing.

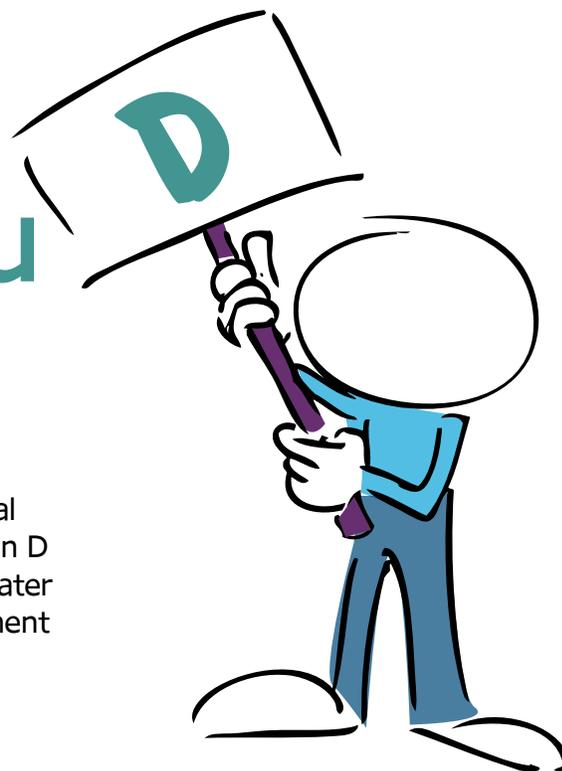
*Warm your kitchen with a one bowl quick bread.
Even non-bakers could make this one!*



Vitamin D and You

Falls are the leading cause of injury in people over the age of 65.

There is evidence to suggest that vitamin D can reduce the number of falls and the risk of breaking a bone. It is not unusual for dialysis patients to have low levels of vitamin D. Your vitamin D level was checked this past December. Your level should be greater than 30 mg/ml. Your doctor can tell you if a vitamin D supplement is a good choice for you and if you need it. If you have any questions, please speak to your dietitian or doctor.



CDC

Centers for Dialysis Care

Corporate Office

18720 Chagrin Boulevard
Shaker Heights, Ohio 44122

(216) 295-7000 • cdc.care.org



Scan the code to
visit us online