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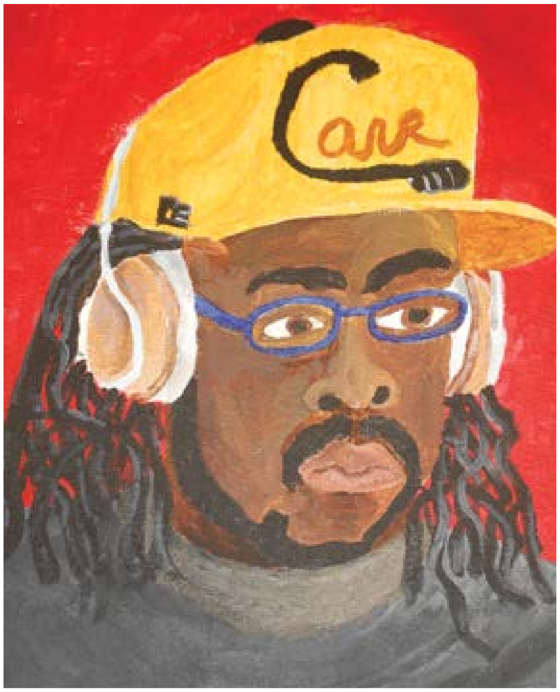
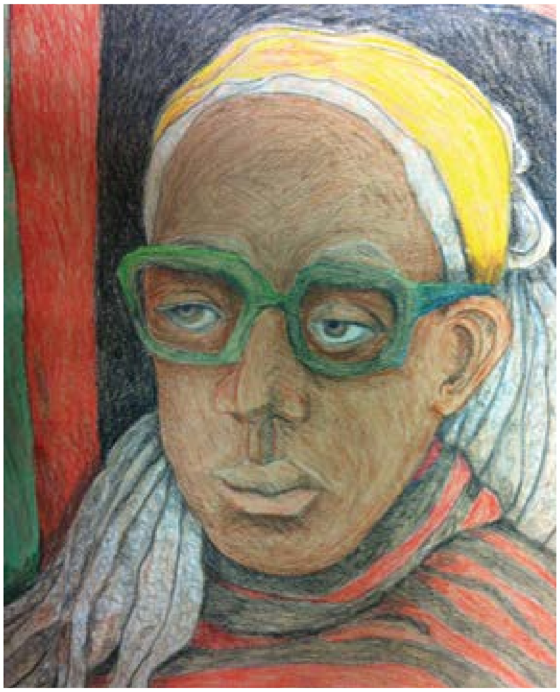
PATIENT NEWSLETTER | MAR / APR 2017





CDC
Centers for Dialysis Care

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Centers for Dialysis Care Newsletter
March / April 2017

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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
Top Left: Kenneth Mims
Top Right: Karen Lawler
Bottom Left: Barbara Martin
Bottom Right: Regi Mcdowell

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

Understanding Your Patient Responsibilities

CDC cares about you as a person. It is our goal to treat you with respect and dignity. A full list of your patient rights and responsibilities can be found in the CDC orientation handbook. This article will just focus on a few of them.

You have the right to safe and competent care. This means that your dialysis treatments should be done the right way, following your doctor's orders, in a way that keeps you safe from harm. You can question what is happening or how the staff are doing something without it affecting your future treatments.

You have the right to fully understand what is happening to you during your treatment. The staff will explain what they are doing and will answer any questions that you may have about your treatment.

You have the right to be informed about how you can express concerns regarding your treatment. If you have any complaints or suggestions for improvement please talk with your nurse, facility manager, or social worker.

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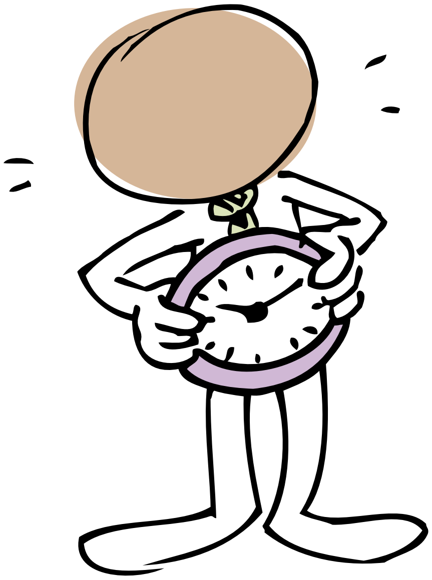
Well Wishes

Diane P. Wish

It is time to spring forward. Don't forget to set your clocks on March 12th. As I write this column there is no snow on the ground. So far winter hasn't been bad but as we all know it can snow in April.



I wanted to share some exciting news with you. I am very pleased to announce Dr. Richard Spech, MD, is the new Chief Medical Officer for the Centers for Dialysis Care. Dr. Spech had been serving as the interim Chief Medical Officer since the passing of Peter DeOreo, MD, in July of 2016.

Dr. Spech has more than 25 years of medical experience, serving as a practicing Nephrologist in Beachwood, Ohio. He is very familiar with the local Cleveland market, and is currently serving as the Medical Director at CDC Shaker, and CDC East. He was also a member of the CDC Board of Directors. We believe Dr. Spech is uniquely qualified to assist CDC as we continue to grow. Dr. Spech has the right balance of experience and relationships with the medical staff to ensure continued quality and value to our patients.

Over the course of 2016, some of the Centers for Dialysis Care facilities have been under renovation construction in multiple locations. CDC Shaker first floor renovation is near completion with state of the art equipment, lighting, flooring and work space to improve the patient care experience. Remodeling is underway at the CDC Warrensville location with completion of the staff work space. Patient experience, quality care and provision of a clean, safe, comfortable treatment area are our most important goals with the renovations.

Be sure to check out the Creative Arts Therapy art exhibit at the Beachwood Library from March 4th through March 30th, 2017. CDC will be hosting a reception at the art show on March 12th from 2:30–4:00 pm. Light refreshments will be served.

Diane P. Wish
CEO

Understanding Your Patient Responsibiities
(continued from page 2)

You have the right to receive your own care plan. You will have a chance to meet with your dialysis care team to talk about how your treatments are going and if there are any issues you want addressed. You can attend these meetings in person, by phone, or review the care planning notes after the meeting.

You have the responsibility to be an active member of your dialysis treatment team. We recommend that you follow your diet and fluid restrictions, take your medications as prescribed, and keep all of your appointments because this will help you feel better. You should tell us of any health issues; changes with where you live or your phone number; or changes in your insurance coverage.

If you have any questions about your rights or responsibilities please talk with your CDC social worker.

The Robinson Report

Gary Robinson

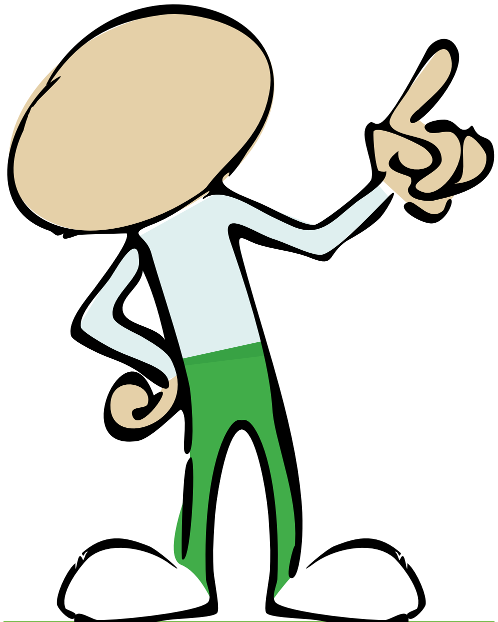
Welcome to the Robinson Report!

Last year CDC performed 236, 861 dialysis treatments. What concerns me from reviewing our year end results is the number of missed dialysis treatments which accounted for 25,605 dialysis treatments. Nationally, about 10 percent of hemodialysis patients miss at least one treatment per month. Did you know that in Europe and Japan only 1% of patients miss dialysis? So why do CDC patients miss dialysis treatments. As part of a corporate initiative, I have created a missed dialysis treatment taskforce to better understand and address this concern.

We understand you may have conflicts in your dialysis schedule due to competing life priorities but the dialysis staff will work with you to reschedule your treatments. We are concerned for your welfare and want you to maintain the dialysis schedule which is right for you medically. One week of dialysis is only equal to one half (1/2) day of normal kidney function. Any amount of missed treatment shortens your life. A study showed that just two missed treatments a month can increase chances of death by 51%. Please try not to not miss or cut short any treatment time so that you can remain as healthy as possible, to live and enjoy your life with few medical complications. If there is anything we can do improve your patient care experience, please let us know.

Gary Robinson
President

National Donate Life Month 2017



National Donate Life Month (NDLM) was instituted by Donate Life America and its partnering organizations in 2003. Celebrated in April each year, NDLM features an entire month of local, regional and national activities to help encourage Americans to register as organ, eye and tissue donors and to celebrate those that have saved lives through the gift of donation.

Donate Life America was inspired by the concept of the pinwheel for the 2017 National Donate Life Month artwork.

The pinwheel is symbolic of an instrument that turns obstacles into opportunities. The pinwheel's ability to capture and pass on energy parallels one's potential to make LIFE possible. Each Donate Life pinwheel has four sails supported by one stem, symbolizing the power one person has to be an organ, eye, tissue or living donor. For recipients, donation can turn sickness and injury into a second chance at life. For donors, their decision to register can turn a sorrowful time into a source of comfort for family as a result of renewed life for others.

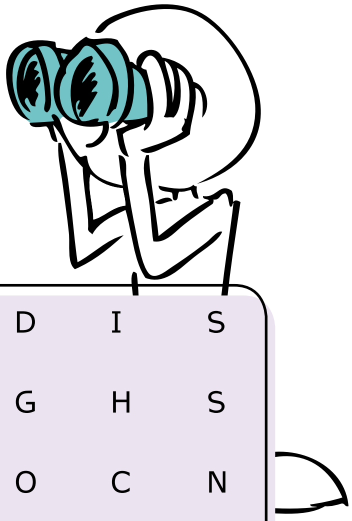
The pinwheel reminds us that we all have the potential to capture and pass on life, comfort and hope to others by registering as a donor. This April, we encourage you to stop to feel the breeze, watch the pinwheels and think of the lives of those touched by donation and transplantation.

We wish you a Happy National Donate Life Month. Cleveland MOTTEP is excited about continuing our efforts in educating and registering others as organ, eye and tissue donors!

HOW YOU CAN HELP

- Register to become an organ donor.
- Inform family and friends of your decision.
- Be involved. There are many opportunities available to help promote organ donation. Please join us in spreading the word by scheduling a presentation, and volunteering with us to get the message out.
- Find out more about Cleveland MOTTEP by visiting our website, clevelandmottep.org or call Linda D. Kimble @ (216) 229-6170 x137.

For the Fun of It



Stay a Little Bit Longer Word Search

See if you can find the words below in the puzzle.

F	L	U	I	D	O	V	E	R	L	O	A	D	I	S
H	E	A	R	T	S	W	E	L	L	I	N	G	H	S
T	S	N	O	I	T	A	C	I	L	P	M	O	C	N
V	I	G	L	R	K	S	R	N	E	H	R	H	E	L
V	S	T	N	E	M	T	A	E	R	T	E	X	A	I
H	Y	P	A	D	W	E	M	L	E	D	T	M	N	O
V	L	R	V	N	U	P	P	N	U	R	R	A	C	P
D	A	O	I	E	O	R	S	L	A	O	D	O	R	I
Q	I	B	G	S	H	O	E	F	N	E	Q	K	H	D
W	D	L	A	S	K	D	L	A	Q	A	F	G	Z	K
R	O	E	T	H	W	U	V	U	Z	H	U	D	C	C
X	M	M	E	D	I	C	A	T	I	O	N	S	Q	X
Q	E	S	H	D	T	T	W	B	N	L	H	N	E	Q
R	H	A	N	G	E	S	S	E	N	K	A	E	W	A
S	T	R	O	K	E	E	U	Z	S	U	M	K	E	G

Words:

Complications
Cramps
Dialysis
Enough
Extra Fluid
Fluid Overload
Heart Swelling
Hemodialysis
Inadequate
Medications
Nausea
Navigate
Normal
Problems
Scheduled
Shorten
Stroke
Tiredness
Treatments
Urea
Waste Products
Weakness

Kidney Foundation of Ohio 2017

Who We Help

The Kidney Foundation of Ohio is dedicated to providing a broad program of direct assistance to persons with kidney disease and promoting and providing educational programs for the general public, renal professionals, patients and their families. The Foundation is one of the few health and human services agencies in Northeast Ohio to provide direct dollars to patients.

Our Programs

The following programs are free of charge to qualified patients within the Foundation's service area. Applications for the programs can be found at www.kfohio.org.

Medication Assistance Program

Program participants receive $400/year to purchase medications or nutritional supplements through an approved pharmacy. The Foundation also works with pharmaceutical companies who offer direct drug voucher or discount purchase programs. (Priority is given to those who have no other form of assistance such as Medicaid, Medicare, or private insurance.)

Transportation Reimbursement Program

The Foundation provides mileage reimbursement up to $50/month, paid bi-monthly directly to individuals who need help paying for safe, reliable transportation to and from dialysis or transplant appointments. The Kidney Foundation of Ohio does not provide or have the means to provide transportation.

Emergency Assistance

A $100 emergency grant, once a year, can be issued to an individual when an incident occurs that has an impact on the patient's life and no other assistance is available. Unexpected high utility bills, auto repairs, and medical supplies are situations where emergency grants are awarded.

Case Management

The Foundation provides support to patients and their families, through resources and guidance, to empower them to take control of their health for better management and outcomes.

Medical Identification Tags

For the cases of an emergency treatment, the Foundation provides personalized medical alert tags to patients, free of charge. The tag includes the patient's name, treatment type, allergies, doctor's name and telephone number.

In addition to these programs, the Foundation is committed to providing education on kidney disease to the general public, professional, and youth communities.

World Kidney Day: Kidney Disease and Obesity; Healthy Lifestyle for Healthy Kidneys

Thursday, March 9

The second Thursday in March, each year, is recognized as World Kidney Day. This day aims to raise awareness of the importance of our kidneys to our overall health and to reduce the frequency and impact of kidney disease and its associated health problems.

The Kidney Foundation of Ohio will celebrate this year with a community program focused on nutrition and exercise. The event will feature blood pressure and blood glucose screenings, giveaways, and opportunities to talk with local health organizations.

For more information about the Kidney Foundation of Ohio, visit www.kfohio.org or contact Molly DeBrosse at (216) 771-2700 or mdebrosse@kfohio.org.

Kidney Q & A

Q: What happens to me if I miss some dialysis?

A: Did you know that hemodialysis and peritoneal dialysis (PD) replaces only about 15% of what healthy kidneys do? Healthy kidneys work 24 hours a day, 7 days a week. More treatment is better. Each time you shorten or miss a treatment, you take minutes off your life. Research shows that if you shorten or skip treatments you have a higher risk of illness and early death.

If you do **in-center hemodialysis**, it's important to go to every treatment and to stay for the whole time. Cutting your treatments short even by 5 minutes can mean losing more than 13 hours of dialysis a year — or about three treatments.

If you do PD, it's important to do each exchange and to use the right amount of fluid. Even if you feel okay right now, over time you can get sick if you don't get enough dialysis.

What I can do to stay healthy on in-center hemodialysis:

- Call my dialysis nurse if I can't come to dialysis, so I can reschedule.
- Talk to my social worker if I need help finding rides to treatment.
- Tell my nurse if I get jumpy at the end of a treatment and want to stop early.
- Follow my sodium and fluid limits so my treatments are more comfortable for me.
- Learn my dry weight and when it needs to be changed, so I can feel my best.
- Know my adequacy numbers and be sure I am getting enough treatment.

What I can do to stay healthy on PD:

- Plan ahead to have the supplies and space I need to do my exchanges, even when I'm not at home.
- Call my PD nurse for advice if I need to miss a treatment.

Q: How does blood flow and time affect the amount of dialysis I get?

A: During treatment your blood is cleaned by passing it through an artificial kidney called a dialyzer. Inside the dialyzer, your blood flows through thousands of hollow fibers, each dotted with tiny holes. The hollow fibers are bathed with a special cleaning fluid called dialysate fluid. Wastes from your blood go through the holes and into the fluid, where they are washed away.

Blood flow rate is how fast your blood is pumped through the dialyzer. If your blood flow rate is faster, your blood will pass through the dialyzer to be cleaned more times during a treatment. Blood flow may be limited by your access. A fistula or graft often have faster flows that a catheter. If your blood pressure drops or you have cramps, the staff may turn your blood flow rate down, so less blood is clean at that treatment.

The more time you spend on dialysis, the longer your blood will be cleaned. Healthy kidneys work 24 hours a day, 7 days a week — 168 hours each week. Dialysis may be just 12 to 15 hours a week, so it is vital to get each minute of treatment your doctor prescribes so you can feel your best.

What I can do to get enough in-center hemodialysis:

- Ask the staff what my prescribed blood flow rate and dialysis time is. Right now, my treatment time is: __________ and my flow rate is: __________.
- Ask my nurse or tech where to read the blood flow rate on my machine.
- Ask my doctor about getting a fistula or graft if I don't have one.
- Know my fluid limit between treatments and follow it. Right now, my fluid limit is __________ ounces/day.
- Stay for each minute of each treatment and make up any time I lose to machine alarms.
- Ask my doctor what time I should take my blood pressure pills on dialysis days: _______________.
- Ask my nurse if I can take any drug to prevent cramps during treatment.

Artist in Focus

Each of the portraits on the cover of the newsletter was created by a patient in the Art Therapy program at Euclid CDC. Initially each artist saw their eyes as being sad since they have a chronic illness. Each patient was challenged to look deeper into their self portraits. Here are the artist statements each had as they took that journey.

Reggie McDowell

Reggie has been on dialysis for 5 years

When I first looked at my portrait I saw sadness in my eyes because I did not feel like a strong man because I was sick. I felt sad because I had lost my pride. But in the portrait I am wearing a necklace. This necklace stands for life. I have lost 100 pounds and now am on the transplant list. I see a man that is very strong. I am a survivor. I am not my illness. I have strength and pride. I am not a quitter even with the challenges I face. I keep showing up and doing what I need to do. Making art keeps me from feeling depressed. It helps me see what I can do rather than what I cannot do. This picture hangs in my house and my wife loves it.

Barbara Martin

Barbara has been on dialysis for 3 years

When I first looked at my portrait I thought about how much I have aged. My self-portrait seemed to be showing me how I felt when I first started dialysis, exhausted. I initially decided not to do dialysis but then I started my treatments. When I look closer at the picture I see a very colorful woman who has the strength to withstand anything. She has a flair for dressing up. She is wearing stripes and a yellow headband. Her green glasses stand out. Her hair is wonderful. She looks vital not sick. She is not willing to give up. I believe that even if things appear negative we can learn something positive. Making art is a way to step away from my illness. It keeps me in the present moment.

Kenneth Mims

Ken has been a dialysis patient for 11 years

When I look at my portrait my face is very serious. I see a normal person who is strong and determined. I drew this as a dialysis patient but you would not know that by looking at the picture. I am an artist, a father, a leader, a husband, a motivator, and a fan. My focus is providing for my family. I do this by staying healthy and coming to dialysis treatments. Illness is a state of mind and for me dialysis is like a job. I am not my illness. I am much more than my illness. The red in the background of the portrait brings the image out. A lot of my paintings have red backgrounds. The red is blood. Blood is life. I live life fully.

Karen Lawler

Karen has been on dialysis 13 years

When I look at my portrait I was initially depressed because it felt like the way I used to look. I had a fuller face, my eyes were white and clear and I am wearing one of my favorite scarfs. The color of my face is much lighter than I am now. The yellow background color highlights my face. My golden hair looks like the leaves in fall. Fall is my favorite season and many of my paintings use fall colors. Recently I have been very sick. I reflect on this face now and see that it shows the many aspects of who I am. She is telling me to not regret and to love myself right where I am now.

The eyes are the mirror of the soul and reflect everything that seems to be hidden; and like a mirror, they also reflect the person looking into them. — Paulo Coelho, Manuscript Found in Accra

Put Your Best Fork Forward

National Nutrition Month 2017

Put your Best Fork Forward is the theme for National Nutrition Month this year. National Nutrition Month is celebrated every March. You may wonder how you can put your best fork forward. Of course everyone is different and you should always talk with your dietitian about your individual diet plan. The following are general tips to help you put your best fork forward.

Sodium:

1. Cook without salt – try flavoring foods with herbs, spices, lemon juice or low sodium broth.
2. Read food labels carefully to determine the amount of sodium. Learn to recognize ingredients that contain sodium.
3. Choose unsalted snacks such as unsalted pretzels, unsalted popcorn and unsalted tortilla chips.
4. When dining out limit high sodium foods: anything smoked, barbecued, pickled or marinated. Request that your food be prepared without added salt or sodium containing ingredients.
5. Choose foods that are sodium-free, low-sodium or unsalted.
6. Avoid salt substitutes like No-Salt or Lite Salt because they are very high in potassium. Herb mixtures like Mrs. Dash are fine.
7. Natural cheeses such as cheddar, swiss and colby may be used in small amounts.

Fluid:

1. Anything that melts at room temperature is fluid. This includes tea, soft drinks, milk, juice, coffee, alcohol, ice, yogurt, gelatin, pudding, ice cream, soup and sherbet.
2. Measure the amount of fluid you drink each day. Keep track so you remember how much you drank.
3. As a general rule: Try to limit your fluid gains to no more than 1 to 2 kilograms between treatments.
4. If you have diabetes, keep your blood sugars in good control. This can help reduce your thirst.
5. Drink cold liquids in place of hot liquids.
6. Take your medication with applesauce to limit your fluid intake.
7. Add a bit of lemon to water or ice.

Protein:

1. Include 2-3 servings of high quality protein foods daily such as lean meat, fish, poultry and eggs. One serving is 3 ounces, the size of a deck of playing cards.
2. Use unsalted tuna fish or rinse regular tuna under running water for 2 minutes to lower the sodium content.
3. Include a high protein snack one time a day to help increase your protein intake as advised by your dietitian.
4. Your dietitian will let you know if nutritional supplements are right for you.

If you are on a Potassium restriction:

1. "Dialyze" your vegetables — ask your dietitian for instructions.
2. Choose low potassium fruits and vegetables such as lettuce, onions, peppers, grapes, strawberries, wax beans, raspberries and watermelon.
3. Choose low potassium fruit juices such as apple, grape, pineapple or cranberry juice.

If you are on a Phosphorus restriction:

1. Limit milk, yogurt and ice cream to a ½ cup serving per day.
2. Substitute non-dairy creamers for milk in recipes, in puddings or on cereals.
3. Choose low phosphorus foods such as unsalted popcorn, white bread, white rice, unsalted pasta, Cornflakes, Rice Krispies, Special-K, Cream of Wheat, and grits.
4. Take your **phosphate binder medication** with all meals as prescribed by your doctor. This medication has many different names so ask your dietitian.

Remember, to help you put your Best Fork Forward, work with your dietitian to create a diet plan that's right for you.

Healthy Eating

Quick Chili

Portions: 6
Serving Size: 1 Cup

Ingredients

1 ½ pounds lean ground beef
1 ¼ cups or 1 medium onion, chopped
3 cloves garlic, crushed and chopped
1 teaspoon cumin
1 teaspoon chili powder or to taste
1 teaspoon Kitchen Bouquet®
1 cup homemade beef stock or reduced sodium beef stock
1 ½ cups (14 ounce can) salt-free tomatoes
1 ½ cups hominy, drained and rinsed

Hearty Chicken Soup

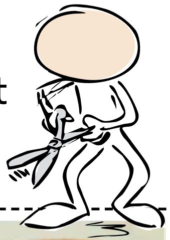
Portions: 8
Serving Size: 1 ½ Cups

Ingredients

1 pound boneless, skinless chicken breasts cut in 1" pieces
1 ½ cups onion, diced
1 ½ cups celery, diced
1 tablespoon olive oil
1 cup fresh or frozen carrots, sliced
1 cup fresh or frozen green beans
3 tablespoons all-purpose flour
1 teaspoon dried oregano
2 teaspoons dried basil
¼ teaspoon nutmeg
1 teaspoon thyme
32 ounces 50% reduced-sodium chicken broth
½ cup nondairy creamer or rice milk
2 cups fresh or frozen green peas
Black pepper to taste

Healthy Eating

Recipes to Collect



Preparation

1. Brown beef in a Dutch oven.
2. Add onion and garlic. Sauté until onion is transparent.
3. Add remaining ingredients and simmer for 30-45 minutes.
4. Serve with warm bread or crackers.

Helpful Hints

1. To thicken, sprinkle in a little corn meal.
2. Portion and freeze leftover chili for a quick meal later.

Preparation

1. In a large skillet over medium heat, lightly brown chicken for 5 to 6 minutes. Remove from heat.
2. In a separate skillet, heat olive oil over medium heat and sauté onion and celery for 5 minutes.
3. Add chicken pieces, carrots, green beans, flour, oregano, basil, nutmeg and thyme. Mix well and cook for 3 minutes.
4. Transfer ingredients to a 4 quart pan. Add broth and milk substitute; bring to a boil.
5. Stir peas into soup and cook for 5 minutes.
6. Add pepper to taste before serving.