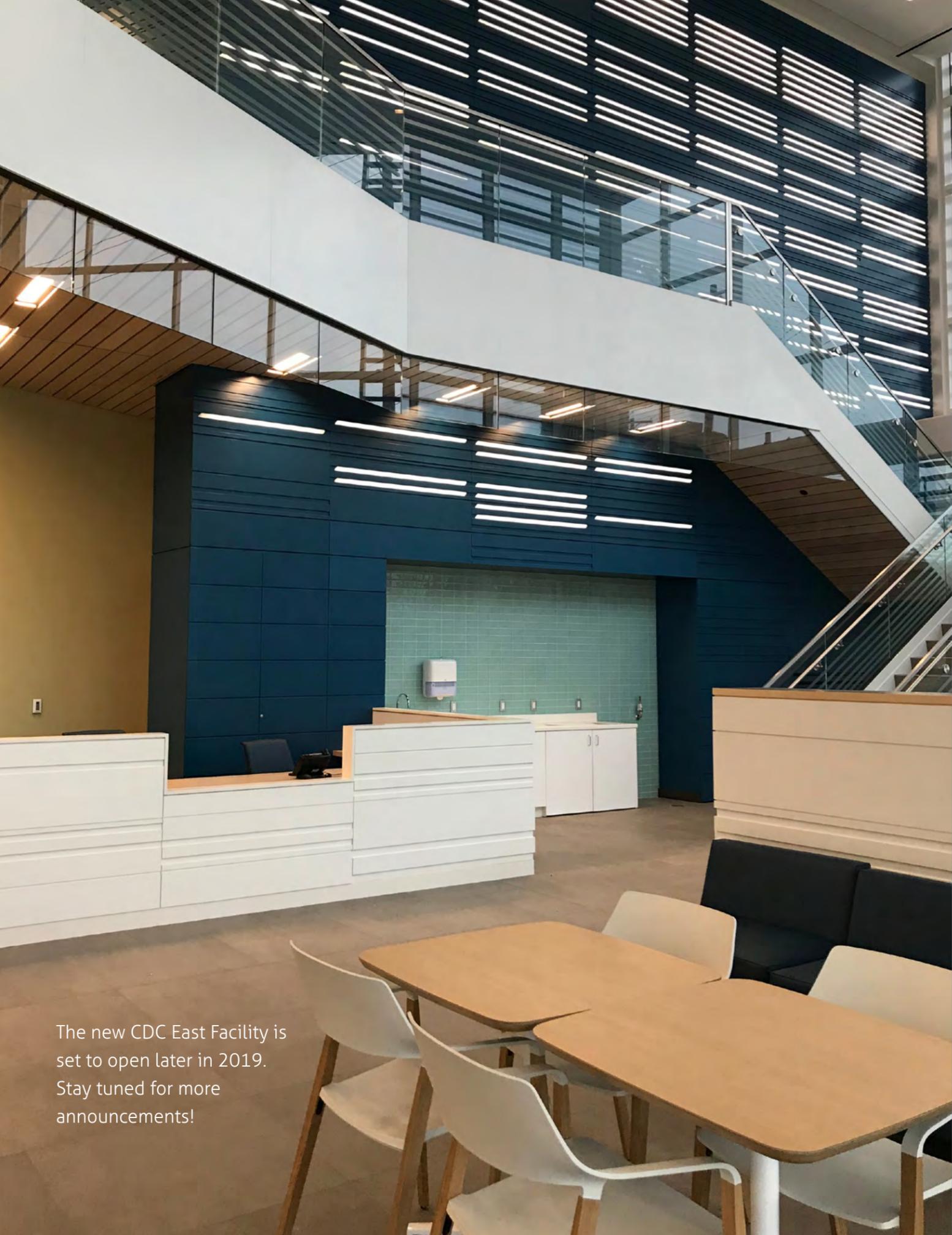


# *Keep On Moving*



**CDC**

Patient Newsletter  
May/June 2019



The new CDC East Facility is set to open later in 2019. Stay tuned for more announcements!

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*“When it’s all said and done,  
I’m blessed to be here.”*

*Brian, CDC East*

Read more in *Down, But Not Out* on p.4

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## Letter from Gary Robinson, President & CEO

Centers for Dialysis Care is proud to be your provider of choice. As such, we are committed to providing a positive patient experience to every individual in our care. Our team is constantly seeking ways to improve upon the level of service we provide, and one of the best ways to do that is by listening to our patients.

During the coming months, you may be asked to provide feedback about your patient care experience through an important survey sent out annually in the Spring and Fall. Your patient care experience is not just about your satisfaction with your dialysis treatment. We want to know your thoughts on how well the nephrologists and staff communicate, your knowledge of treatment options, the handling of patient problems, and your access to information.

This will all be assessed through the Consumer Assessment of Health Providers Survey (CAHPS). Please note that the survey is conducted by an outside party and all responses will remain completely confidential. I know the survey may be difficult to complete twice a year, but we use the results to improve the way we serve you.

This is the time to make your voice heard. It is also the time to provide constructive feedback that will help us grow as an organization. With that in mind, I sincerely encourage you to complete the Spring 2019 Survey. Thank you in advance for your input. We look forward to hearing from you.



**Gary Robinson**, President & CEO



## #MoveWithHeart During National High Blood Pressure Education Month!

Hypertension or High Blood Pressure increases your risk of dangerous health conditions like heart attack, stroke, and heart failure. Lifestyle changes such as increasing physical activity might lower your risk for developing hypertension.

During National High Blood Pressure Education Month in May, the National Heart, Lung, and Blood Institute (NHLBI) is challenging Americans to participate in a national pledge to **#MoveWithHeart** to help reduce their risk of high blood pressure. NHLBI is asking you to pledge by posting a photo or uploading a video of yourself doing being physically active and using the hashtag.

Only about 22 percent of adults meet the federal government's physical activity guidelines. Spending just 2 ½ hours per week doing physical activity that gets your heart pumping and leaves you a little breathless can have significant heart health benefits including lowering your risk of high blood pressure. Get creative by demonstrating your favorite physical activity in your pledge. Challenge your friends, family, and colleagues on social media to pledge too. Share on Twitter or Instagram using **#MoveWithHeart**.



Take the #MoveWithHeart pledge:

**"I pledge to  
move more for  
my health."**

In just 2 simple steps:

- 1 Show us one of your favorite ways to be physically active by sharing a photo or video on Twitter or Instagram using #MoveWithHeart
- 2 Challenge your friends and family to #MoveWithHeart



# Down, But Not Out

## | Brian's Story



For much of his life, Brian always thought of himself as “being indestructible”. However, after a sudden case of Pancreatitis left him clinging to life in the emergency room, he received some devastating news. The infection had left him with severe kidney damage, and he was now experiencing renal failure. After a six and a half month hospital stay, Brian eventually found his way to CDC.

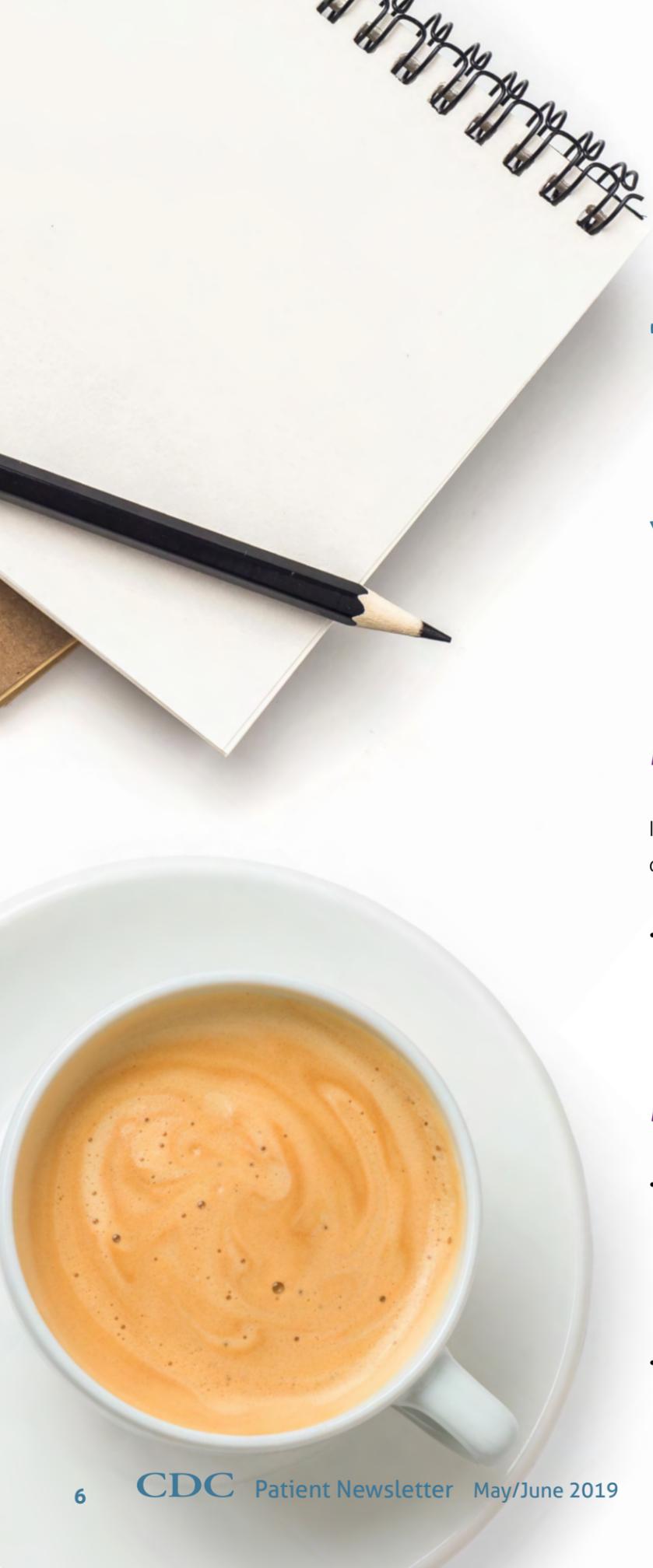
Although some of his strength had returned, Brian was not mentally or physically in the best of spirits. He often struggled to come to terms with his new reality. “I always had this concept of what dialysis patients were supposed to look like. I felt like I was too young for this.” Every day felt like a challenge. Once someone used to being active and on the move, he now struggled to walk even short distances and occasionally had to rely on the aid of a wheelchair.

*“When I came here I was functioning at a one. And now, I consistently feel like I’m at a five or a six.”*

Now, thanks to the aid of physical therapy, along with the support of both fellow patients and staff, Brian has a different outlook on life. “When I came here I was functioning at a one. And now, I consistently feel like I’m at a five or a six.” As his health continues to improve, Brian’s own experiences with dialysis have inspired him to become an advocate for other renal patients like himself.

Just last year, he accompanied CDC’s Chief Financial Officer, David Oppenlander, on a trip to Washington, D.C. to attend the National Renal Administrators Association’s Day on the Hill. Brian spent much of that day meeting Senators and State Representatives to advocate for dialysis patients around the country and he enjoyed every minute. “When it’s all said and done, I’m blessed to be here,” he says. “And now I want to do my part to give back.”



A spiral notebook with a pencil and a cup of coffee. The notebook is open, showing a blank page. A pencil is lying on the page. A cup of coffee is in the foreground, partially overlapping the notebook. The background is a light, neutral color.

# Take Control: Preparing Your Dialysis Disaster Plan

## *Be Ready*

If you know a storm is coming, arrange to have dialysis early, before the storm arrives.

- Make a disaster preparedness (prep) kit. Choose a safe place in your home that is easy to access, where you can store all of your disaster prep supplies and materials.

## *Be In The Know*

- Know how your community notifies residents of disasters. If you are on home dialysis, contact your provider to find out what you should do in the event of a disaster.
- Know how your public transportation system functions in disasters.

- Make a list of your medicines, doses, and when to take them. Keep a list of the names and contact information of all members of your health care team (doctors, nurses, dietitians, etc.). Also, write down the name and phone number of your pharmacy and place the list in your disaster prep kit.

## *Be Your Own Advocate*

- Keep a patient ID card with you. If you don't have one, talk to your healthcare team about how you can get one.
- Consider wearing a medical alert bracelet. This will inform emergency response personnel that you are a dialysis patient. You may also include on your bracelet any other conditions that may affect how you are cared for, such as diabetes or allergies to medicines.
- Identify an emergency contact person, such as a family member or friend who knows how to contact you if needed.
- Some utility companies keep lists of people in their communities who need their utilities for survival, such as people on dialysis. These people are given priority to have their utility service restored as quickly as possible in case of an outage. Contact your utility companies to find out if they offer this, and ask to be put on a priority restoration list.

## *Be Prepared*

- Create an emergency first aid kit. Some key items to keep in your kit are adhesive bandages, antibiotic cream, and a 5-7-day supply of all of your medicines.
- If you are diabetic, you will need a glucose meter and test strips.
- Also put together an emergency food supply with three days' worth of food. Choose non-perishable foods that will sustain you, while also enabling you to limit your intake of protein, potassium, salt, and fluid. If you are diabetic, you will also need to control your sugar intake. Be sure to consult your Registered Dietitian or Nutritionist if you need assistance.

## *Final Tips*

- Just like you have check-ups with your doctors to make sure everything is going as planned, you should have a schedule for checking on your disaster preparedness plans.
- Always make sure the food in your emergency supply has not expired, important phone numbers have not changed, and your list of medications is up-to-date.

For more information, consult the Emergency/ Disaster Packet provided to you by CDC.

# Why Dialysis Matters

## *What is Adequate Dialysis?*

Healthy kidneys work 24 hours a day, 7 days a week. When the kidneys stop working it takes a combination of dialysis treatment, nutrition, and medications to replace their function. The dialysis process removes waste products and excess fluids from your body – just like your kidneys.

Your doctor prescribes a dose of dialysis that should keep you feeling well. The adequacy of your treatment is checked monthly. Kt/V (kay-tee-over-vee) is a way to measure the dose of dialysis. This calculation measures the clearance of your body's waste products during your treatment time. Your Kt/V should be 1.4 or higher to ensure you are getting enough dialysis. Missing or shortening treatment times can cause a buildup of waste products and fluid in your body. That is why it is so important to show up for your treatments every single time.

## *What if I need to miss a Hemodialysis Treatment?*

Generally, it is best not to miss treatments. If you absolutely must miss your treatment, please call your unit as soon as possible to have your appointment rescheduled.

## *What if I feel too sick to come to Hemodialysis?*

The reason for feeling sick may be related to your kidney disease, so making your dialysis appointment is very important. If you feel sick, call your dialysis unit for additional instructions. If you find yourself experiencing severe problems such as shortness of breath, chest pain, abdominal pain, unusual weakness, or excessive bleeding, please call 911 or go to your nearest Emergency Room.

If you are admitted to the hospital, please ask your nurse at that hospital to call your Hemodialysis Unit. We will arrange for you to receive your next hemodialysis treatment during your hospital stay.

## *Why is it important that you receive your full Hemodialysis Treatment?*

If you don't get enough dialysis, your blood will hold on to more of your body's waste products and fluid, which may increase the chances of you feeling sick. If you don't receive enough dialysis, you may experience some or many of these symptoms:

- Constant Fatigue or Weakness
- Bad Taste in Mouth
- Difficulty Sleeping
- Body Odor
- Poor Appetite, Weight Loss
- Itchy Skin
- Shortness of breath
- Nausea

Shortening your dialysis sessions will also put you at a higher risk for infection and bleeding. You may also experience cramping and/or low blood pressure during your next dialysis appointment due to a higher buildup of excess fluid. Regularly missing or shortening your sessions can result in causing permanent harm to your body. You can reduce your chances of having these problems by showing up on time for your dialysis treatments and staying for the full appointment.



## June is National Fresh Fruit and Vegetable Month

June is National Fresh Fruit and Vegetable Month! Let's celebrate by solving these riddles. The answers just happen to score among the top fruits and vegetables for antioxidant power!

After you solve the riddles, stock up on fresh fruits and veggies. After all, so many fresh fruits and veggies are in season and at their peak of flavor.



## Can You Solve These Riddles?

1. You love me in a muffin and as dessert, too; small, plump, and juicy, my color is blue.
2. Watch out for thorns when you pick this treat; it's a berry, black and sweet.
3. They call me the "stinking rose;" vampire-slayers wear me under their clothes.
4. Wind, snow, sleet, or hail, try a leafy green called \_\_\_\_\_.
5. Breakfast, lunch dessert or dinner, I'm a popular red berry that's sure to be a winner!
6. This "baby cabbage" is named for a city in Europe; don't wrinkle your nose, just eat it up.
7. Eat this for breakfast, lunch, or snack; or eat it in a corner, just like Jack.
8. I'm a handsome white vegetable that's actually a flower. I remind you of broccoli and bring great phyto-power!
9. Red or green, this sweet little snack grows on a vine.
10. My cousins are hot, but I'm red and sweet. On tacos and salads, I can't be beat.
11. Small, round, and juicy, I'm no berry. Life's the pits without a \_\_\_\_\_.
12. Don't go on a diet just to eat me. I'm a citrus fruit that's tasty as can be!
13. I make you cry but you're not sad. Peel me and use me -- your heart will be glad.
14. Canned, popped, or on the cob, here's a little kernel that can do any job.
15. Named for an egg, classed as a berry, I'm a purple veggie that will make your heart merry.

Answers: 1. Blueberry, 2. Blackberry, 3. Garlic, 4. Kale, 5. Strawberry, 6. Brussels sprouts, 7. Plum, 8. Cauliflower, 9. Grapes, 10. Red pepper, 11. Cherry, 12. Grapefruit, 13. Onion, 14. Corn, 15. Eggplant.

# Put Some Protein on your Plate

Your body needs protein to build and repair tissues and muscles. This essential nutrient keeps your muscles strong and helps you prevent and fight infections. People on dialysis need more protein because some of the protein from the food you eat is removed during dialysis.

There are two lab values that can provide more insight about your protein intake. The first is your Albumin Level, which calculates how much protein is being stored in your body. Practicing good dietary habits can help keep your Albumin within your target range. The second value is known as your Protein Nitrogen Appearance (PNA), which tells you how much protein you have eaten between dialysis treatments.

The best way to improve your protein intake is to eat enough foods that are excellent sources of protein. The best options for dialysis patients are fresh lean beef, chicken, eggs (or egg whites), fish, pork, seafood and turkey. Beans, lentils, tofu and nut butters can also be good sources of protein. However, they are also higher in potassium, so be sure to check



with your Registered Dietitian or Nutritionist before adding them to your diet.

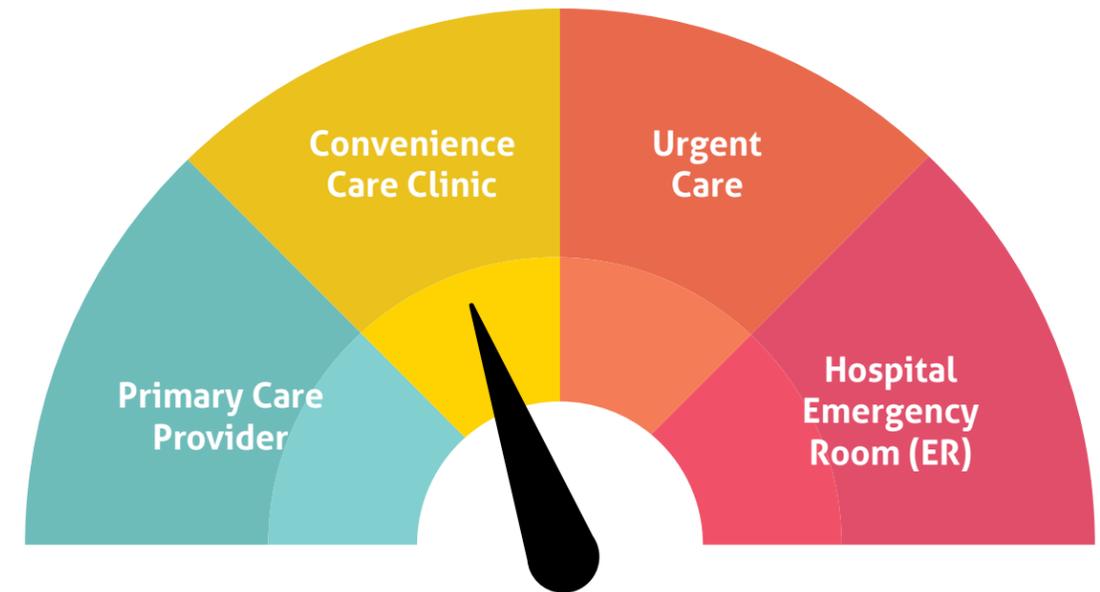
Here are a few other ways to add more protein to your diet:

- Include a palm-sized portion of protein with meals.
- Eat your protein first, when you are the hungriest.
- Snack on hard-boiled eggs, tuna salad with low-salt crackers, or half of a peanut butter sandwich.
- Consider adding chopped egg or egg whites to salads.
- Consult your Registered Dietitian or Nutritionist about protein supplements.

It is also important to note that consuming enough calories is just as important as eating enough protein.

Another tip is to be mindful of food labels and ingredient lists. Try to choose foods labeled as being “all natural”, and avoid foods that contain added phosphates and salt. When possible, choose “all natural”

varieties of protein food. If you need help, please remember that your Registered Dietitian or Nutritionist can work with you to put together a meal plan to help you reach your goals.



## Where Do I Go For Care?

Sometimes you may be unsure of where to go or who to call for a health need. This will help you to decide what type of care provider to choose for your health situation.

### Primary Care Provider

PCP's take appointments during regular business hours. Your PCP knows you and your health, and is the best place to go to for routine care, common illness, and advice.

### Convenience Care Clinic

Convenience Care Clinics, such as those found inside CVS and Walgreens, are best used when you cannot see your PCP and you need to be seen for a cough, sinus, colds and sore throats, or immunizations. They are usually open 7 days a week with evening and weekend hours.

### Urgent Care

Most Urgent Care providers are open 7 days a week with evening and weekend hours. These are designed for patients whose illnesses or injuries don't present as life threatening but who cannot wait until a PCP can treat them. Urgent Care Centers can be used for x-rays, deep cuts, or minor infections.

### Hospital Emergency Room (ER)

Open 24 Hours a day, 365 days a year. Go to the ER when you are very sick or experiencing a life-threatening situation like chest pain, head injuries or trauma.

## Chinese Almond Cookies

**Yield:** 24 servings

**Serving Size:** 3 cookies

### Ingredients

- 1 cup margarine, softened
- 1 cup sugar
- 1 egg
- 3 cups flour
- 1 teaspoon baking soda
- 1 teaspoon almond extract

### Nutrients per serving

Calories 158 Carbohydrates 20

Protein 2 Fat 8 Sodium 99

Potassium 18 Phosphorus 17

### Preparation

1. In a medium mixing bowl, cream margarine and sugar. Add egg and beat well.
2. Sift dry ingredients and add to creamed mixture. Add almond extract and mix well.
3. Roll into balls about 3/4 inch in diameter. Press a small hole in the middle of each cookie.
4. Bake at 400°F for 10 to 12 minutes, until cookies are golden brown around edges.



## Sweet and Sour Chicken

**Yield:** 6 Servings

**Serving Size:** 1/2 Cup

### Ingredients

- 1 20-oz can pineapple chunks, juice pack
- 1/2 cup sugar
- 2 tablespoons cornstarch
- 1/2 cup vinegar
- 2 tablespoons orange marmalade
- 1/4 cup margarine
- 1 lb boneless chicken breasts, cut into 1/2-inch cubes
- 1 green pepper, sliced
- 1 medium onion, thinly sliced
- 3 cups hot cooked white rice

### Nutrients per serving (before rice)

Calories 433 Carbohydrates 67

Protein 21 Fat 9 Sodium 157

Potassium 427 Phosphorus 192

### Preparation

1. Drain pineapple, reserving 1/3 cup juice. Combine with sugar and cornstarch.
2. Mix in pineapple, reserved juice, vinegar and orange marmalade. Set aside.
3. Melt margarine in a wok or large skillet. Add chicken and cook 5 minutes, stirring frequently.



4. Add green pepper and onion and cook 2 minutes.
5. Add pineapple mixture. Bring to a boil, stirring occasionally. Serve over rice.

# Meatless Monday for Kidney Health

Meatless Monday provides an easy way to make the first step towards a healthier lifestyle by cutting out meat just one day a week, and encouraging more plant-based food choices. Incorporating meatless options into an overall balanced diet can help promote kidney health. Reducing consumption of red and processed meat and eating more plant-based foods, such as fruits, vegetables, whole grains, nuts and legumes, can help lead to:

- Better kidney health
- Better management of kidney disease
- Lower blood pressure and cholesterol
- Lower risk of diabetes
- Healthy weight management

For recipe ideas or more information about making Meatless Mondays a part of your weekly routine, visit [www.MeatlessMonday.com](http://www.MeatlessMonday.com).



**YOUR KIDNEYS  
CLEAN UP YOUR SYSTEM  
+ TO KEEP YOU ALIVE. +  
CLEAN UP  
YOUR DIET  
TO HELP THEM OUT.**

Choose plant-based foods each Meatless Monday and make life easier for your kidneys. Think of every week as a clean start.



National Kidney Foundation\*

[MeatlessMonday.com](http://MeatlessMonday.com)

## Connect With CDC

### Dialyze With Us

Whether you're seeking care for yourself or a loved one, our dedicated healthcare team will work closely with you to determine what treatment options best fit you and your lifestyle. For more information, please contact our Admissions Department at **(216)-789-5999**.

### Work With Us

Join our team! CDC is always seeking professionals who are passionate about providing quality, patient-focused care. Visit [www.CDCare.org/Careers](http://www.CDCare.org/Careers) for more information about our hiring process or for a list of open positions.

### Volunteer With Us

Make a difference in your community by volunteering your time and energy at one of our facilities. Visit [www.CDCare.org](http://www.CDCare.org) or contact us at **(216) 283-7200 x 253** to learn more about the volunteer process and available opportunities.

### Follow Us

Centers for Dialysis Care is now on social media. You can find us on Facebook, Twitter, and LinkedIn. Be sure to keep an eye on all of our pages for links to helpful articles, delicious kidney-friendly recipes, information about upcoming events, and more!

Here's how you can connect with us. Simply open your preferred social media app and type in the corresponding social media handle (found below) into your search bar. From there, you can choose to "Like Us", "Follow", or "Subscribe".



Like us on Facebook:  
[@centersfordialysisohio](https://www.facebook.com/centersfordialysisohio)



Follow us on LinkedIn:  
[Centers for Dialysis Care](https://www.linkedin.com/company/centers-for-dialysis-care)



Follow us on Twitter:  
[@CDCareOhio](https://twitter.com/CDCareOhio)

### Have an idea for the newsletter?

Contact Brittney, our Marketing & Community Relations Specialist, at **(216) 283-7200 x253**.



# CDC

Centers for Dialysis Care  
*Quality care...and so much more.*

*Patient Newsletter May/June 2019*