

# CDC

## Patient Newsletter

Spring 2020 | Volume 2





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*“I am so grateful to CDC staff and my fellow patients for helping me through this difficult journey. Without them, I might have lost hope a long time ago.”*

*Ozzie Walters, CDC Shaker Heights*

Read more in *Ozzie’s Story* on p. 13

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## *A Special Message to Our Patients*

*from Gary Robinson, President & CEO*

### ***The health of all patients, staff and community partners is the top priority of Centers for Dialysis Care.***

Clinical and management leadership are continually monitoring local, state and federal agencies for the latest updates regarding guidelines specific to COVID-19. Specific care protocols have been implemented which follow all recommended guidelines. Operational adjustments are made as soon as new guidelines are issued. It is extremely important that all patients come for their dialysis treatments. This reduces the chances of hospitalization and potential exposure to COVID-19.

All patients, staff and visitors are screened upon entering the facility following the Centers for Disease Control guidelines. This includes the taking and recording of body temperature and completion of a questionnaire. Staff with symptoms are not permitted to work. Patients with symptoms are immediately masked and moved to an isolated area. Protocols are in place to treat these patients under specific conditions as recommended by the Centers for Disease Control.

Strict infection control measures, including the use of personal protective equipment as recommended by the Centers for Disease Control, are being followed. This includes instructing patients to wash hands before and after dialysis.

Enhanced cleaning and disinfection of equipment, chairs, and work surfaces has been implemented. This includes enhanced cleaning of all public spaces.

What can you do to protect yourself?

- Come to dialysis.
- Practice good hand hygiene. Wash hands frequently.
- Cover coughs and sneezes.
- Clean and disinfect items you touch frequently. Regular cleaning spray works fine.
- Contact your facility if you have a fever, new cough or difficulty breathing before you come to dialysis.

CDC leadership will continue to monitor the situation closely, as well as follow all current Centers for Disease Control and Ohio Department of Health recommendations. Please don't hesitate to contact the members of your healthcare team with any questions or concerns you may have. We will be sure to keep you updated as the situation progresses. As always, thank you for making us your provider of choice and we look forward to serving you through 2020 and beyond.

Sincerely,

## COVID-19 Safety



**Do you have a fever or symptoms of a respiratory tract infection, including cough or trouble breathing?**



**If so, please put on a face mask.**

**STOP**



**STOP**

**Have you traveled internationally in the last 14 days, or been in close contact with someone diagnosed with Coronavirus (COVID-19)?**



**If you have symptoms or have traveled, please inform our staff.**



[www.asn-online.org/NTDS](http://www.asn-online.org/NTDS)

## May is National Blood Pressure Month!

### What is high blood pressure?

Blood pressure is the force of blood pushing against the walls of your arteries as the heart pumps blood. High blood pressure, also known as hypertension, is a common disease in which blood flows through blood vessels, or arteries, at higher than normal pressures.

Your doctor may diagnose you with high blood pressure if you have consistently high blood pressure readings.

Taking steps to control or lower your blood pressure can help prevent or delay additional complications, such as chronic kidney disease, heart attack, heart failure, stroke, and/or vascular dementia.

### What causes high blood pressure?

Eating too much sodium and having certain medical conditions can cause high blood pressure. Taking certain medicines, including birth control pills or over-the-counter cold relief medicines, can also make blood pressure rise. Other medical conditions change the way your body controls fluids, sodium, and hormones in your blood. Other medical causes of high blood pressure include:

- Certain tumors
- Sleep apnea
- Chronic kidney disease
- Thyroid problems
- Obesity

### What are my risk factors?

There are many risk factors for high blood pressure. Some of these, such as unhealthy lifestyle habits, can



be changed. Other risk factors, such as age, family history/genetics, race/ethnicity, and gender, cannot be changed.

### How can I prevent high blood pressure?

Everyone age 3 or older should have their blood pressure checked by a healthcare provider at least once a year. Your doctor will use a blood pressure test to see if you have consistently high blood pressure readings. Even small increases in systolic blood pressure can weaken and damage your blood vessels. Your doctor can recommend certain lifestyle changes to help prevent high blood pressure.

### Living with high blood pressure

If you have been diagnosed with high blood pressure, it is important that you continue your treatment plan, get regular follow-up care and learn how to monitor your condition at home. Additionally, let your doctor know if you are planning to become pregnant. These steps can help prevent or delay complications from high blood pressure.



# NATIONAL MONTH



Donate Life is the national symbol for the cause of organ, eye and tissue donation.

National Donate Life Month is celebrated every April. It features local and national activities to educate and encourage Americans to register as donors and consider living donation, as well as to celebrate those who have saved and healed lives through the gift of donation.

## National Donate Life BLUE & GREEN DAY is April 17!

The public is encouraged to wear blue and green Donate Life colors and hold events to promote donation.

### The Need is Great

More than **100,000** men, women and children await lifesaving organ transplants.

Every **10** minutes another person is added to the waiting list.



**22** people die each day because the organs they need are not donated in time.

#### Did You Know?

50% of organ, eye and tissue donors are authorized by registries.



Nearly **40,000** organ transplants from 19,250 donors brought new life to patients and their families in 2019.



More than **156 million** people are registered organ, eye and tissue donors.

More than **85,000** corneas are provided for transplant each year.



More than **1.75 million** tissue transplants heal lives each year.

Thank you to all donors, donor families, registered donors and champions of the Donate Life cause!

### National Pediatric Transplant Week – April 19-25, 2020



This final week of April focuses on the powerful message of ending the pediatric transplant waiting list.

More than **1,900** children under the age of 18 are on the national transplant waiting list.

More than **1,900** children received transplants in 2019.

### Deceased Donation



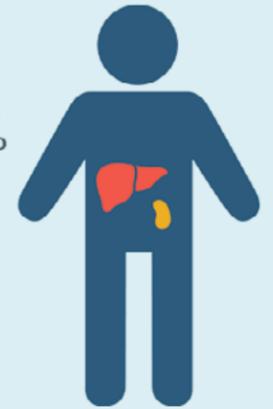
Organ Save up to **8** lives

Eye Restore sight to **2** people

Tissue Heal the lives of more than **75** people

### Living Donation

Living donors can provide a kidney or a portion of their liver to a waiting patient.\*



**84%**

of patients waiting are in need of a kidney.

**3-5**

years is the average waiting time for a kidney from a deceased donor.

\*Living donation is not included in your donor registration.



### Top 5 Frequently Asked Questions

#### Does registering as a donor change my patient care?

No, doctors work hard to save every patient's life, but sometimes there is a complete and irreversible loss of brain function. The patient is declared clinically and legally dead. Only then is donation an option.

#### Will I be able to have an open casket funeral if I donate?

An open casket funeral is possible for organ, eye and tissue donors.

#### Does my religion support organ, eye and tissue donation?

All major religions support donation as a final act of compassion and generosity.

#### Does my social or financial status play any part in whether or not I will receive an organ?

A national system matches available organs from the donor with people on the waiting list based on many factors, including: blood type, body size, how sick they are, distance from donor hospital and time on the list. Race, income, gender, celebrity and social status are never considered.

#### Why register to be a donor?

You can save up to 8 lives and heal the lives of more than 75 people. Your registration also relieves your family of the burden of making the decision at a time of sadness and grief.

### What can I do to increase organ, eye and tissue donation?

- 1 Register your decision to be a donor at [RegisterMe.org](http://RegisterMe.org).
- 2 Tell your family and friends about your decision to *Donate Life*.
- 3 Visit [DonateLife.net](http://DonateLife.net) to discover ways you can be a champion of the cause.
- 4 Ask others to visit [DonateLife.net](http://DonateLife.net) to learn more and register.

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## How Old Can You Be and Still Donate the Gift of Life?

Before you answer, ask yourself this:

**How old can you be and still care about others?**

**At what age do you stop making a difference?**

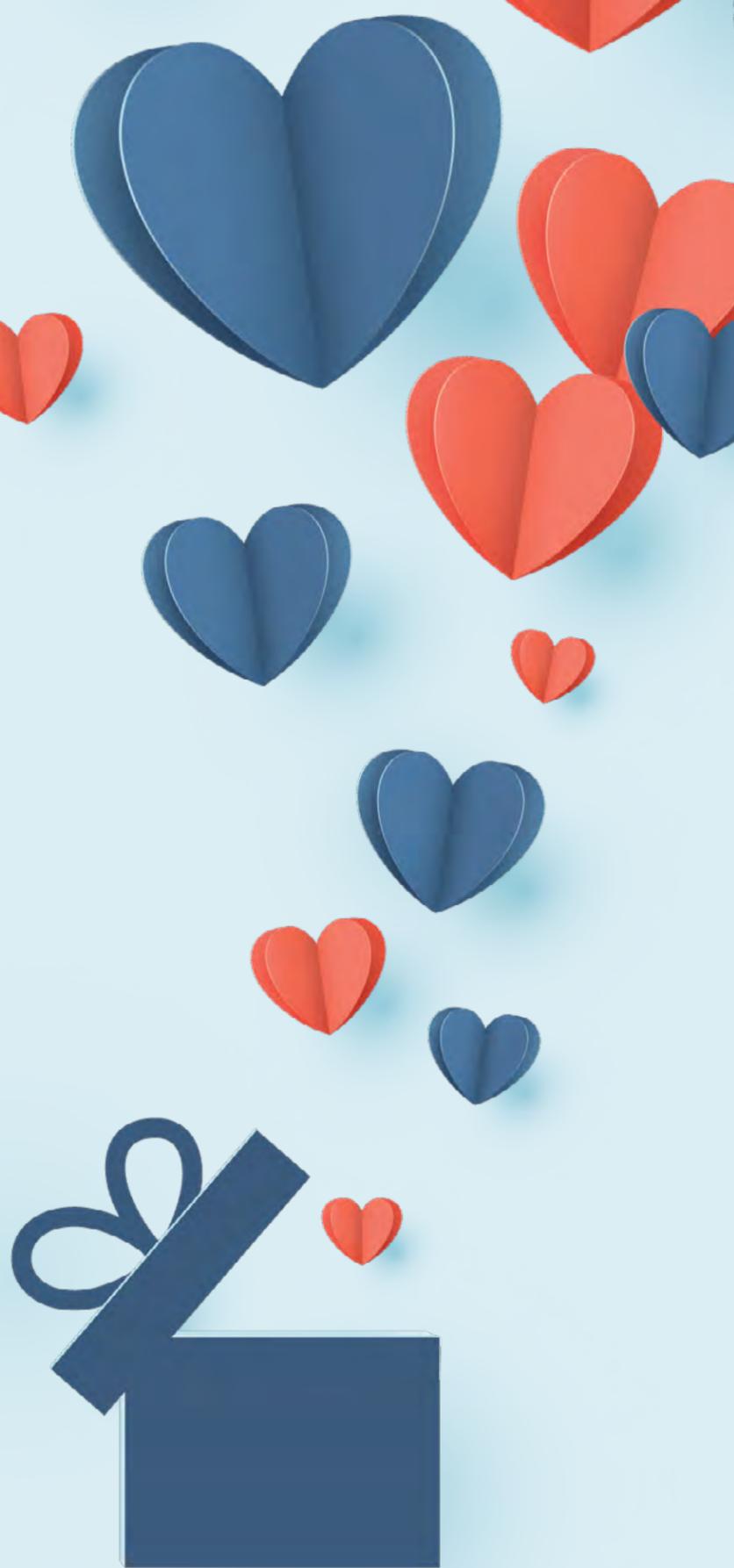
The truth is, love and caring are ageless. Just as ageless is your ability to register as an organ, eye, and tissue donor.

Today, people of all ages can sign up to be donors. People in their 50s... 60s... 70s... and beyond. People over 50 can receive transplants as well. Surprised?

It makes sense. More people today are living healthier lives and know about the importance of eating well, being physically active, and not smoking. That means people are able to be donors and recipients longer than anyone might have imagined.

Medical research and technical advancements have made transplants more successful for all. So, the number of people eligible for a transplant — and the age of those eligible to donate — continues to grow.

Have you said “yes” to donation? Any time is the right time to sign up. Right now is the perfect time! Just go to [organdonor.gov](http://organdonor.gov) to learn how to register in your state. The need is great, and donation is a beautiful way to pass life forward.



## 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 1.2 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 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 permanent harm to your body. You can reduce your chances of these problems by showing up on time for your dialysis treatments and staying for the full appointment.



## Understanding Malnutrition

### Signs

- Dry, brittle hair that breaks easily
- Bleeding gums and missing or decayed teeth
- Low body weight
- Weight loss
- Wasted appearance — bones can be seen through the skin
- Albumin less than 3.5

### Causes

- Poor food intake
- Hospitalization
- Infections
- Surgery
- Diarrhea and vomiting
- Difficulty chewing or swallowing
- Difficulty shopping or cooking
- Depression
- Financial problems

### Consequences

- Increased risk of death, infection and hospitalization
- Delayed wound healing
- Swollen hands, feet, and face
- Weight loss

## Ozzie's Story

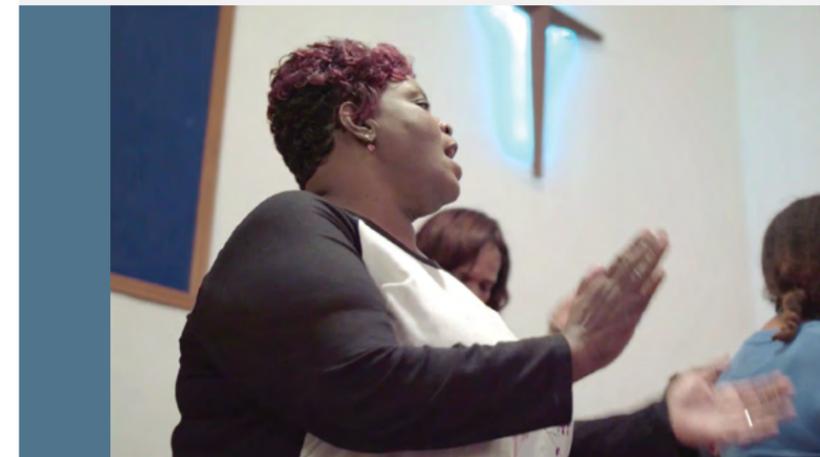
### Finding Hope

While she was no stranger to the world of dialysis, when Ozzie received the news that her kidneys were shutting down, the first emotion she remembers feeling was pure fear.

She and her family witnessed years of ups and downs as her mother underwent treatment before finally receiving a viable kidney transplant. From that experience, she saw how critical family love and support was in the process. And while that gave

Ozzie also credits CDC's music and art therapists for constantly finding new and engaging ways to take her mind off of the treatments. She never considered herself to be particularly artistic until they began working together, and now creating art is one of her favorite activities even outside of dialysis.

Now more than a decade later, Ozzie has refused to let dialysis hold her back. She remains a very active member of her church where she sings in the choir,



*“The staff at Shaker was so great,” she recalls. “No matter how many questions I had, they answered every single one.”*

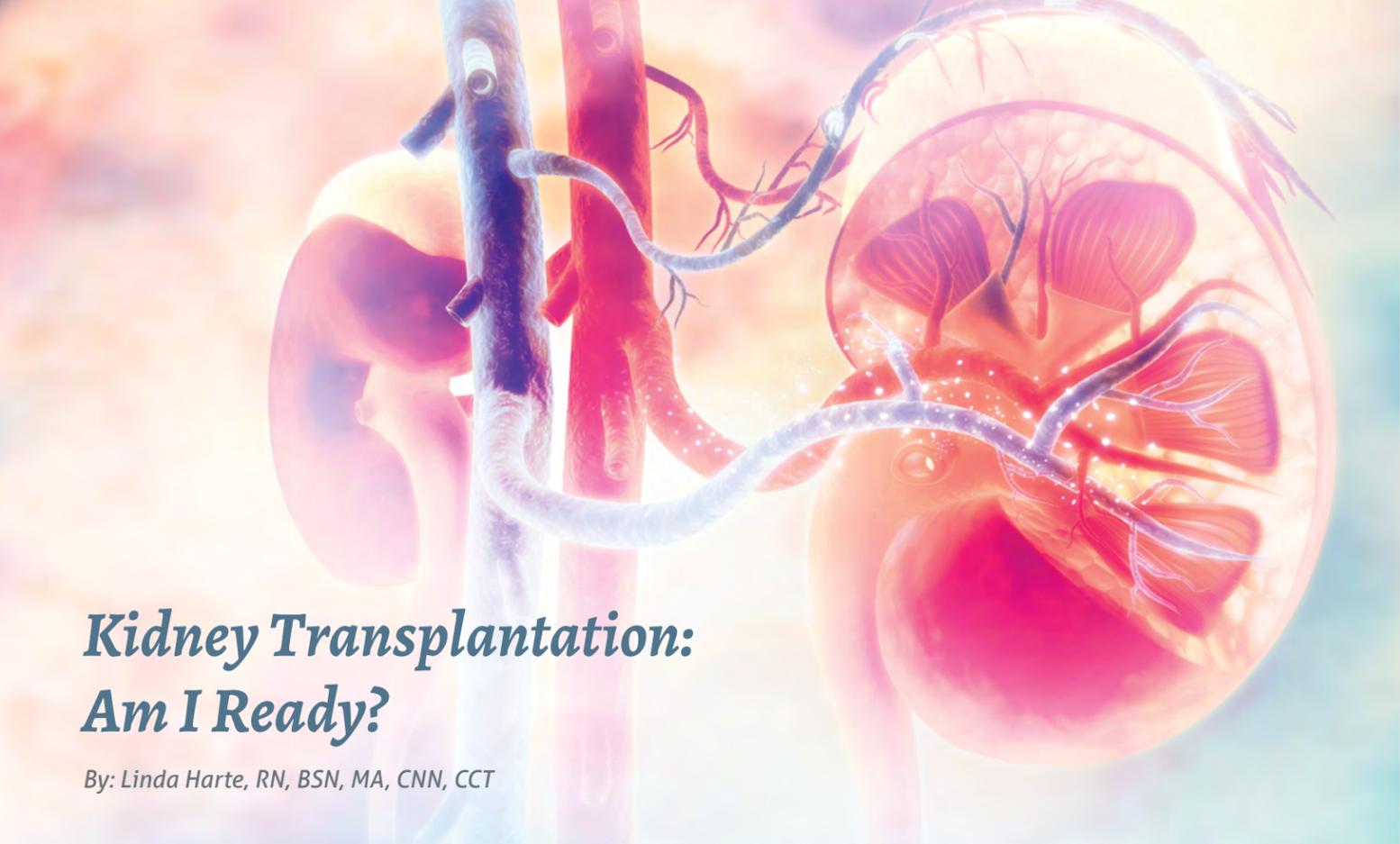
her hope, the fear of the unknown, coupled with the new responsibility of caring for a small child, made her nervous about the road ahead.

When she began her dialysis journey at CDC Shaker, she found that she had even more people to count on than just her family. “The staff at Shaker was so great,” she recalls. “No matter how many questions I had, they answered every single one.”

teaches Sunday school and serves as Board Trustee.

And most importantly, she recently celebrated her 34th wedding anniversary with her husband.

“This whole experience has been a roller coaster for me,” she notes. “But I am so grateful to CDC staff and my fellow patients for helping me through this difficult journey. Without them, I might have lost hope a long time ago.”



## Kidney Transplantation: Am I Ready?

By: Linda Harte, RN, BSN, MA, CNN, CCT

### Consider these important questions if you are interested in a kidney transplant:

Transplantation is just one treatment for chronic kidney disease. Your healthcare team can help you decide if it is the right one for you.

Not everyone is a candidate for a kidney transplant because of his or her medical condition. But if you are interested in one, you should ask questions and find out more about this treatment. If your physician recommends that you consider transplantation, he or she will refer you to a transplant center for evaluation.

Before you meet with the transplant team, there are a few basic medical exams, x-rays and tests you should have if you have not already had them in the past year. Getting these done, or at least scheduled, will help you get on the transplant list sooner.

### The things you should have done include:

- Physical exam
- Mammogram (women)
- Electrocardiogram (EKG)
- Dental exam
- Chest x-ray
- PAP test (women)
- Stool sample
- Prostate Specific Antigen (PSA) test (men)

All of these are part of health screening that everyone needs regularly. Ask your doctor or nurse for copies of the results to take with you to your transplant appointments. The transplant team will order additional testing depending on your specific health needs.

If there is someone who wishes to donate a kidney to you, this potential donor will have to be screened and tested to make sure their donation will be suitable for you.

The transplant team will arrange for you to talk with a social worker or psychologist to discuss how you are coping with your disease and treatments, how well you take care of yourself and to be sure you are “mentally” healthy enough to go through transplant surgery and care afterwards.

### You should ask yourself these questions to prepare for a possible transplant:

- Do I take my medications regularly as prescribed?
- Do I dialyze regularly and attend all medical appointments?
- Will I be able to take care of myself when I go home from the hospital?
- Do I have someone to take me to my appointments after the transplant until I can drive myself?
- Do I have a telephone so I can call if I have questions or so the transplant nurse can notify me of all test results and possible changes in my medication after the transplant?
- Does my health insurance have certain transplant programs I must use?
- Have I talked with someone at my insurance company about my transplant benefits?
- Does my health insurance cover the anti-rejection and anti-viral medications?
- Will I be able to pay the co-pay?
- Will I be able to afford the cost of anti-rejection medications, or have insurance coverage, when Medicare coverage expires?

The answers to these questions are just as important as the physical part of your evaluation.

After you are on the transplant list and waiting for that call, you need to be ready.

### You might want to periodically ask yourself these questions:

- Does the transplant center have my current address and phone number?
- Do they have alternative numbers or people to call to find me (cell phone, pager, work number) when a kidney is available?
- Do I let them know when I am going to be out of town or unavailable?
- Has my insurance coverage changed and, if so, do they have my new information?
- Have I called to let them know about any changes in my health, hospital stays, or new medications?
- Have I kept my appointments for re-evaluation every 6 to 12 months?

Be sure to stay in touch with the transplant coordinator about any changes in your life. It is very upsetting to both you and the transplant team when a call has been made to inform you that a kidney is available for you and they are not able to find you, or you do not have insurance approval.

A successful transplant may greatly improve the quality of your life. Be sure you are ready by being an active part of your healthcare team!

*Reprinted with permission from National Kidney Foundation, Inc.*

## Fruited Turkey Salad with Cranberry Dressing



### Ingredients

- 3 cups chopped turkey (or chicken)
- 1 medium apple, chopped
- 11 oz can mandarin oranges, drained
- 1 cup green seedless grapes, halved
- 1 cup jellied cranberry sauce
- ¼ cup apple cider

### Preparation

1. Combine turkey, apple, oranges, and grapes in a medium mixing bowl.
2. Blend or whisk cranberry sauce and apple cider together (until smooth).
3. Pour over meat and fruit mixture and stir until thoroughly blended.
4. Serve with croissants or bread slices as a fresh sandwich or alone as a salad and fruit snack.

## Buffalo Wings

Yield: 12 Servings  
Serving Size: 2 wings



### Ingredients

- 8 tablespoons unsalted butter or margarine
- 1/3 cup Tabasco® hot pepper sauce
- 24 chicken wing drumettes

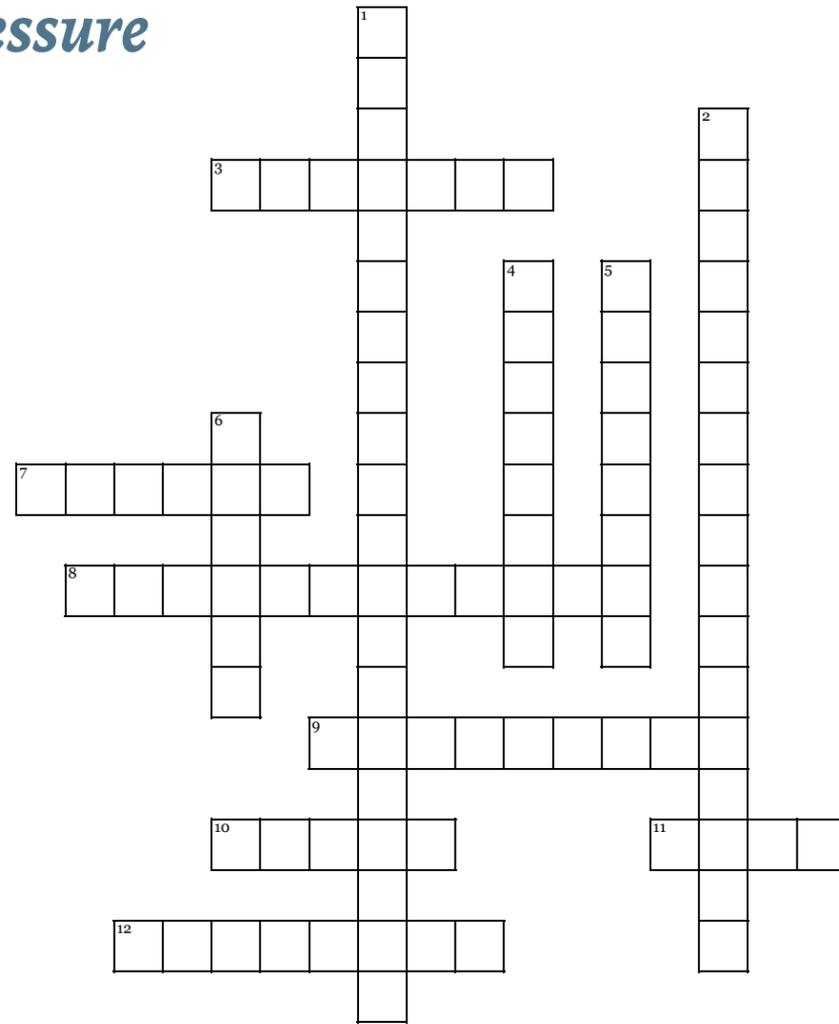
### Nutrients per serving

- Calories: 179
- Protein: 11 g
- Carbohydrates: 0 g
- Fat: 15 g
- Cholesterol: 34 mg
- Sodium: 72 mg
- Potassium: 88 mg
- Phosphorus: 68 mg
- Calcium: 6 mg
- Fiber: 0 g

### Preparation

1. Preheat oven to 400° F.
2. Melt butter or margarine in a saucepan.
3. Add hot sauce and remove from heat.
4. Place chicken wings in a baking dish.
5. Pour sauce over wings and bake for 30 to 35 minutes. Check for doneness.
6. Serve hot or place in a covered warming dish or crock pot, until ready to serve.

# High Blood Pressure Crossword



## Across

- 3. Drinking less of this can lower your blood pressure
- 7. Recommended number of minutes of aerobic exercise per day
- 8. Another term for high blood pressure
- 9. Symptom of high blood pressure
- 10. One in every \_\_\_\_ adults has high blood pressure
- 11. Used to measure blood pressure
- 12. A \_\_\_\_ kidney will not function properly and fails to remove waste products from the blood

## Down

- 1. This disease is caused when blood vessels narrow in the kidneys, possibly causing kidney failure
- 2. The second leading cause of kidney failure in the United States after diabetes
- 4. The pressure as the heart beats and pushes blood through the vessels (number on top)
- 5. Treatment when lifestyle changes alone are not enough to treat the high blood pressure
- 6. Managing \_\_\_\_ can help lower high blood pressure

Answers on page 19 >>

# 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 ext. 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



**Follow us on LinkedIn:**  
Centers for Dialysis Care



**Follow us on Twitter:**  
@CDCareOhio

## Have an idea for the newsletter?

Contact Brittney, our Marketing & Community Relations Specialist, at **(216) 283-7200 ext. 253**.

### Crossword Answers

- 1. CHRONIC KIDNEY DISEASE
- 2. HIGH BLOOD PRESSURE
- 3. ALCOHOL
- 4. SYSTEMIC
- 5. MEDICINE
- 6. STRESS
- 7. THIRTY
- 8. HYPERTENSION
- 9. DIZZINESS
- 10. THREE
- 11. CUFF
- 12. DISEASED

# CDC

## Centers for Dialysis Care

*Quality care...and so much more.*

