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PATIENT NEWSLETTER | FALL 2015



CDC

Centers for Dialysis Care

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Centers for Dialysis Care Newsletter
Fall 2015

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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
Flowers in Vase, Watercolor
Christine Robinson, CDC East



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

2015-2016 Holiday Schedule

Thanksgiving Week Schedule — Closed Thursday, November 26, 2015

Mon/Wed/Fri Patients

Sunday, November 22, 2015
Tuesday, November 24, 2015
Friday, November 27, 2015

Tues/Thurs/Sat Patients

Monday, November 23, 2015
Wednesday, November 25, 2015
Saturday, November 28, 2015



Christmas Week Schedule — Closed Friday, December 25, 2015

Mon/Wed/Fri Patients

Monday, December 21, 2015
Wednesday, December 23, 2015
Saturday, December 26, 2015

Tues/Thurs/Sat Patients

Tuesday, December 22, 2015
Thursday, December 24, 2015
Sunday, December 27, 2015

New Year's Week Schedule — Closed Friday, January 1, 2016

Mon/Wed/Fri Patients

Monday, December 28, 2015
Wednesday, December 30, 2015
Saturday, January 2, 2016

Tues/Thurs/Sat Patients

Tuesday, December 29, 2015
Thursday, December 31, 2015
Sunday, January 3, 2016

Well Wishes



Fall is here and I look forward to seeing the changing leaves and the Cleveland Browns! CDC cares about your safety and this issue of the patient newsletter has steps you can take to be more aware of your health and safety. I am excited about the changes to the patient newsletter and hope you like them too!

I want to update you on recent changes at CDC. This past spring we started construction on a 20 station outpatient hemodialysis unit at Eliza Bryant Village. The facility has been licensed and as we go to print are waiting for our certification visit. Once the facility is certified we will move all of our patients from our Cityview facility to this new unit. In addition to serving Eliza Bryant Village residents, it will also serve those in the surrounding community.

We are also expanding our home program on both the East and West sides of town to offer home hemodialysis services at Northfield Village, Wickliffe Country Place

and The Orchards of Westlake. By offering residents in these skilled nursing homes the opportunity to dialyze in their residence the need for transporting the residents to a dialysis center three times a week is not needed. As a result, they will not miss meals, therapy sessions or supportive family/friend visits.

On another note, during the spring/summer most of you were contacted via mail or phone by an outside company to complete a patient experience of care survey. This survey is done twice a year to ask your opinion on several topics. Thank you to all of you for providing us with this valuable feedback.



The results are compared against the prior results to see if we have made improvements. CDC is always looking for more ways to improve the quality of your care and your experience with CDC.

Transportation Reminder

Please remember to stay in the lobby area after your treatment. Your transportation service comes to the lobby to pick you up. If you plan to leave the dialysis unit with someone other than your scheduled transportation service, please tell the dialysis staff. CDC cares about your safety! We want to be sure you are getting home.

Insurance Cards Required

Please bring in all of your medical insurance cards including your prescription insurance cards. CDC needs to update all of your insurance information. A front and back copy of the cards is required. If you have any questions, please speak to the Patient Services Representative or your Social Worker.

Ask the Expert

Question: Why am I not eligible for a kidney transplant?

Answer: A kidney transplant is the gold standard for kidney disease. Everyone is considered for a transplant on an individual basis. There are times when a transplant is not the best treatment option for you. Patients who have any of the following may not be eligible or able to get a transplant.

- an active malignancy, (cancer)
- active chronic infection
- severe heart disease
- psychological problems that may keep you from following your treatment plan
- over 72 years old unless you are in very good health and have found a living kidney donor
- Both over and underweight can make you not eligible to get a kidney transplant. In general, if you have a body mass index greater than 35 you will be asked to lose weight before being considered for a transplant. (Ask your dietitian for your body mass index result!)

Transplant criteria vary at different transplant centers. If you don't know why you are not eligible or want to be evaluated for a kidney transplant **ASK** your social worker or kidney doctor. For more information you can call one of the kidney transplant centers listed below:

University Hospitals Transplant Institute 216-844-3689

Cleveland Clinic Kidney Transplant Program 216-444-6996



Question: What is peritoneal dialysis?

Answer: Peritoneal dialysis or PD is a treatment you can do at home. A peritoneal catheter (a tube in your belly) lets the dialysis solution go in and come out of the space in your belly. This is done four or more times a day. You might be able to have a machine do it for you while you sleep.

Peritoneal dialysis patients have:

- Fewer diet limitations
- Needle-free treatments
- Less trips to the dialysis center
- More freedom in your treatment schedule

If you want to know more about peritoneal dialysis (PD) call a CDC Homecare nurse at either 216-732-3727 or 330-758-0995 and ask to speak to the peritoneal dialysis (PD) nurse.

MOTTEP News

Cleveland Minority Organ Tissue Transplant Education Program Organ Donation Myth Busters



Every year, National Donor Sabbath is celebrated two weekends before Thanksgiving. This year, National Donor Sabbath Weekend will be observed November 14-16. Congregations of all faiths and beliefs can celebrate the most selfless gift there is organ donation.

Cleveland MOTTEP invites you to share the message of donation and encourage your congregation to register as organ, eye and tissue donors. One of the top reasons people fail to be listed as a donor is the belief that it is against their religion. With your help, we can eliminate this common misconception about organ donation. Please share this list of myth busters regarding organ and tissue donation with your religious community.



1. **Myth:** My religion does not support organ donation?
Fact: All major religions support organ donation as an individual choice.
2. **Myth:** I need all my organs to get into Heaven.
Fact: Body "wholeness" is not a factor after death. Choosing to be an organ donor can serve as a beautiful final testament of one's faith and love to others.
3. **Myth:** If I am an organ donor and get sick or injured, my doctors will not try to save me.
Fact: No one becomes a donor until all lifesaving measures have been taken.
4. **Myth:** I am too old to be an organ donor.
Fact: There is no set age limit for organ and tissue donation.
5. **Myth:** I can't be a donor because of my medical history.
Fact: A person's ability to donate is determined at the time of death.
6. **Myth:** If I become an organ donor, I will not be able to have an open casket funeral.
Fact: Organ donors can still have an open casket funeral.
7. **Myth:** My family will have to pay surgical costs if I choose to be an organ or tissue donor.
Fact: Donor families never have to pay any expenses.
8. **Myth:** The organ donor list is biased.
Fact: Money and status are not factors in the organ allocation process.
9. **Myth:** The recipient will know who I am.
Fact: Identities are only disclosed when permission is given.
10. **Myth:** I have signed my driver's license so there is no need to discuss this with my family.
Fact: Talking with your family can let them know your wishes in the event of your death.

Let's spread the lifesaving and healing message of donation and encourage others to register as organ, eye and tissue donors. If you would like to become an advocate for organ, eye and tissue donation, please contact Linda D. Kimble @ 216-229-6170 x137

Source: National Foundation of Transplants

For the Fun of It

Emergency Preparedness Mumbo Jumbo

It is important to be prepared in the event of an emergency. Unscramble the names of things below that should be in your emergency kit. Copy the letters in the numbered cells to decode the secret message below.

Word List:

- Medicine
- Blanket
- Keys
- Water
- Radio
- Can Opener
- Whistle
- First Aid
- Flashlight
- Food

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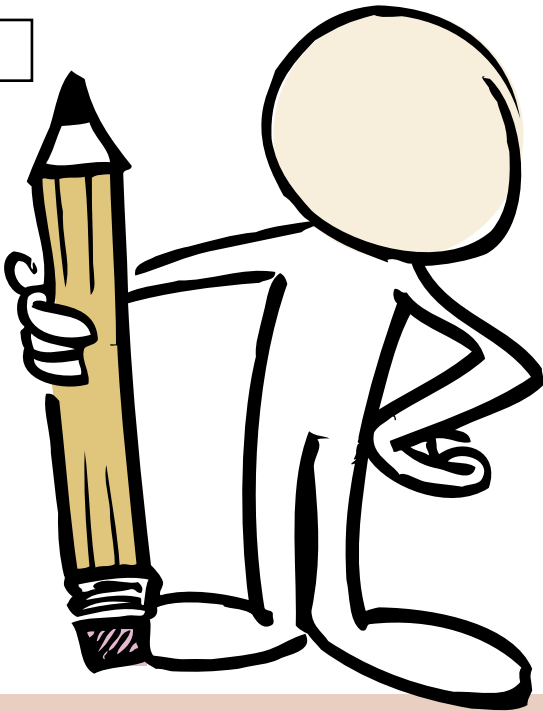
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Answer:

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Answer on page 10.

Keep Your Bones Healthy & Strong

Healthy kidneys keep the right amount of calcium and phosphorus in your body. Kidney disease affects the levels of calcium and phosphorus. Your calcium and phosphorus levels are checked monthly. Your PTH or parathyroid hormone is checked every 3 months or monthly if you receive IV Vitamin D during dialysis.

Because your kidneys are not working in a normal way, extra phosphorus builds up! This extra phosphorus causes your bones to lose calcium and build up in your blood, where you do not need it. This causes your bones to get weaker and they are easier to break. Some people say their bones feel achy and hurt.

So how can you help keep your bones healthy and strong? There are 4 things you can do:

- Keep your phosphorus level between 3.5 to 5.5
- Come and stay for **ALL** of your dialysis treatments
- Work with your dietitian to limit the phosphorus in your diet
- Take your phosphorus binders with food including snacks

Phosphorus is in many foods and added to processed foods to make them taste better and last longer. The only way to know if a food you are eating has phosphorus added to it is to check the food label. Phosphorus usually is not listed on the nutrition fact label, so you will have to check the ingredient list.

Look for words with "PHOS" in them to spot hidden phosphorus. Here are some common phosphorus additives:

- **PHOS**phate
- Hexameta**PHOS**phate,
- **PHOS**phoric Acid
- Pyro**PHOS**phate
- Tripoly**PHOS**phate

- Do you know your phosphorus number?
- Your dietitian can help you get and keep your phosphorus number at goal!



Stop the Spread of Flu: Get a flu shot!

The good news is you can get your flu shot at the dialysis unit. It takes about 2 weeks for your body to be protected after you get the flu shot. Get it early before everyone is getting sick with the flu. For people with kidney disease, the flu can make you sicker and last longer. The flu is different from a cold. If you get the flu you might have to stay in the hospital. People can die from the problems caused by the flu. The chart shows how a cold is different from the flu.



Stop the Spread of Flu

- Get your flu shot.
- Wash hands often with soap and water.
- Cover your nose and mouth when you cough or sneeze; throw the tissue in the trash.
- Avoid touching your eyes, nose and mouth.

Symptoms	Cold	Flu
Fever	Rare	Usual; high (100°F to 102°F) lasts 3 to 4 days
Headache	Rare	Common
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; can last up to 2 to 3 weeks
Exhaustion	Never	Usual; at the beginning of the illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate; hacking cough	Common; can become severe
Treatment	Consult with your doctor	Antiviral medicines – See your doctor
Prevention	Wash your hands often with soap and water; avoid close contact with anyone with a cold	Annual flu shot
Complications	Sinus congestion Middle ear infection Asthma	Complications are more likely in the elderly and those with chronic kidney disease

Artist in Focus

Christine Robinson of CDC East



The cover art for this newsletter was designed by Christine Robinson. Christine is a patient at our CDC East facility. Christine enjoys painting and loves sunflowers. Her painting took 12 hours to complete and is a watercolor. Take a few minutes to enjoy Christine's creative work!

Christine calls this piece "Flowers in Vase." What do you notice most about her artwork? Kathryn Mierke, MA, ATR, a new member of the Creative Arts Department talked with Christine about her art and the time she has spent with Art Therapy.

Have you always done art making?

I took an art history class at Cleveland State University in 2010. I really didn't do any artwork before starting dialysis.

What caused you to begin working with art therapy?

My grandson worked on the Playhouse Square's chandelier in the Cleveland theater district. He helped install the 20 foot tall outdoor chandelier in 2014. He encourages me to be creative.

What materials do you enjoy working with?

I like using pencils, markers and watercolor paint.

What inspires you to make art?

I get inspired from fresh flowers and recreating art from pictures or photos.

In what other areas of your life are you creative?

I used to sew and make clothing for my family.

What is most satisfying for you about making art work?

Creating art makes me feel better. It makes me feel comfortable and good about doing something.

What advice would you give someone who is just starting out or thinking about doing creative work?

Try to do something to make yourself comfortable while you are on dialysis so you can be happier and don't make dialysis harder on yourself. It helps keep my mind occupied.



Wheelchair Safety for You and Your Family

CDC is concerned about your safety. Moving in and out of your wheelchair can cause you to fall. Know how to use your wheelchair to keep from falling and getting hurt!

Prevention

- Always put the brakes on before getting in and out of the wheelchair.
- Lift both foot plates up before getting in or out of the chair.
- Keep loose objects or lap covers away from the wheel spokes.
- Repair or replace faulty or missing parts – especially brakes.
- Avoid hanging any items off the wheelchair.
- Ask for help before reaching to get something.
- Make sure your chair, bed, or dialysis chair is secure and does not slide.



Did you know?

Many of the falls at CDC involve wheelchairs.

Be Alert!

You are at the greatest risk of falling with your wheelchair when you are reaching, standing or sitting down.

Risk factors that can cause injury:

- Unsafe transfers, tips and falls
- Faulty brakes
- Broken or missing parts
- Worn wheels and tires
- Heavy items hung from wheelchair
- Inappropriate use

Mumbo Jumbo Answer:

Preparation is key.

Healthy Eating



Chicken with Green Beans and Seared Pineapple

Adapted from O Magazine, July 2015

Yield: Serves 4

Ingredients

- 1 pound green beans, trimmed
- 3 tablespoons vegetable oil (Canola or peanut oil), divided use
- 1 ½ cups fresh pineapple, cut in 1 inch chunks
- 12 ounces boneless, skinless chicken breast cut in 1 inch pieces
- 3 garlic cloves, peeled and minced
- 1 cup cherry tomatoes, cut in half
- 2 tablespoons Worcestershire sauce
- 1 tablespoon white vinegar
- 1 ½ teaspoons Sriracha hot sauce
- Cooked rice

continued on back cover >

Mindfulness

5 ways you can be happier and more productive

1. Look forward, not backward.

If you've had a setback or hit an unexpected bump in the road, stay positive and ask yourself what you can do to move ahead. Optimism will also rub off on your family, friends, and colleagues.

2. **Set realistic goals.** Acknowledge that you are better at some things than others and focus on your strengths. When you've completed an important project give yourself credit and enjoy the satisfaction of crossing it off your list.

3. Seek help when you need it.

Balancing a career with taking care of the household, children, and aging parents is too much responsibility for just one person.

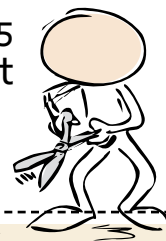
4. **Find practical ways to simplify your life.** Buy clothes that don't need to be ironed or dry-cleaned. Do all your errands and shopping on one day. Instead of trying to remember everything, write things down. Keep a single calendar for work and personal commitments.

5. **Start a new project, take up a new hobby,** or give yourself permission to do something you've always wanted to try. www.hopehealth.com



Healthy Eating

FALL 2015
Recipes to Collect



Chicken with Green Beans and Seared Pineapple

Preparation

- Bring a large nonstick skillet of water to a boil. Add the green beans and cook just until tender. Drain beans and place in a large bowl.
- To the dry skillet, heat ½ tablespoon of oil on high heat until shimmering. Add pineapple chunks in a single layer. Cook until browned on the bottom, about 30 seconds. Transfer to the large bowl containing the green beans.
- Add another tablespoon of oil to the skillet. When hot, add chicken. Reduce heat to medium and cook, stirring a few times, until chicken is cooked through. Transfer to the bowl with the green beans and pineapple.

- Add the remaining 1 ½ tablespoon of oil to the skillet, along with the garlic and cook about 1 minute. Add the cherry tomatoes and cook for another minute. Smash some of the tomatoes to release the juices. Add the Worcestershire sauce, vinegar and Sriracha and stir well. Remove from heat.
- Add the warm tomato-Worcestershire sauce mixture to the bowl containing the beans, pineapple and chicken. Mix well and serve over rice.

One serving equals 3 ounces protein, 2 vegetables, 1 fruit and about 2 teaspoons fat. One cup cooked rice equals 2 starches.

Note: Small amounts of fresh tomato are acceptable on a renal diet. Read the vegetable page of your CDC renal diet booklet for more information.

Food Safety Tips from the Food and Drug Administration

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food.
- Wash all fruits and vegetables before using.
- Keep raw and cooked foods separated.
- Wash all cutting surfaces, dishes and utensils with hot, soapy water before and after using them to prepare different food items.
- Use paper towels to clean kitchen surfaces so they can be thrown out between food item preparations.



CDC

Centers for Dialysis Care

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