



CDC

Patient Newsletter

March/April 2019

i care

I care that you are a patient at CDC.

I care that you come to all of your treatments.

I care that you get every minute of your dialysis treatment.

I care that you get a safe and effective treatment.

I care that you are healthy.

I care about You!



“Dialysis is not the end of the road. It’s a new way of life, and I’m so grateful I get to keep on living.” – Deborah, CDC East

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Letter from Gary Robinson, President & CEO

Winter is almost over, which means spring is on its way!

As you may have noticed, this edition of our Patient Newsletter has a brand new look. We hope you enjoy the new design! The artwork shown on the cover originated from the minds of our Creative Arts Therapies Team as a way to engage staff participating in CDC's Annual "Because I Care" Corporate Retreat. The purpose of the retreat was to allow all of our departments to come together to discuss ways we can continue to improve the level of service we offer to our patients. Over the span of five days, the team encouraged all artists and non-artists alike to make their mark on the canvas. In the end, the painting was covered with more than 500 unique dots, meant to represent the diverse group of employees who continue

to breathe new life into our ever-growing organization.

As the weather continues to warm and the days start getting longer, it is important to continue coming to your dialysis appointments. Last year, we had a total of 24,273 missed treatments, with 10,484 due to hospitalizations. While a missed appointment might not seem like a big deal, studies show that skipping just one treatment per month increases your chances of going to the hospital by 40%. If you absolutely must miss your treatment, please call the unit as soon as possible. We understand that conflicts come up and our team will work with you to quickly reschedule your appointment.

Gary Robinson, President & CEO



KFO is Now Accepting New Applicants

The Kidney Foundation of Ohio (KFO) is now accepting applications for its 2019 Annual Scholarship! This annual scholarship opportunity is designed to help eligible individuals, including children of kidney patients, achieve their post-high school academic goals.

Financial support, of up to \$2,000, will be provided to those who have been diagnosed with kidney disease, or who have had a parent diagnosed with kidney disease. Eligible candidates must also demonstrate a financial need and reside in the Foundation's service area*. This scholarship is renewable for a maximum of four years if the recipient receives a minimum C average, based on the institution's standards, and completes the renewal form.

Applications must be received by Tuesday, April 30th to be considered for this award cycle. Visit **www.KFOhio.org** to learn more or to access the application.

**The Kidney Foundation of Ohio's service area can be found at www.KFOhio.org.*



Patient Rights & Responsibilities

At CDC, we care about every patient we serve. It is our goal to ensure that you are treated with respect and dignity at all times, which is why we feel it is important that you are aware of your Rights & Responsibilities as a patient. While this article will only focus on a few of them, a complete list can be found in your CDC Orientation Handbook, as well as in the lobby of every facility. If you would like a copy of your Rights & Responsibilities, please talk to your social worker.

Know Your Rights

As a patient, you have the right to safe and competent care. This means that your dialysis treatments should be done the right way, which can be accomplished by following your doctor's orders in a way that keeps you safe from harm. You can always question what is happening or how staff is doing something without fear of it affecting your future treatments. You have the right to fully understand what is happening to you during your treatment. The staff will explain and 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.

Additionally, you have the right to receive your own care plan. You will have a chance to meet with your dialysis care team to discuss your treatment and address any issues or concerns. These meetings can take place in person or via phone. As a patient, you have the responsibility of being an active member on 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.

Help CDC Serve You Better

Always be sure to inform us of important updates such as newly diagnosed health issues, a change of address or phone number, or changes in your insurance. Keeping us in the loop about these changes will help us serve you better. Finally, if you ever have any questions about your rights or responsibilities as a CDC patient, please talk with your social worker.

A New Way of Life

While Deborah was aware that her family had a history of kidney-related health issues, it didn't make her diagnosis, or the fact that she was going to have to begin dialysis, any easier to accept. Going against medical advice, she made the decision to delay her treatment until a life-threatening infection forced her to reconsider. "I just remember thinking that I wanted to be around to watch my grandbabies grow up," recalls Deborah. The moment she walked through CDC's front doors, she knew she had made the right decision.

While she admits to feeling nervous about starting dialysis, her fears quickly vanished once she was introduced to her healthcare team. "From the very beginning Dave, my Social Worker, told me that I wouldn't have to go through this by myself. He was right." With the help of her physician and CDC staff, Deborah slowly learned how to retake control of her health. She also found strength and support from the other patients on her unit, many of whom she now considers family.

Two years later, Deborah hasn't allowed her illness to slow her down. She divides her time between running her childcare business and traveling around the country. And, more importantly, she has the energy to keep up with her grandchildren. When on the unit, Deborah makes it her mission to be a beacon of hope for those who are just starting their healthcare journey. "I tell new patients all the time that dialysis is not the end of the road. It's just a new way of life, and I'm so grateful that I get to keep on living."



LIFE IS *a beautiful ride*

... APRIL IS

National Donate Life Month

Learn more and register today.
RegisterMe.org



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.



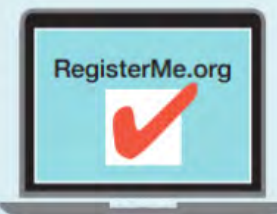
22 people die each day because the organs they need are not donated in time.

Did You Know?

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



More than **36,500** organ transplants from 17,500 donors brought new life to patients and their families in 2018.



More than **84,000** corneal transplants help to restore sight each year.



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

More than **145.5 million** people are registered organ, eye and tissue donors.

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

Cleveland MOTTEP Celebrates National Donate Life Month

The Cleveland Minority Organ & Tissue Education Program (MOTTEP) is celebrating National Donate Life Month (NDLM). 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.

National Donate Life Month 2019

For the 2019 National Donate Life Month theme, Donate Life America was inspired by bicycles and the phrase “Life is a beautiful ride.” Like the donation and transplantation journey, a bicycle serves as a symbol of progress, renewal, and the moving circle of life.

Bicycles come in all styles, shapes, and sizes, but each is comprised of the same components, essential to supporting the rider and converting their energy into motion. Similarly, organ, eye, and tissue donation offers many ways to give hope, support, and strength to patients waiting, recipients, and donor families. We each carry the potential to help make LIFE a beautiful ride for ourselves, and then for others, by registering as a donor, considering living donation, being a caregiver, and championing the cause.

This National Donate Life Month, we ask you to consider your role in this lifesaving and healing journey, and how you can inspire others to provide hope through donor registration and living donation.

We wish you a Happy National Donate Life Month. Thank you for your efforts in promoting donation and the importance of registering your decision to be an organ, eye, and tissue donor!

Get Involved with MOTTEP

- Register to become an organ donor
- Educate family and friends
- Volunteer with us

There are many opportunities available to help promote organ donation. Learn more about Cleveland MOTTEP by visiting www.clevelandmottep.org or by contacting Linda D. Kimble at (216) 229-6170 x137.



Diabetes, Dialysis, and Hypoglycemia

Hypoglycemia, also known as Low Blood Glucose, occurs when your levels fall low enough that action is required to bring them back into your target range. A typical low blood glucose reading is at 70 mg/dl or below. Surprisingly, some individuals with diabetes can also experience symptoms of hypoglycemia when their blood glucose levels are **higher than 70 mg/dl**. It is important to note that target ranges can differ, depending on the patient. If you are unsure of your own target range, please consult with your physician.

What causes Hypoglycemia?

Hypoglycemia is often caused by not eating enough food, too much insulin in the body, taking certain diabetes medications, and/or increased activity levels. Undergoing dialysis can increase the risk of hypoglycemia for individuals on insulin, due to an excess of circulating insulin.

A Few Symptoms of Hypoglycemia:

- Feeling Shaky
- Sweating and/or Chills
- Confusion
- Fast Heartbeat
- Dizziness and/or Headache
- Hunger
- Nausea
- Feeling Sleepy and/or Weak
- Numbness in Lips, Tongue, or Cheeks

Treating Hypoglycemia – The “15-15 Rule”

If you suspect that you might be experiencing a hypoglycemic episode, the first thing you should do is check your blood glucose levels. If you are unable to do so, be sure to treat the symptoms immediately. Experts recommend using the “15-15 Rule”, which involves consuming 15 grams of glucose or a carbohydrate source that contains glucose, followed by rechecking your levels after 15 minutes. Here are a few suggestions of items to keep on-hand:

- Glucose Tablets or Gel
- Juice or Regular Pop (1/2 Cup)
- Sugar or Honey (1 Tbsp.)
- Hard Candy, Jelly Beans, or Gum Drops

Do not attempt to treat hypoglycemia with foods that contain both carbohydrates and fats, like chocolate or peanut butter. These foods can slow the absorption of glucose and should not be used, even in an emergency situation. If you are still experiencing low levels after using the “15-15 Rule”, repeat the process until you are back in your target range.

Finally, if you start to notice a pattern of low blood glucose levels, keep track so that you can discuss with your physician. It is possible that your physician might need to adjust your target range or your insulin dose.



Incredible Raspberry Pear Sorbet

Yield: 6 servings

Serving Size: 1/2 cup

Ingredients

- 1/2 cup sugar
- 1 pint fresh raspberries
- 2 large pear halves, canned in juice
- 1/3 cup lime juice
- Additional fresh raspberries

Nutrients per serving

Calories 135 Protein 0.9 g

Carbohydrates 32 g Sodium 3 mg

Potassium 168 mg Phosphorus 27 mg



Preparation

1. For simple syrup, in a small saucepan bring 1 cup water and the sugar to boiling, stirring to dissolve sugar. Reduce heat. Simmer, uncovered, for 3 minutes. Remove from heat. Place in refrigerator to cool.
2. Meanwhile, for puree, in food processor combine the 1 pint raspberries, pear, and lime juice. Cover; process 30 seconds or until smooth. Stir in chilled simple syrup.
3. Prepare per ice-cream maker instructions OR spread mixture in an 8x8x2-inch baking pan. Cover; freeze 4 hours or until solid. Break up mixture with a fork; place in food processor. Cover; process 30 seconds or until smooth.
4. Transfer to 1 quart freezer container; cover and freeze sorbet 6 to 8 hours or until solid. To serve, let stand at room temperature 5 minutes before scooping. Serve with additional raspberries.

Chicken Pasta with Brussels Sprouts

Yield: 4 servings

Serving Size: 1-1/3 cup

Ingredients

- 1/2 cup green onions
- 1/2 cup sweet red pepper
- 1-1/2 cups fresh or frozen Brussels sprouts
- 1-1/2 cups cooked whole wheat rotini pasta
- 1 tablespoon butter
- 1 tablespoons canola oil
- 1 tablespoon reduced-sodium soy sauce
- 1-1/2 cups cooked chicken, cubed

Nutrients per serving

Calories 264 Protein 20 g

Carbohydrates 19 g Sodium 228 mg

Potassium 416 mg Phosphorus 217 mg

Preparation

1. Chop the green onions and red peppers.
2. Trim the ends off the Brussels sprouts and boil or steam until just tender.
3. Cook pasta according to directions on package but omitting the salt.
4. While pasta is cooking, drain Brussels sprouts and set aside.
5. Heat butter and oil and sauté green onions in skillet.
6. Add red peppers and Brussels sprouts, stirring until just golden on the edges.
7. Add soy sauce and let vegetable mixture stand covered until pasta is done.
8. Heat chicken in microwave if needed.
9. Toss pasta, chicken, and cooked vegetables in a bowl.
10. Serve immediately while hot.



National Nutrition Month® 2019

eat right. Academy of Nutrition and Dietetics

**NATIONAL
NUTRITION MONTH®**
MARCH 2019

Word Search

Words may be horizontal, vertical, diagonal, or backwards.

www.eatright.org

#NationalNutritionMonth

1. Almond
2. Basil
3. Cauliflower
4. Dill
5. Eggs
6. Feta
7. Gumbo
8. Ham
9. Jicama
10. Kiwi
11. Lobster
12. Mushroom
13. Nutmeg
14. Okra
15. Paprika
16. Quinoa
17. Radish
18. Swiss Cheese
19. Tomatillo
20. Vanilla
21. Wasabi
22. Yam
23. Zucchini

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

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 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 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



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 x253.



CDC

Centers for Dialysis Care

Quality care...and so much more.