



CDC

Patient Newsletter

Fall 2019



*“I can tell you that these people work hard,
and they are good at what they do.”*

Joe, CDC East

Read more in *Taking Control* on p.4

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Letter from Gary Robinson, President & CEO

As we approach the end of 2019, it is once again time to complete the Fall ICH CAHPS Survey, which should find its way into your mailbox early next month. If you are selected to participate, you will receive two mailings that will include a copy of the survey. You may also be contacted by phone to complete the survey. Please let us know how we're doing as your healthcare provider so that we can continue to improve upon the level of care we provide to the community.

At Centers for Dialysis Care (CDC), we also believe that continuing education for our staff is essential to our ability to be able to deliver high quality care. Starting in October, CDC plans to offer interdisciplinary staff retreats designed to enhance the patient care experience, raise awareness about emergency preparedness and explore the concept of wellness. Like last year, we are expecting roughly 450 staff members to participate in the trainings. I would like to thank

everyone who had a hand in planning this year's Fall into a Healthier You retreat, and I look forward to sharing some important highlights in the next edition of the newsletter.

As always, CDC remains committed to providing the safest, highest quality patient care experience possible to those we serve. Our team strives to hit this goal every day and we sincerely hope that we've accomplished this over the course of the last year. We look forward to receiving your feedback so we can continue to provide a premier healthcare experience to all in our care.



Let's Talk Fluid

Your kidneys do more than just clean your blood, they also remove excess fluid from your body. Many patients find they do not urinate as much as they used to before beginning dialysis. In some cases, certain patients may not urinate at all.

What is Fluid?

This sounds easy, but more things are considered fluid than just what we drink. By definition, a fluid is anything that is liquid while at room temperature. Below are a few examples. Some may be obvious and some may surprise you:

- Beverages (Water, Coffee, Tea, Soda)
- Ice
- Ice Cream, Sherbet, and Popsicles
- Soups and Stews
- Jello/Gelatin
- Protein Drinks (Nepro, Boost, Ensure)

Certain water-rich fruits, like watermelon & grapes, are not counted toward your daily fluid intake, but should still be limited if you have a fluid restriction. When your kidneys don't function properly, fluid is allowed to build up in your body. If left untreated, it can result in serious health complications, such as:

- Swelling (Edema)
- High Blood Pressure
- Shortness of Breath
- Decreased Blood Proteins (Albumin)
- Heart Failure

The daily recommended amount of fluid for dialysis patients is typically 32 ounces, which translates into four eight-ounce cups. If you are able to urinate, you may be able to increase your fluid intake. Be sure to consult with your dietitian, as well as other members of your healthcare team, before making any changes to your diet or fluid restriction plan.



Taking Control

Joe's Story

Joseph became a patient at CDC in August of 2016. Thinking back on his first visit, the former chef and retired police dispatcher was apprehensive about beginning in-center dialysis. He recalls being surprised to see so many patients undergoing dialysis at once.

"I was nervous about being with so many people, but then I watched how the nurses and techs went about making sure everyone was taken care of, and I felt better," Joe notes. "I can tell you that these people work hard, and they are good at what they do."

With the help of his physician, Joe is working hard to take control of his kidney disease, as well as his diabetes diagnosis. Now that he has more energy, he's back in the kitchen cooking up healthy meals for his family from recipes provided by his CDC dietitian.



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Common Concerns and Fears About Transplants

Turning Negatives

Into Positives

 <p>Why should I go for a transplant consultation? I know what I'm dealing with when it comes to dialysis.</p>	 <p>Transplantation is the best modality—it provides you with a working kidney and reduces many of the long-term effects dialysis can cause.</p>
 <p>I don't think I'm a candidate for transplant.</p>	 <p>The first step in finding out if you are a candidate is to call a transplant center and make an appointment. There is no harm in making the call to find out.</p>
 <p>I often feel very tired.</p>	 <p>Transplantation helps filter poisons from your blood and produces red blood cells that bring more oxygen to your body. This can make you feel less tired.</p>
 <p>I can't control my blood pressure.</p>	 <p>After a transplant, your blood is filtered 24 hours a day by your new kidney. This removes the fluid that causes high blood pressure when on dialysis. Since the fluid is filtered through your kidney all day, you won't have the same low blood pressure concerns that you may have during dialysis treatment.</p>
 <p>I don't feel like eating; food doesn't taste good.</p>	 <p>With cleaner blood and normal chemistries in your system, food will taste better. Once you receive a transplant, you're encouraged to eat all foods and drink all liquids that you had to stay away from while on dialysis.</p>
 <p>I have problems with my fistula and the insertion of needles in my arm.</p>	 <p>With transplantation, the only needles required are for blood work to monitor your kidney function.</p>
 <p>I am always depending on my family to get me to and from dialysis.</p>	 <p>After transplantation, you will still need family support to go to and from the clinic, but after the kidney is stable (about six months after transplant), you'll get your independence back.</p>
 <p>I never remember to take phosphate binders with meals.</p>	 <p>Transplantation helps your body get rid of excess phosphorus, so you won't have to take a phosphate binder or limit high-phosphorus foods in your diet.</p>
 <p>I'm too old for a transplant. Doctors want to save the good kidneys for younger people.</p>	 <p>Ask your doctor about expanded criteria kidneys. Expanded criteria kidney donors increase the donor pool and offer a chance at a transplant for people who might otherwise not be eligible to receive a new kidney.</p>
 <p>I'm afraid of surgery. What are my chances of a successful transplant?</p>	 <p>The odds of having a successful transplant are pretty good. According to the National Kidney Foundation, 97 percent of kidney transplants are working after a month; 93 percent are working at the end of one year; and 83 percent are working at the end of three years. Transplant recipients are living up to 40 years after receiving a new organ.</p>

Stop the Flu Before it Starts!

It's never too early to talk about how to avoid the flu. One of the easiest ways to lessen your chances of getting sick by getting your flu shot. This is typically given once per year, usually in the fall before flu season arrives.

If you've ever experienced the flu before, then you know how awful it can be. The flu can be passed along by casual, person-to-person contact. Some easily recognizable symptoms include headaches, body aches, high fevers, sore throat, and fatigue. A flu infection can be very serious for people with weaker or compromised immune systems. People on dialysis have a greater chance of getting the flu, which is why getting your yearly vaccination is very important. As the weather begins to cool and the seasons start to change, be sure to speak with your healthcare team to learn more about how to keep you and your loved ones free of the flu!



National
Kidney
Foundation®

KIDNEY CROSSWORD

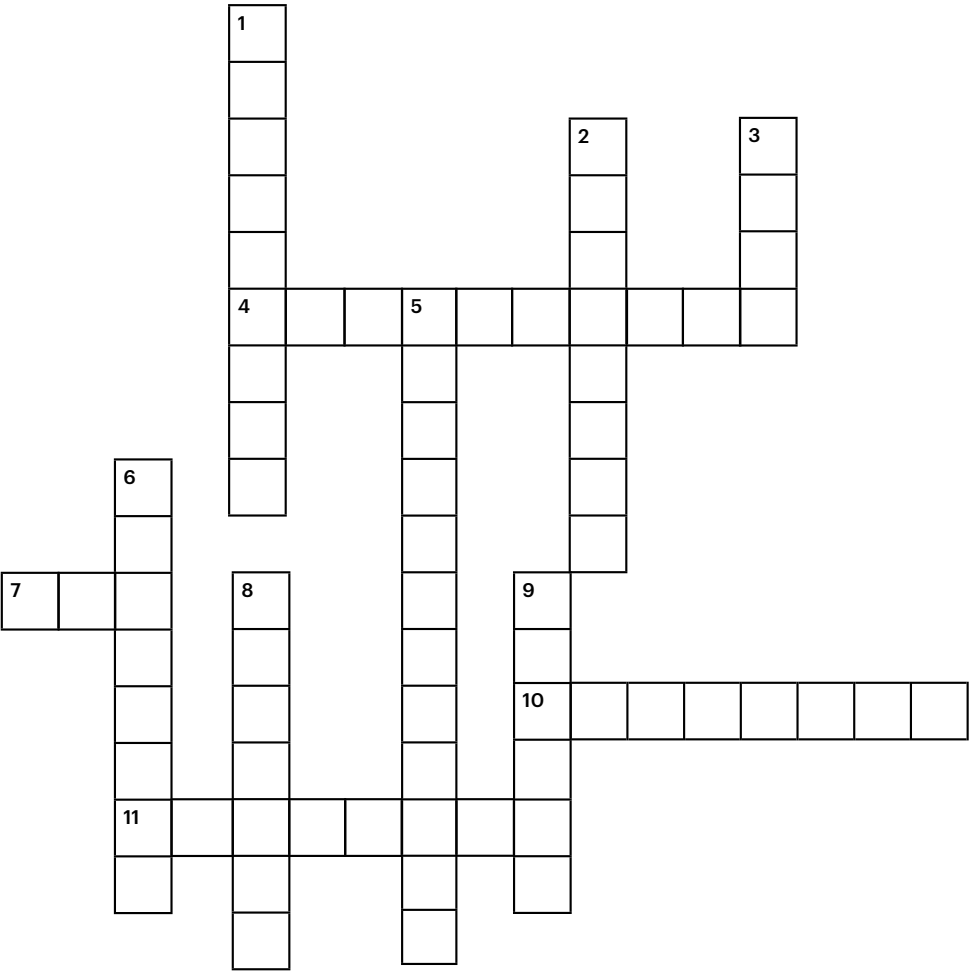
Fill out the kidney crossword puzzle and learn more about your kidneys!

ACROSS

- 4. An operation that places a healthy organ in your body.
- 7. A test that helps measure how well your kidneys are working.
- 10. A disease in which your body cannot make enough insulin or use it well. It is a leading cause of kidney disease.
- 11. Doing enough of this on a regular basis will help keep your heart and kidneys healthy.

DOWN

- 1. This person can help you plan healthy, nutritious meals.
- 2. This process filters waste products and extra fluid from your blood through a machine. It is a common treatment for kidney failure.
- 3. Eating less of this can help control blood pressure and reduce swelling.
- 5. A doctor who specializes in treating people with kidney disease.
- 6. Chemicals produced by different glands and organs, including the kidneys, to trigger certain responses in your body.
- 8. Having small amounts of this in your urine can be a sign of kidney disease.
- 9. This organ helps to keep your body's system in balance. Among other things, it removes waste and extra fluid from your body.



Answers: Across: 4-transplant; 7-GFR; 10-diabetes; 11-exercise. Down: 1-dietitian; 2-dialysis; 3-salt; 5-nephrologist; 6-hormones; 8-protein; 9-kidney.



People are waiting for a chance at a better life. The kidney transplant waiting list is getting longer, and in response, the National Kidney Foundation (NKF) has developed “THE BIG ASK: THE BIG GIVE.” This initiative educates and raises awareness about living kidney donation and transplantation among kidney patients, their families and friends.

THE BIG ASK

For people with kidney disease, asking someone to consider donating a kidney can seem impossible. Many won’t get a transplant because they don’t know how to ask or are uncomfortable with asking. NKF provides suggestions and tips on how to start a conversation about the possibility of donation.

THE BIG GIVE

The decision about whether to donate a kidney can be daunting. People considering living donation have many questions about what’s involved. NKF offers factual, unbiased information addressing common concerns, and support in making the decision.

Living Donation Makes Better Lives Possible

Whether you need a kidney, or want to learn more about donation, it starts with asking the National Kidney Foundation.

Kidney Waiting List Facts

The optimal treatment for kidney failure is transplantation. And, studies show that the best-functioning, longest-lasting type of transplant comes from a living donor. But the number of kidneys falls far too short of the need. In the US:



Low-Sodium Turkey Burger Sliders

Yield: 8 servings
Serving Size: 2 oz burgers

Ingredients

- 16 ounces ground turkey 85% lean, 15% fat
- ¼ cup red bell pepper, chopped
- ¼ cup green bell pepper, chopped
- ¼ cup white onion, chopped
- 1 teaspoon rosemary
- 1 teaspoon basil ground
- 1 teaspoon garlic powder

Nutrients per serving

Calories 85 Carbohydrates 35mg
Protein 8g Sodium 25mg
Potassium 116mg Phosphorous 8mg

Preparation

1. In a large bowl, mix together ground turkey, red and green bell peppers, onions, basil, rosemary, and garlic.
2. Form into 8 small patties.
3. Once meat and ingredients are mixed together, place in a covered dish and refrigerate for 5 hours, this will allow the flavors time to soak into the meat.
4. Cook the patties in a medium skillet over medium high heat, flipping once, to an internal temperature of 180 degrees F (85 degrees C).



5. Once the burgers are cooked, it is time to add them to your favorite slider buns.
- * Pro Tip: This is a great tasting burger without adding salt! The secret for the great taste is allowing the meat and ingredients time to sit together before cooking.

Watermelon Lime Refresher

Yield: 6
Serving Size: 1 cup

Ingredients

- 4 cups cubed watermelon
- 2 cups strawberries
- 2 limes
- 2 cups ice
- 6 large basil leaves

Nutrients per serving

Calories 56 Carbohydrates 14g
Protein 1g Sodium 2mg
Phosphorus 29mg Potassium 226mg

Preparation

1. Add chopped watermelon, chopped strawberries and juice from 2 limes into a blender.
 2. Top with 2 cups of ice.
 3. Blend until smooth, about 30 seconds to 1 minute.
 4. Serve in individual glasses and top with strawberry slice and basil leaf.
- * Pro Tip: Pour mixture into popsicles molds to make a fun summer treat. But remember to include this beverage in your fluid total for the day if you have been told to monitor fluid intake.



Frequently Asked Questions about Organ, Eye and Tissue Donation

Who can be a donor?

People of all ages and medical histories should consider themselves potential donors. Your medical condition at the time of death will determine what organs and tissues can be donated.

Does my religion support organ, eye and tissue donation?

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

Is there a cost to be an organ, eye and tissue donor?

There is no cost to the donor’s family or estate for donation. The donor family pays only for medical expenses before death and costs associated with funeral arrangements.

Does donation affect funeral plans?

An open casket funeral is possible for organ, eye and tissue donors. Through the entire donation process the body is treated with care and respect. Funeral arrangements can continue as planned following donation.

Does registering as a donor change my patient care?

Your life always comes first. 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.

Does my social and/or financial status play any part in whether or not I will receive an organ if I ever need one?

No. A national system matches available organs from the donor with people on the waiting list based on blood type, body size, how sick they are, donor distance, tissue type and time on the list.

Why is it important for people of every community to donate?

Although donation and transplantation can take place successfully between individuals from different racial or ethnic groups, transplant success is often better when organs are matched between people of the same racial or ethnic background.

What kind of impact can a donor have?

One organ donor can impact the lives of up to eight transplant recipients. Organs that can be donated from one donor include heart, liver, kidneys, pancreas, lungs and intestines. One tissue donor can help hundreds of people.

For more information on giving the gift of life, or to register as a donor, visit www.donatelifeoio.org.

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 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:
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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**.

A photograph of a person lying on their back on a green lawn. The person is wearing a yellow and blue plaid shirt. Their head is resting on a white pillow. The background is a blurred view of a park with green trees and a brick wall. The lighting is bright, suggesting a sunny day. Two large white rectangular boxes are placed over the right side of the image, partially covering the person's face and arm.

CDC

Centers for Dialysis Care

Quality care...and so much more.