

Centers for Dialysis Care



Patient Newsletter
Summer 2022

“When asked what makes this type of therapy the best option for him, his reply: ‘Every day is mine!’”

Read more on p. 4

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Letter from Gary Robinson, President & CEO

Centers for Dialysis Care Patients,

The beginning of 2022 has provided some good news regarding the COVID-19 pandemic, and our team is cautiously optimistic. However, we continue to closely monitor the pandemic and are mindful of potential variants that could emerge, such as BA.2. If you are unvaccinated, or not fully vaccinated yet including the booster, the best thing you can do to protect yourself and others is to get vaccinated. Please ask your healthcare team about getting vaccinated.

We are committed to ensuring your safety and the safety of those around you, but we need your help to protect yourself, your fellow patients and your care team. When you enter a Centers for Dialysis Care facility, we ask that you please continue with important processes:

- **Wear a Mask.** All patients are required to wear a face mask. You will be provided a mask when arriving for your dialysis appointment.
- **Maintain a Safe Distance.** Please do your best to maintain a safe distance from other patients and avoid crowded areas or gatherings.
- **Feeling Sick?** Contact your facility if you have a fever, new cough or difficulty breathing before you come to dialysis.
- **Wash Hands.** Practice good hand hygiene — wash hands or use hand sanitizer frequently.

In this issue of the patient newsletter, we share an update from Leonard “Leno” Elfers. Since we last heard from Leno, he has gone through another transition while navigating his renal disease. Despite a new challenge, Leno remains as positive as ever, and we hope you find inspiration in his healthcare journey.

With warmer weather around the corner, we also want to help you get ready for the summer — whether you are planning to travel or want to be prepared for severe weather. Our nutrition team also provided some advice on inflammation and dialysis. Inflammation is the body’s way of protecting it from foreign substances that could lead to infection and for those on dialysis, it’s important to reduce chronic inflammation. Check out a few delicious anti-inflammatory recipes to kick off your summer!

Thank you for being a part of the Centers for Dialysis Care family.

Stay safe and well,



Gary Robinson

Patient Spotlight

An Update from Leno

Leonard (Leno) Elfers' journey to a transplant was recently featured in the Centers for Dialysis Care Winter 2022 Patient Newsletter. Since that time, Leno has gone through another transition while navigating his renal disease.

In early 2022, Leno became ill with both the flu and COVID-19, which led to a failed transplant. Although he returned to in-center hemodialysis for a time, he has now made a seamless transition to peritoneal dialysis (PD). After discussing options with his nephrologist, he met with Wendy Underwood, home care registered nurse in the Centers for Dialysis Care Westside Home Care program.

Leno has found that PD provides more mobility than in-center treatments. He believes his training was perfect and, with Wendy's support, he was confident about his at-home treatments with the nighttime cyclor. Leno recommends

every patient discuss this option with their physician and with a PD nurse, who can share the positive ways PD can benefit a patient with kidney disease.

PD is a procedure that uses the lining of the abdominal cavity (peritoneal membrane) and a cleaning solution (dialysate) to draw out the waste and extra fluid from the body. This form of therapy is completed in the patient's home, and the exchanges can be done with or without a partner.

When asked what makes this type of therapy the best option for him, his reply: "Every day is mine!"

About Peritoneal Dialysis

There are two types of PD. One type requires manual exchanges throughout the day, while the other is performed at night while the patient is asleep with the aid of a cyclor machine.

Advantages include:

- Flexible schedule
- Two clinic visits per month
- Ability to travel
- No needles required
- No partner required
- Registered nurse available 24/7
- Treatments performed at work, home or during sleep

You and your physician can determine which treatment option is best for you and your lifestyle. Learn more at a Centers for Dialysis Care location that is close to home.

CDC Beachwood Home Care

3755 Orange Place, Suite 103
Beachwood, Ohio 44122
(216) 591-9946

CDC Euclid Home Care

25301 Euclid Avenue
Euclid, Ohio 44117
(216) 289-6493

CDC Mentor Home Care

8900 Tyler Blvd.
Mentor, Ohio 44060
(440) 951-3602

CDC Middleburg Heights Home Care

6749 Eastland Road
Middleburg Heights, Ohio 44130
(440) 333-2672

CDC Westside Home Care

20790 Lorain Road
Fairview Park, Ohio 44126
(440) 333-2672

CDC Youngstown Home Care

807 Southwestern Run
Boardman, Ohio 44514
(330) 758-0995



What Does It Mean?

Severe Weather Alerts

Although thunderstorms occur year-round, they are most prevalent across the state during the spring and summer months. Thunderstorms can produce damaging winds, deadly lightning, large hail, flash flooding and tornadoes. In addition, the effects of extreme heat can be exasperated by power outages caused by these storms.

The National Weather Service (NWS) is responsible for issuing severe weather watches, warnings and advisories to alert the public when dangerous weather conditions are expected.

The following severe weather terms are defined by the NWS:

- **Watch:** There is the potential or conditions exist for a dangerous weather event.
- **Warning:** A dangerous weather event is imminent. Immediate action must be taken to protect life and property.
- **Advisory:** Weather conditions that are less serious than a warning are imminent. These events may cause a significant inconvenience, and if caution is not exercised, it could lead to a situation that may be threatening to life and property.

Emergency Disconnect Procedure

In-Center Hemodialysis Patients

If you are on a dialysis machine during an emergency:

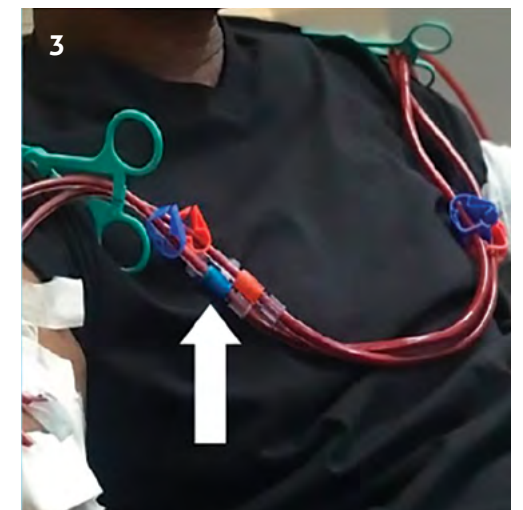
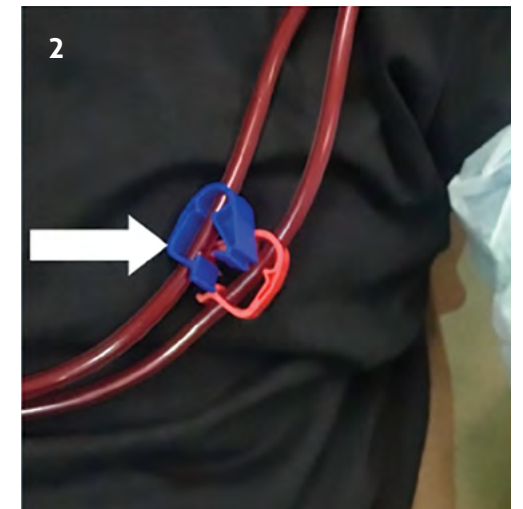
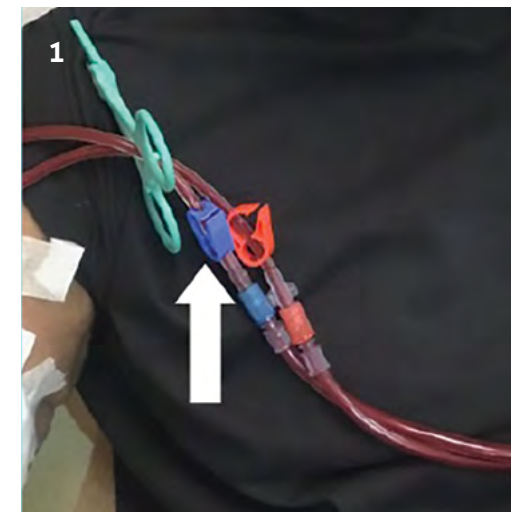
- Stay calm
- Wait for instructions from a dialysis staff member

If a staff member is NOT available to help you and you need to disconnect yourself from a dialysis machine, follow these steps:

1. Close each clamp on your access needles before the **red** and **blue** connection points.
2. Close the two clamps on the thick tubing coming from the hemodialysis machine.
3. Unscrew the lines between the two sets of closed clamps at the **red** and **blue** connection points.

These instructions are for emergency situations only.

WARNING: If you have a catheter that is used for treatment, DO NOT disconnect yourself. A healthcare team member will further assist you.



Know Before You Go

Traveling on Dialysis

Planning your summer vacation? Many dialysis patients enjoy traveling and can receive treatment while away from home. Your Travel Liaison or Social Worker will assist you in arranging dialysis care while out of town.

Since space for visiting patients is often limited, it is best to inform staff of your plans at least one month in advance. Many dialysis centers require that patients undergo additional tests and bloodwork before treatment can occur. Please be aware that these tests may not be covered by Medicare and could result in an out-of-pocket expense. Medicare will pay for dialysis anywhere in the United States, while Medicaid will only pay for dialysis in the state in which you reside.

When planning a trip, contact your Travel Liaison or Social Worker with the following information:

- **City, state and/or country of visit**
- **Treatment dates**
- **Requested dialysis unit (if known)**
- **Destination address and phone number**

From there, your Travel Liaison or Social Worker will contact the dialysis unit closest to your destination. If space is not available, we will contact the next closest facility. If there is not an available dialysis center near your

destination, you may be encouraged to travel further for treatment or reschedule your trip.

Once the agreed-upon dialysis facility is confirmed, we will send all necessary information to the unit on your behalf. When everything has been arranged, you will receive the time, location and details of your treatment at that facility. In the case of an emergency that requires short-notice travel, our staff will attempt to quickly arrange treatment for you. Please note that due to limitations, last-minute requests may not always be accommodated.



Combating *Inflammation* While on Dialysis

Inflammation is the body's way of protecting it from foreign substances that could lead to infection. For those on dialysis, it's important to reduce chronic inflammation and decrease the risk of cardiovascular disease.

The body's immune response may be triggered by a variety of causes for a person with chronic kidney disease, such as vascular access infection, poor nutrition, uremia, anemia and lack of exercise. While the symptoms of acute inflammation are more apparent with flu-like symptoms, chronic inflammation may not present itself with the same symptoms as acute but may show more severe effects, such as loss of appetite, muscle loss, and weakness.

The first line of defense against inflammation is to prevent malnutrition by ensuring enough protein is consumed by including high-quality proteins throughout the day. Protein sources could include 3 ounces of beef, chicken, turkey, fish, eggs, or tofu. Supplementation with Nepro, Liquacel, or an alternative protein source may also be beneficial. Be sure to discuss alternatives with your dietitian.

Another way to prevent or treat inflammation is to increase the consumption of food high in antioxidants. Below is a list of foods that have anti-inflammatory properties, while providing low amounts of potassium, phosphorus, and sodium:

- | | |
|----------------|----------------|
| • Bell peppers | • Raspberries |
| • Cabbage | • Cherries |
| • Cauliflower | • Strawberries |
| • Garlic | • Red grapes |
| • Onion | • Egg whites |
| • Apples | • Fish |
| • Blueberries | • Olive oil |

Try adding one or two of the foods above to your next grocery list to incorporate new anti-inflammatory foods into your diet. Check out the following recipes to find ways to utilize multiple anti-inflammatory sources in one meal to help fight off chronic inflammation.



Fresh Fruit Salsa with Baked Cinnamon Tortilla Chips

This two-part dish is worth the extra step! This sweet and colorful salsa filled with bright flavors is a great addition to any get-together you may be attending this summer. Scoop the dip with homemade tortilla chips!

Serving size: 6 tortilla chips with ½ cup of fruit salsa

- 1 starch choice
- 1 fruit serving



Salsa

Ingredients

- ½ cup fresh blueberries
- ½ cup fresh raspberries (halved)
- ½ cup strawberries (cut into fourths)
- ½ cup apples, finely cubed
- ¼ cup red onion (about ¼ of a red onion)
- 2 tablespoons lime juice
- ½ tablespoon honey
- 1 tablespoon fresh basil, sliced

Preparation

Wash all produce thoroughly under warm water and pat dry with a paper towel.

Add blueberries, raspberries, strawberries, apples, red onion, lime juice, honey and basil into a blender or food processor and pulse until all ingredients are chopped to desired consistency.

If larger chunks are wanted, skip blender/food processor and mix ingredients in a large bowl.

Store covered in the refrigerator for up to three days.

Tortilla Chips

Ingredients

- 3 (6-inch) flour tortillas
- 2 teaspoons granulated sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon nutmeg
- Cooking spray for coating tortillas

Preparation

Preheat the oven to 350°F. Line a baking sheet with parchment paper.

In a small bowl, mix the sugar, cinnamon and nutmeg.

Stack tortillas in a single pile and cut across three times to make six tortilla chips stacks. Spread out the tortillas on the lined baking sheet and lightly spray with the cooking spray.

Sprinkle the cinnamon-sugar mixture lightly on each chip. Flip the chips over and repeat on the other side.

Bake the wedges until crispy (should take about ten minutes, flipping halfway).

Allow chips to cool completely before serving. Store in a sealed container for up to a week.

Recipe adapted from: "Renal Diet Cookbook" by Susan Zogheib, MHS, RD, LDN

Asian Pear Salad

This vegetable-filled slaw has hints of sweetness from the Asian pears that are sure to brighten up any meal. You can find these pears in a waxy slipcover next to the regular pears, however, swapping them out for your favorite apples works great too.

Ingredients

- 3 cups finely shredded cabbage
- ¼ cup chopped scallion (both green and white parts)
- 1 cup chopped celery
- 1 Asian pear cored and grated (can use regular pears or apples)
- ½ red bell pepper, boiled and chopped (10–15 minutes in boiling water)
- ¼ cup olive oil
- Juice from one lime or 2 tablespoons of lime juice
- 1 teaspoon granulated sugar
- Zest of one lime (optional)
- ½ cup chopped cilantro (optional)

Serving size: 1 cup

- 1 fruit serving
- 1 vegetable serving

Preparation

Wash all produce thoroughly under warm water and pat dry with a paper towel.

In a large bowl, toss together the cabbage, scallions, celery, pear, red pepper and cilantro.

In a small bowl, whisk together the olive oil, lime juice, lime zest and sugar.

Add dressing to the mixture in the large bowl and combine until completely coated.

Chill for one hour in the refrigerator before serving.

Store covered in the refrigerator for up to three days.

Recipe adapted from: "Renal Diet Cookbook"
by Susan Zogheib, MHS, RD, LDN



Patient Resources at Centers for Dialysis Care

Centers for Dialysis Care not only treats your kidney disease but also cares about your individual needs. Our patient programs are designed to support you at every step of your healthcare journey.

Recently diagnosed with chronic kidney disease

KEY: Kidney Education for You
KEY provides information and support to persons with kidney disease and their families to improve kidney health outcomes. Our team of physicians and staff believe that informed patients are better equipped to make decisions regarding their health and well-being. Our program provides patients with the necessary tools to slow the progression of kidney disease. Group, individual and virtual appointments are available.

Interested in learning more about organ transplants

Cleveland Minority Organ & Tissue Transplant Education Program (MOTTEP)
Cleveland MOTTEP is Ohio's only organization that offers community-based, culturally specific transplant, health and prevention education exclusively to the minority community. The

organization is designed to increase participation in organ/tissue transplant endeavors and encourage family discussions related to organ, eye and tissue donation.

Additional support during your dialysis treatment

Creative Arts Therapies
Our program focuses on the process of creating art and making music, not the finished product. As such, no skills or prior art or music experience are required to participate. This program, offered to patients at no cost, is designed to decrease anxiety, help manage pain and stress, support healthy coping skills, promote relaxation as well as boost self-esteem through the nurturing of hidden talent.

For questions about any of our patient resources, please contact your healthcare team at Centers for Dialysis Care.

Summer Word Search

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

- | | | | |
|------------|-----------|-----------|------------|
| AUGUST | HOT | PICNIC | SUNGLASSES |
| BARBECUE | ICE CREAM | POOL | SUNSCREEN |
| BEACH | ICE POP | RELAX | SUNSHINE |
| FAMILY | JULY | SHORTS | SWIMSUIT |
| FLIP FLOPS | JUNE | SPRINKLER | VACATION |
| FUN | OCEAN | SUMMER | |



CDC

Centers for Dialysis Care

Quality care...and so much more.

