

Centers *for* Dialysis Care

FALL 2023 NEWSLETTER





Artwork by: Betty Harvey

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Letter from Gary Robinson, President & CEO



Centers for Dialysis Care Community,

As we approach the autumn months, we remind you to stay up to date with your vaccinations, specifically for flu and COVID-19:

- Flu viruses are most common during the fall and winter months; it is crucial to get a flu shot every year to protect yourself from getting seriously ill from the flu.
- COVID-19 continues to evolve and so do new variants of the virus. COVID-19 booster shots can help restore protection and provide broader protection against newer variants.

Both flu and COVID-19 vaccines can help protect the people around you, especially those who are vulnerable to serious illness and those with certain chronic health conditions.

Both Flu and COVID-19 vaccines are available from your healthcare team at Centers for Dialysis Care.

As always, we remain committed to providing you with a safe and family-focused environment for your care. If you have any concerns or questions about getting vaccinated against the flu or COVID-19, talk with your physician or healthcare team.

Stay safe and well,

Gary Robinson

**Reminder:
Please wear a mask
at all times while
at Centers for
Dialysis Care**



Creative Arts Therapies *at Centers for Dialysis Care*

In September, the Creative Arts Therapies team presented an extraordinary exhibit of original patient artwork at the Beachwood Public Library. Thank you to all who participated in this very special event.

Artwork by: Mariann Nickens



Less Worry. More Care.



Cynthia Reed, RN, Centers for Dialysis Care

Ask your healthcare team
about getting your Flu
and COVID-19 shots today.

CLEVELANDMOTTEP.ORG

Influenza vs. Covid-19

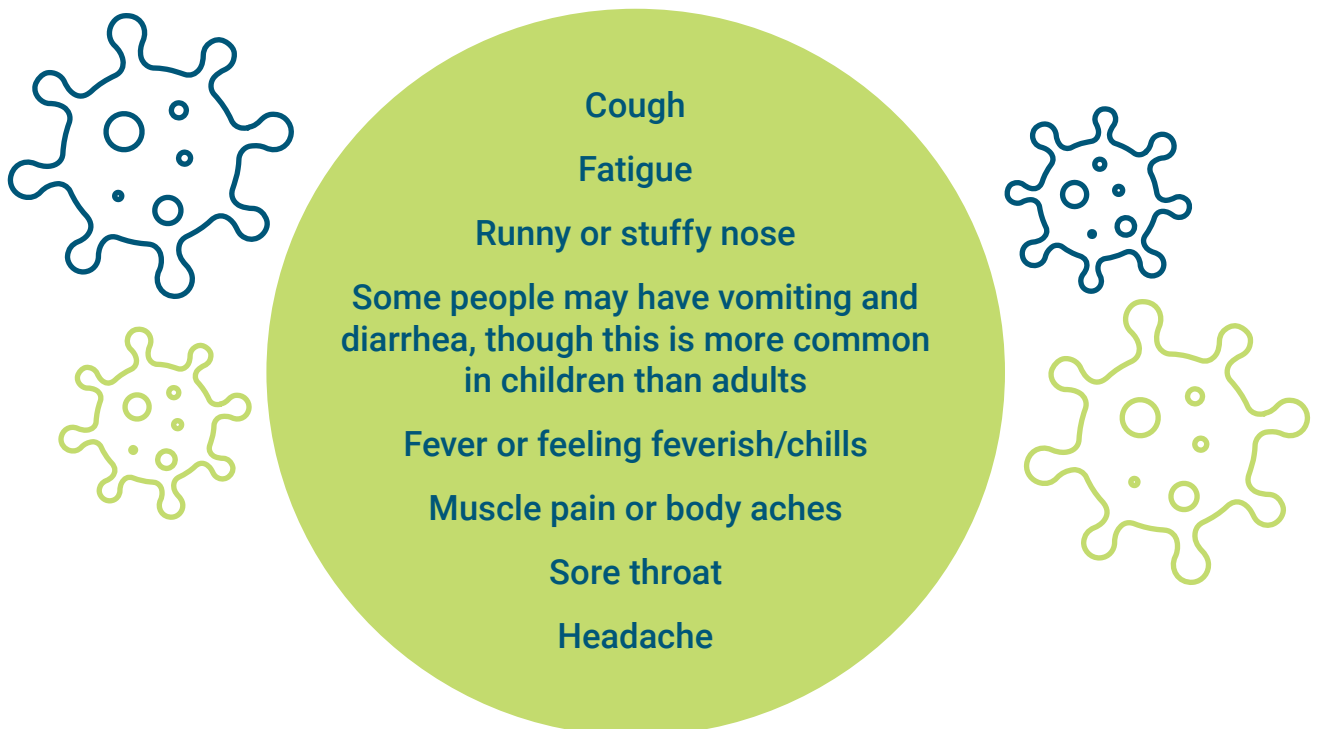
What's the Difference?

Influenza (flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a coronavirus (called SARS-CoV-2) and the flu is caused by infection with influenza viruses.

Because some of the symptoms of the flu and COVID-19 are similar, it may be hard to tell the difference between them, and testing may be needed to help confirm a diagnosis. Those infected with either the flu or COVID-19 could exhibit mild to severe symptoms or be asymptomatic and have no symptoms.

Both Covid-19 and the flu can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms.

Common symptoms that Covid-19 and flu share include:



Which is a greater threat?

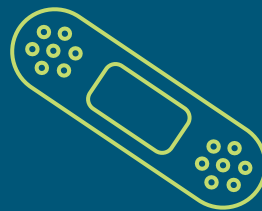
This is a very difficult question to answer as there is no universal answer. Based on what we currently know about the Influenza (Flu) and the COVID-19 (Coronavirus) disease, both may present issues for healthy individuals and those with underlying medical conditions.

What can I do to reduce my risk of getting COVID-19 and the flu?

Make a Checklist!



Stay up to date with vaccinations



Maintain a safe distance from others



Wash hands often with soap and water for at least 20 seconds



Stay away from people who are sick



Wear a mask when on dialysis



Cover coughs and sneezes



Clean and disinfect frequently touched surfaces

SPOTLIGHT ON:

Home Hemodialysis Training & Support Program

Centers for Dialysis Care's Home Hemodialysis Training & Support Program provides patients and families with the education and tools they need to perform dialysis on their own schedule from the comfort of home.



Peritoneal Dialysis

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

There are two types of Peritoneal Dialysis. 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 cycler machine. Talk to your physician to determine which option best fits you and your lifestyle.

Top Benefits of Peritoneal Dialysis

- Flexible Schedule
- 2 Clinic Visits Per Month
- Ability to Travel
- No Needles Required
- No Partner Required
- Registered Nurses Available 24/7
- Treatments Performed at Work, Home, or During Sleep

"It is so easy to travel to wherever and take what I need with me and still feel great."

Home Hemodialysis (HHD)

Home Hemodialysis frees the patient from the dialysis center. Vascular access is needed to connect the patient to the machine which cleans the blood. The type of access that surgeons prefer is a fistula, which is a connection between an artery and a vein. A fistula access lasts the longest and has the least number of complications.

Top Benefits of HHD

- Flexible Schedule
- 1-2 Clinic Visits Per Month
- Less Restricted Diet
- Ability to Travel
- Treatments Performed at Home
- Registered Nurses Available 24/7

"HHD is such a blessing. I have more free time to enjoy the things that are important to me and not dwell upon scheduling my life around an in-center dialysis schedule."

Myth vs. Reality

Home Hemodialysis

Peritoneal Dialysis (PD)

Myth: You'll get an infection.

Reality: Peritonitis (an infection of your abdomen) is preventable with proper training and handwashing techniques. If an infection does develop, it can often be treated at home with antibiotics.

Myth: You must get rid of your pets to do PD at home.

Reality: Lots of people do PD at home and still have pets. Clean well and ensure your pets stay out of the room when you connect or disconnect.

Myth: If you had previous abdominal surgery, you can't do PD.

Reality: Routine abdominal surgeries, such as hernia repairs, C-sections, and some transplants, do not prevent PD as an option.

Myth: If you have vision or hearing problems, you can't do PD.

Reality: Assist devices are available to help with most tasks involved in doing PD.

Myth: You need to have some kidney function to do PD.

Reality: Kidney function will always be checked, but PD can be done without any kidney function.

Myth: If you are overweight, you can't do PD.

Reality: A catheter placed differently into your abdominal cavity may be a better option. PD can still be done.

Myth: If you are non-adherent in your dialysis center, you can't do PD.

Reality: People with a high need to control situations may actually do better at home.

Myth: You need to have a lot of space at home to do PD.

Reality: You do need some space for PD, but many people who live in efficiency apartments, trailers and other small spaces find a way to make PD work if they want it.

Myth: Only one kind of PD is available.

Reality: Yes and no. PD involves having a special fluid in your abdomen, but you can choose how to handle the process, for example, manually or automated (while you sleep).

Home Hemodialysis (HHD)

Myth: You won't have any experts at home to help.

Reality: You will learn to be an expert. Plus, your facility serves as 24-hour phone backup. You will always be near help.

Myth: You could bleed to death very quickly.

Reality: Machine alarms alert you to the detection of just one drop of blood out of place. You will have time to react and fix the problem.

Myth: HHD is a huge burden of extra work for a care partner.

Reality: It is best if YOU do as much of your treatment as you can. HHD gives you control over when and how you dialyze, which can dramatically improve overall quality of life.

Myth: An HHD care partner needs to have a medical background.

Reality: Nope. The clinic will train you and a partner (if they require one). No medical background is needed. For safety reasons, HHD requires that a care partner is available to help you.

Myth: Your house must be always perfectly clean.

Reality: Your home does not have to be perfectly clean to perform HHD.

Myth: You can't do HHD in an apartment.

Reality: Talk to the home training nurse, then talk with your landlord. You might be pleasantly surprised.

Myth: If you do HHD, you must follow the same scheduled days of the week.

Reality: Many different schedules are available and can be arranged at home. For instance, short daily dialysis or extended dialysis. Remember, you don't have to wait for a chair at your dialysis center as you can dialyze in the comfort of your home.

Myth: You can't do HHD if you are non-adherent in the dialysis center.

Reality: Everyone will be evaluated, but those with a high need to control situations may do better at home.

Myth: With HHD, you can eat and drink whatever you want.

Reality: Dietary and fluid intake limitations remain in place, but you have a bit more "wiggle-room" with your limits and choices. A dietitian can help.

Myth: You can't get training to do your dialysis at home right from the beginning.

Reality: There must be time for evaluation and practice. Everyone is a little different, and staff and patient must be comfortable with your skills.

Myth: There's a long waiting list to learn how to do HHD.

Reality: This varies among facilities offering a home program. Ask your nurse to be certain.

More Than Muscles

Building muscle is only one role that protein has in your body; bones, hair, skin and nails need it too! Get enough protein every day to make sure you feel and look your best.

Become a Pro at Protein

Some protein gets removed from your body during dialysis treatment. Not enough protein can cause:

- Lack of energy
- Increased risk of infection
- Undesired weight loss
- Loss of muscle mass

Choose High Quality

This type of protein is easier for your body to use. Find it in these foods:

- Meat (beef, lamb, pork, veal)
- Poultry (chicken, turkey)
- Fish and shellfish
- Eggs and egg substitutes
- Vegetarian options include legumes or tofu

Each body is different. Talk to your dietitian about how much protein you should be eating every day.

Add a Boost

To get the most of your meals:

- Eat protein first, before you fill up
- Sprinkle protein powder on foods or dissolve it in drinks
- Poor appetite? Ask your dietitian about a nutrition supplement

Weigh to go!

Remember, protein is weighed in ounces:

- A serving size of meat (about the size of a deck of cards) is equal to THREE ounces of protein.
- 1 ½ tablespoons of peanut butter is 1 ounce
- 1 egg or ¼ cup cottage cheese equals 1 ounce
- 4 ounces of tofu is equal to 1 ounce of protein

Turkey N' Fruit Salad

Ingredients

- 2 cups bite-size cooked turkey
- 2 cans (11oz) mandarin oranges, drained
- 1 cup sliced celery
- 1/2 tsp ground ginger
- 2 TBSP lemon juice
- 3/4 cup whole berry cranberry sauce
- 1/2 cup sour cream
- 1/2 cup low sodium mayonnaise

Directions

1. Put turkey, mandarin orange sections, celery, and grapes into a large bowl.
2. Sprinkle with lemon juice and toss.
3. Put the remaining ingredients in a small bowl, mix well.
4. Pour dressing over turkey and mix to coat.



Thanksgiving Leftovers?

Here's what to do:

Storing Leftovers

- Refrigerate cooked turkey within 2 hours.
- Wrap turkey and stuffing separately; if refrigerated use within 3 days or freeze.
- To freeze, wrap small portions of leftovers in heavy foil, freezer wrap or freezer bags. Use frozen stuffing within 1 month and frozen turkey within 2 months.

Turkey Pot Pie

Ingredients

- 1 1/2 cup frozen peas and carrots, thawed
- 5 TBSP margarine
- 5 TBSP all-purpose flour
- 1/4 cup chopped onion
- 1/4 tsp pepper
- 1 3/4 cup low-salt chicken broth
- 2/3 cup milk
- 3 cups cooked, diced turkey
- 2-9 inch pie crust, ready to bake

Directions

1. Heat margarine in a 2-quart saucepan over low heat until melted.
2. Stir in flour, onion and pepper.
3. Cook, stirring constantly, until mixture is bubbly; remove from heat then stir in broth and milk.
4. Place back on heat, until boiling, stirring constantly.
5. Boil and stir for 1 minute. Stir in turkey and vegetables.
6. Roll 2/3 of the pie crust into a 13-inch square, and ease into a greased 9-inch square pan.
7. Pour turkey mixture into pan.
8. Roll the remaining pastry out into an 11-inch square. Place square over filling, turn edges under and crimp.
9. Cut vents on top of the pie.
10. Bake at 425 degrees until golden brown, about 35 minutes.

For more kidney-friendly recipes designed with your health in mind, visit [CDCare.org/Recipes](https://www.cdc.org/Recipes)



Turkey and Cranberry Stuffed Apples

Serves: 4

Ingredients

- 1/2 cup chopped onions
- 1/2 cup dried cranberries
- 1/2 cup chopped celery
- 1 TBSP margarine
- Pepper to taste
- 1 cup chopped turkey
- 1-12 oz package cranberry raspberry crushed fruit
- 4 large apples

Directions

1. Saute onion, dried cranberries, and celery in margarine for 5 minutes. Add pepper.
2. Remove from heat, stir in turkey and 1/2 cup crushed fruit. Set aside.
3. Cut apples in half, cutting through the stem. Remove the core and seeds. Scoop out apple leaving 3/4 inch of shell.
4. Chop the removed apple and stir into the turkey mix.
5. Divide stuffing among apple halves. Place apples in a microwave-safe dish.
6. Cover with plastic wrap and microwave on high for 12-15 minutes.
7. Remove apples from the serving dish. Stir the remaining crushed fruit into liquid in a baking dish, and microwave on high for 3 minutes.
8. Pour sauce over apples and serve.



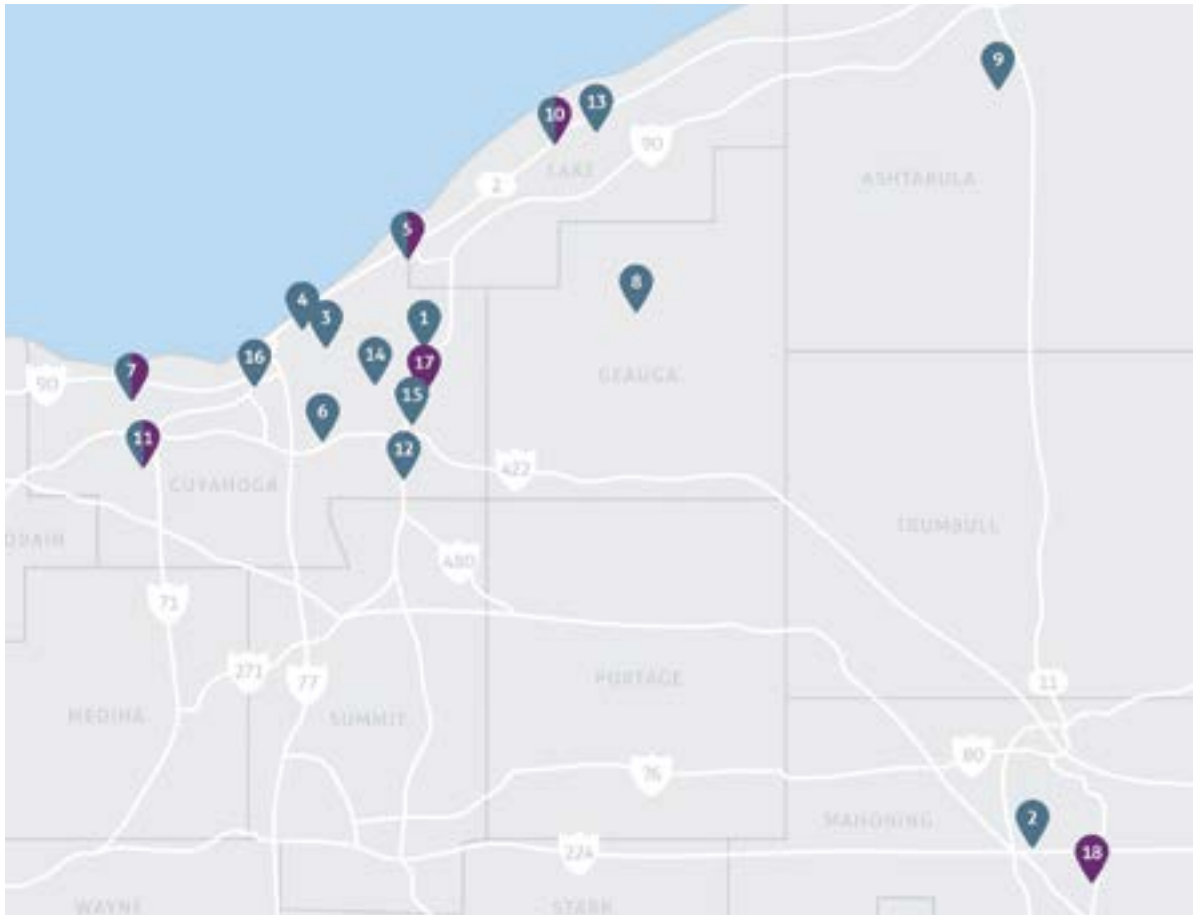
Autumn Word Search

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| PUMPKIN | CHESTNUTS | THANKSGIVING |
| COOL | PINE CONE | CORN |
| ORANGE | LEAF | HAYSTACK |
| OCTOBER | APPLE | FALL |
| YELLOW | SQUIRREL | RAINCOAT |
| NOVEMBER | HALLOWEEN | HARVEST |
| ACORN | SQUASH | SEPTEMBER |
| SEASON | PEARS | CHANGE |

Centers for Dialysis Care Locations






In-Center Care

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|------------------|---------------------|-----------------------|
| 1. Beachwood | 7. Fairview Park | 13. Painesville |
| 2. Canfield | 8. Heather Hill | 14. Shaker Hts. |
| 3. East | 9. Jefferson | 15. Warrensville Hts. |
| 4. Eliza Bryant | 10. Mentor | 16. West |
| 5. Euclid | 11. Middleburg Hts. | |
| 6. Garfield Hts. | 12. Oakwood | |

Home Care

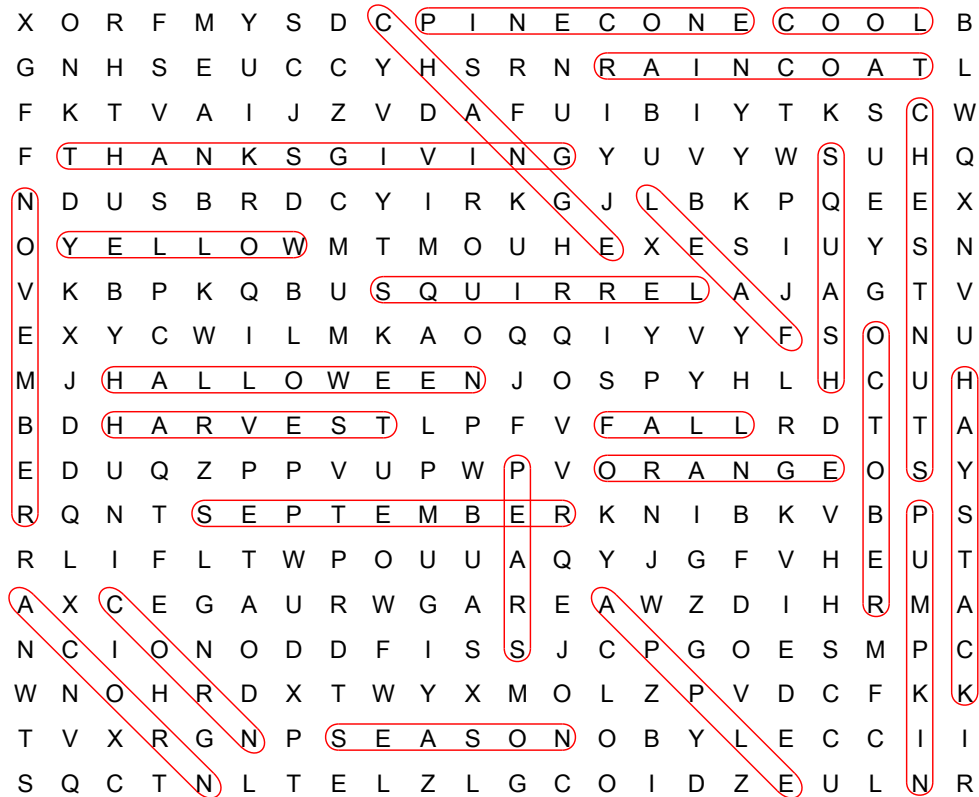
- | |
|---------------------|
| 5. Euclid |
| 10. Mentor |
| 11. Middleburg Hts. |
| 7. Westside |
| 18. Youngstown |
| 17. Beachwood |

Connect With Us

- | | |
|---|-------------------------------------|
|  | Website: CDCare.org |
|  | Facebook: @centersfordialysisohio |
|  | LinkedIn: Centers for Dialysis Care |

Have an idea for the newsletter?
Contact Heidi Ross at
hross@cdcare.org or
(216) 229-1100 ext. 298.

Word Search Puzzle Answers



Centers for Dialysis Care's Vision

To be the provider of choice as the most trusted community partner for high-quality, patient-centered kidney healthcare.

Centers *for* Dialysis Care

CDCare.org

