

Centers *for* Dialysis Care

SUMMER 2023 NEWSLETTER

***“It is convenient for me to go to Centers
for Dialysis Care at Eliza Bryant and
the people are nice. It is a good place
to go for my dialysis.”***

Read more on p. 4

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Letter from Gary Robinson, President & CEO



Centers for Dialysis Care Community,

The weather is getting warmer, and the sun is shining!

In this newsletter, we share ways to stay healthy this summer, from sun safety tips and the importance of exercise to planning your dialysis treatment around travel plans. We aim to make sure you have all the information you need to have a healthy, fun summer.

We are also pleased to spotlight Centers for Dialysis Care at Eliza Bryant. We are

incredibly grateful for the team at Eliza Bryant that help make this facility a warm and welcoming environment where patients can go for high-quality, patient-centered care.

As always, we encourage you to follow up with any questions you have so that we can continue to provide you with the best kidney healthcare we possibly can.

Stay safe and well,

A handwritten signature in blue ink that reads "Gary Robinson". The signature is fluid and cursive.

Gary Robinson



***Artwork by
Eliza Bryant patient***

SPOTLIGHT ON:

Centers for Dialysis Care at Eliza Bryant Village

Center for Dialysis Care at Eliza Bryant Village opened in 2015 to provide individuals living within the village and surrounding communities easy access to high-quality, patient-focused kidney health care. Designed to provide a warm and welcoming environment for patients, the facility's experienced, highly qualified staff utilize state-of-the-art equipment to deliver in-center hemodialysis treatments in a twenty-station unit that operates Monday through Saturday.

**Centers for Dialysis Care
at Eliza Bryant
1370 Addison Road
Cleveland, Ohio 44103
(216) 431-0668**



“Some of the best techs around are at Eliza Bryant, and they are part of the reason I’m still here. Being taken care of by people who enjoy what they do makes for a good experience for patients and all of the staff.”

— Patient



“We have a great group of patients and staff at Centers for Dialysis Care at Eliza Bryant. We work well as a team and put our patients first to provide the best care we can.”

— Jessica Factor, Social Worker



Let's Celebrate Men's Health Month

During Men's Health Month, it is important to bring awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

On average, men die five years younger than women and die at higher rates from nine of the top ten causes of death. Men are also less likely than women to be insured.

Our goal this month is to encourage men and boys to seek regular medical care and early treatment for diseases and injuries. It is important for men to establish care with a primary care physician and have a physical exam done every year. At this visit, a doctor will establish baselines for factors such as blood pressure, cholesterol, weight, and PSA (a screening test for prostate cancer risk). They will also monitor these values to make sure they do not change over time.

It is also important to get active and stay active! Take a walk with your family, go biking in the park, or even get involved in group exercise classes at your local recreation center! Start a new activity and stick with it!



Get Moving *Exercise & You*

Exercise is an important part of a healthy lifestyle that can bring great benefits for both physical and mental health. People on dialysis who exercise regularly report they sleep better, have more energy and muscle strength, and are better able to do the things they must do in their lives.

Regular exercise is important for those with newly diagnosed kidney disease, those who are on dialysis, and those who have had a transplant.

Steps for getting started with an exercise program:

1. Check with your doctor before you begin any exercise program.
2. Choose something you like to do.
The key is simply to get moving.
3. Start slowly and increase your activity level over time.
4. Keep going and remember that every effort is worthwhile.

The National Kidney Foundation recommends several types of exercise:

- Stretching or flexibility exercises improve the movement of joints, help in reaching above your head and reduce stiffness in muscles.
- Strengthening or resistance exercises will increase strength of muscles.

- Cardiovascular or endurance exercise (also called “aerobic” exercise) such as walking or cycling improves the function of the heart and circulation, and results in improved endurance and energy levels.

All these types of exercise are important for overall physical fitness; however, for those who are weaker or less fit, it is best to start with stretching and strengthening exercises with gradual progression to cardiovascular exercise.

There are few, if any, risks associated with these activities (if the exercises are done properly, and they are started slowly and progress gradually). It may be important to increase strength and flexibility before starting a program of cardiovascular exercise. The key to beginning a program is to be smart and take it slow.





Ten Tips for Fluid Intake

- #1** Use small cups and glasses for beverages.
- #2** Use lemon wedges to refresh your mouth.
- #3** Freeze small pieces of fruit such as grapes or strawberries.
- #4** Use sour candy or chew gum (sugar free for diabetics).
- #5** Avoid salt and salty foods because they make you thirsty.
- #6** Take medications with mealtime liquids when possible.
- #7** Avoid chewing excess ice when thirsty.
- #8** Try taking medication with applesauce instead of fluids.
- #9** Rinse your mouth with chilled mouthwash.
- #10** Avoid super-sized beverages and refills at restaurants.

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 incur out-of-pocket expenses. 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.



Sun Savvy

A Guide to Being Safe Outdoors

Summertime is finally here, which means it is time to go out and enjoy some sunshine! When planning a day on the lake or your next hiking trip, make sure you are taking proper steps to keep your skin protected from the sun.

Ultraviolet rays from the sun can cause skin damage in as little as 15 minutes. Prolonged exposure to the sun could result in serious skin damage while increasing your chances of developing various forms of skin cancer. Unhealthy lifestyle choices can also have ill effects on your body's outer layer. The key is to be sun savvy by knowing how to keep your skin healthy.

Here are a few tips:

- **Avoid the sun between 10 a.m. and 2 p.m.** This is when the sun is most intense, and you stand the greatest chance of sunburn. If you must be outside during these hours take extra precautions by seeking shade wherever possible and wearing protective clothing.
- **Always use sunscreen when outdoors.** Higher SPF numbers indicate increased sun protection. The Academy of Dermatology recommends using at least SPF 30. Apply sunscreen on even cloudy or cool days as damage from the sun's rays can still occur. Make note to reapply every two hours or after activities like swimming or jogging. Also, check the expiration date of your sunscreen, most brands remain effective for up to three years, but only if they have been stored properly.
- **Wear sunglasses with both UVA and UVB protection.** Proper protective sunglasses can help prevent damage to the sensitive skin around your eyes and reduce your risk of developing cataracts.
- **Rock the right headgear.** A wide-brim hat can protect your face, ears, and neck from potential damage. And don't forget to apply sunscreen to your neck and ears — even if you're wearing a baseball cap.
- **Be aware of any medications that increase sun sensitivity.** Some antibiotics and over-the-counter medications can make you more sensitive to sunlight. Check with your pharmacist regarding medication side effects.
- **Perform regular skin checks.** Look for any changes to moles, freckles or birthmarks. Additionally, monitor any new skin changes that have occurred. Use a mirror to evaluate hard-to-see areas and always have regular skin evaluations by your health care provider or dermatologist.
- **Make healthy lifestyle choices.** Avoid smoking, which can damage collagen and elastin in your skin. Treat your skin gently by using mild soaps and daily moisturizers. Limit hot showers as this can strip essential oils from your skin, and always pat dry after bathing to help your skin retain its natural moisture.

Berry Sorbet

Ingredients

- 3 Tablespoons of sugar
- 1 1/4 cup fresh or frozen strawberries
- 1 Tablespoon lemon juice
- 1/4-cup water
- 1 1/4 cups crushed ice or ice cubes

Directions

1. Place ice in a blender
2. Add all ingredients
3. Blend to crush and liquefy

Nutrition Facts

Makes 3 servings

Sodium: 1 mg

Protein: 0 grams

Potassium: 79 mgs

Phosphorus: 12 mgs

Calcium: 9 mgs

Calories: 84 kcals

Fat: 0 grams

Carbohydrates: 21 grams

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





Homemade Lemon Cucumber Soda

Ingredients

- 2 cups of seltzer water
- 6 round cucumber slices
- 2 round lemon slices
- Ice cubes (optional)

Directions

1. Pour the seltzer water into a clear pitcher then add the cucumber and lemon slices. Chill before serving.
2. When pouring into a glass, make sure each serving get 2 cucumber slices and 1 lemon slice.

Nutrition Facts

Makes 2 servings.

Sodium: 3 mgs

Protein: 3 grams

Potassium: 38 mgs

Phosphorus: 25 mgs

Calcium: 43 mgs

Calories: 5 kcals

Fat: 0 grams

Carbohydrates: 2 grams

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



SUMMER FUN

Word Search Puzzle



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



BAREFOOT	FISHING	PICNIC
BASEBALL	FLIP FLOPS	POPSICLE
BEACH	FRIENDS	ROAD TRIP
BICYCLE	FRISBEE	SPRINKLERS
CAMPING	GAMES	SUNSHINE
COOKOUT	ICE CREAM	SWIMMING
FAIRGROUND	LEMONADE	VACATION
FIREWORKS	OUTDOORS	WATER PARK

Am I Getting Adequate Dialysis?

What does adequate dialysis mean?

Healthy kidneys work 24 hours a day, every day, to remove waste, salt and excess fluid from the body. When your kidneys are no longer functioning efficiently, dialysis is used to take over the function of removing waste, salt and excess fluid.

Adequate dialysis means getting enough dialysis to help you live long and well with kidney disease. We do monthly blood tests to determine if you are receiving enough dialysis. The name of the test for dialysis adequacy is Kt/V.

“K” measures the clearance of waste

“t” is the time of your dialysis treatment

“V” is the volume of fluid in your body

Your Kt/V should be 1.2 or higher to ensure that you are getting enough dialysis.

Why is it important to get adequate dialysis?

Not getting adequate dialysis can cause the following symptoms:

- You may feel ill
- You may experience itching
- Your feet, hands or face may swell up with fluid
- You may not want to eat
- You may have trouble sleeping



- You may experience shortness of breath
- You may feel fatigued
- You may feel depressed
- Your thinking may be slower
- Your bones may become weak and brittle
- You may experience heart problems such as irregular heart beats

Over time, you decrease your quality of life and increase your risk of death if you do not get enough dialysis.

What can I do to make sure I am getting adequate dialysis?

Time is part of the dialysis treatment that YOU have the most control over. Every minute of dialysis counts. There are 168 hours in a week. On average, a dialysis patient spends approximately 12 hours on dialysis. This is about 7% of how much healthy kidneys work.

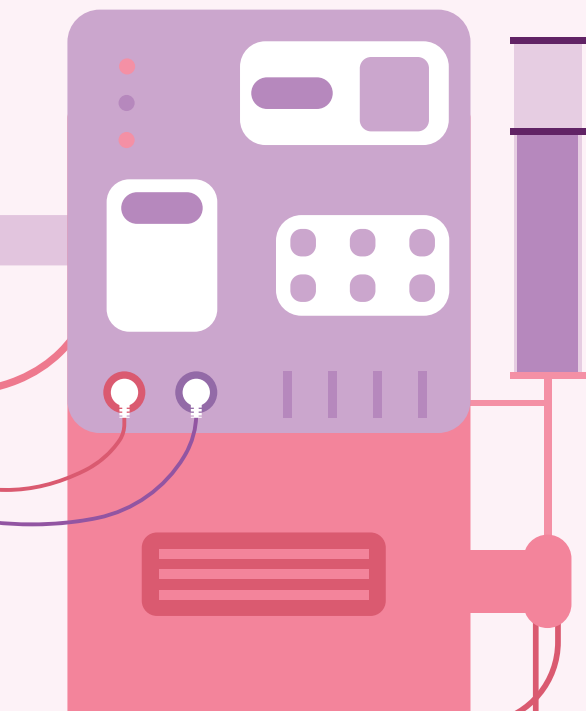
Missing as little as 2 minutes each dialysis treatment results in 5 hours of missed dialysis each year.

Skipping one treatment can lead to more hospital stays and is life-threatening.

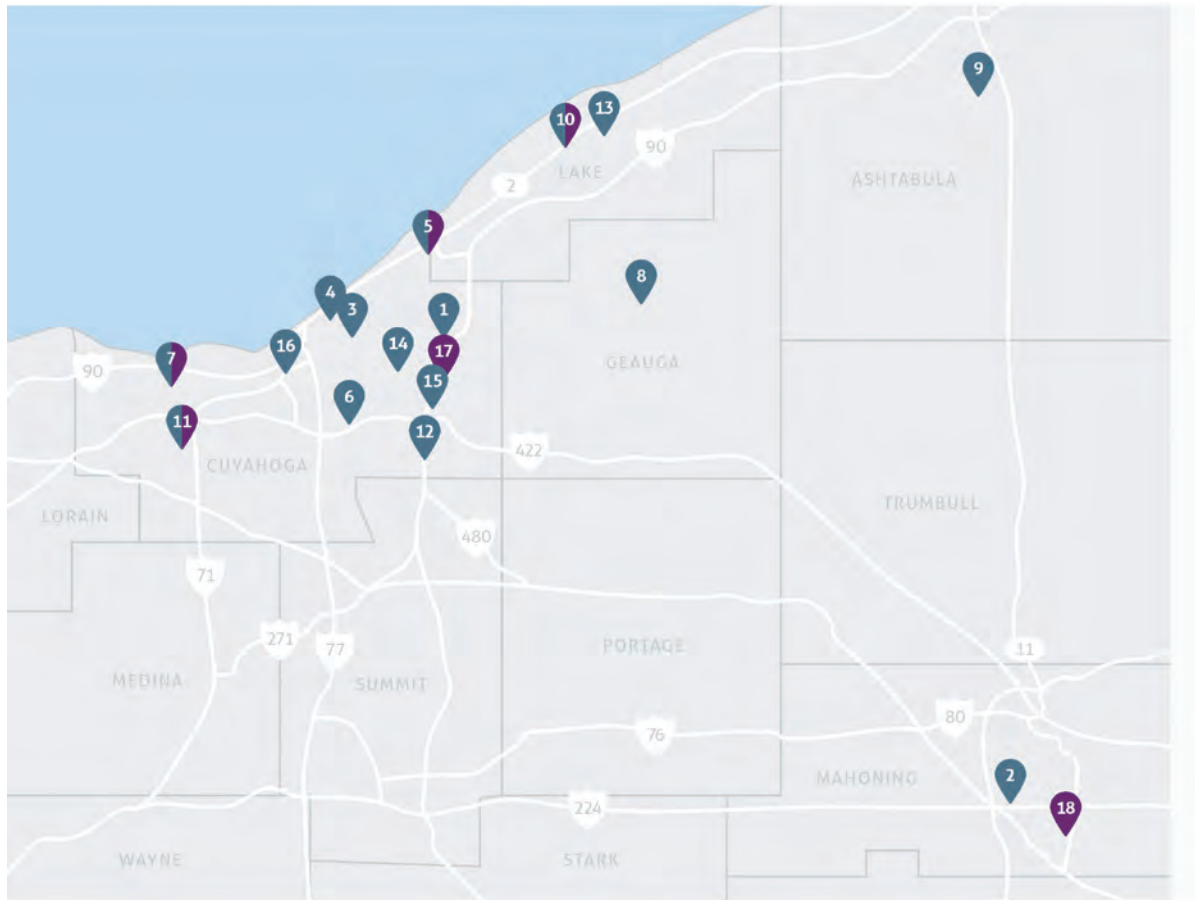
Here are some tips to make sure you are helping yourself to get adequate dialysis:

- Come to all of your dialysis treatments
- Reschedule your treatments if you really have to miss it
- Always be on time for your treatment
- Stay for your full treatment
- Avoid large fluid gains
- Make other appointments on non-dialysis days
- Schedule your life around your dialysis treatment
- Think of dialysis as a prescription that you cannot live without

Please ask your Centers for Dialysis Care nurse or dialysis technician if you have any questions. We are here to help you live your best life while on dialysis.



Centers for Dialysis Care Locations






In-Center Care

- | | | |
|------------------|---------------------|-----------------------|
| 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. | 17. Beachwood |
| 6. Garfield Hts. | 12. Oakwood | |

Home Care

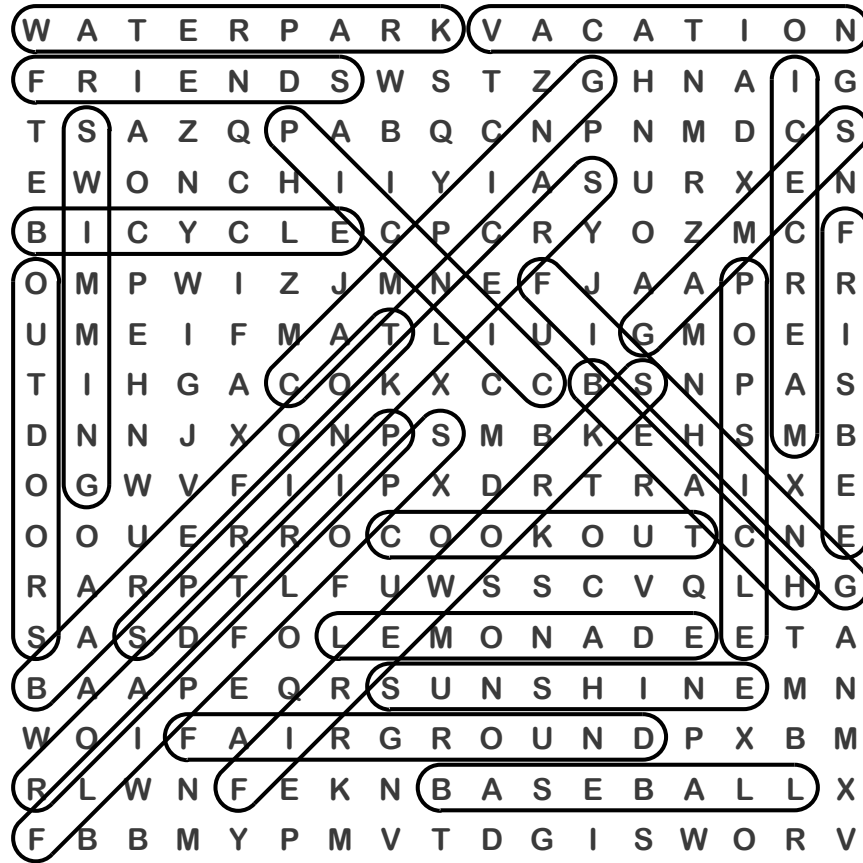
- | |
|---------------------|
| 5. Euclid |
| 10. Mentor |
| 11. Middleburg Hts. |
| 7. Westside |
| 18. Youngstown |

Connect With Us

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

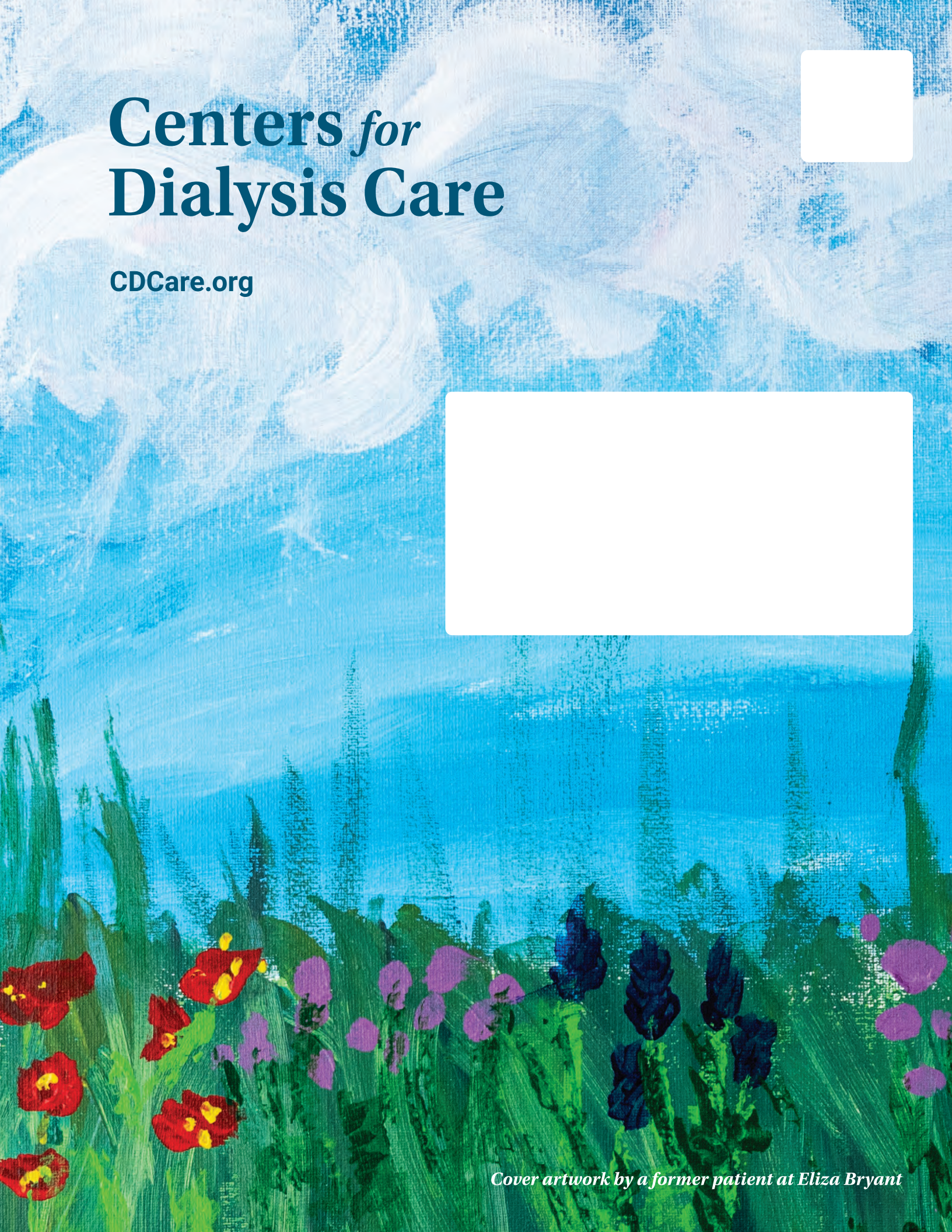
Have an idea for the newsletter?
Contact Heidi Ross at
hross@cdcare.org or
(216) 229-1100 ext. 298.

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

Cover artwork by a former patient at Eliza Bryant