

## Volume 14, Issue 8 — August 2019

### A Letter from the Medical Director

### Inside this Issue

Greetings All:


As you may have seen in recent news there is some exciting things happening in the world of Chronic Kidney Disease. President Trump signed an executive order directing the Department of Health and Human Services to develop policies addressing three goals: reducing the number of patients developing kidney failure (prevention), reducing how many Americans get dialysis treatment at dialysis centers (growing home dialysis programs), and making more kidneys available for transplant.

Mercy is glad to have a strong and growing peritoneal dialysis program in place. We look forward to expanding in this area and looking into the possibility of adding home hemodialysis, which is currently only offered at two dialysis facilities in Iowa. There have been many benefits linked to having dialysis treatments in your home including: lower mortality rates, fewer side effects (due to home modalities more closely mimicking the natural function of the kidneys), improved quality of life, more flexibility with daily schedule, and less strain on personal lives.

We are excited about the spot light being brought to prevention of chronic kidney disease, end stage renal disease, dialysis, and transplant and look forward to the possibilities this will bring for patients and their families.

Please reach out to a team member if you are interested in learning more about our home peritoneal dialysis program or transplant. We have two Peritoneal Dialysis Nurses, Betsy and Cindy, who are happy to answer your questions. Please visit with our Social Worker, Mallory, regarding referral for transplant.

Kind Regards,



Fadi Yacoub, MD, FASN  
 Medical Director  
 Mercy Medical Center Dialysis



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**Care Conference**

**August 22nd**

Sign up in the waiting room

The Dialysis Newsletter is available online:  
<https://www.mercycare.org/services/dialysis/newsletters/>

*There's **more** to The Mercy Touch®.*

# Mercy Dialysis Product Pages

— nutrition news you can use!

DIETITIAN  
RESEARCHED



Choose This:



# Mercy Dialysis Product Pages

— nutrition news you can use!



**NOT This:**



**Caution! Remember to avoid the following (due to added phosphorus):**

Generally not recommended to general dialysis population due to **HIGH POTASSIUM content**. Please visit with your dietitian if you wonder if this would be okay for you due to your potassium needs.



## Caution! Remember to avoid the following: (due to added phosphorus)

- Aquafina Essentials
- Beer
- Crystal Light (certain flavors)
- Dark Colas
- Coffee Creamer
- Fruit Works
- Hawaiian Punch
- Kool-aide
- Lemonade (certain brands)
- Sunny D
- Tang
- V8 Smoothies
- Nestea COOL
- Mountain Dew Code Red
- SnapPunch & SnapTea by Snapple
- Lipton Tea (plastic bottles)



## Carrots with Lemon and Herbs

(makes 8 servings)

### Ingredients

- 4 cups sliced boiled carrots
- 1 Tbsp. chopped basil
- 2 Tbsp. unsalted margarine
- 2 Tsp. lemon zest
- 2 Tbsp. chopped chives
- 1 Tsp. Mrs. Dash lemon herb seasoning

### Directions

1. Melt margarine
2. Combine: basil, lemon zest, chives, and Mrs. Dash herb seasoning and add to the butter
3. Add sauce to hot cooked carrots, toss, and serve!

### Nutrients for 1/2 cup serving

Calories	60kcal
Fat	3g
Carbohydrates	9g
Protein	1g
Sodium	52mg
Potassium	183mg
Phosphorus	24mg



Happy  
BIRTHDAY

Bonnie T 2nd	Raymond P. 17th
Frank G. 5th	Gary T. 25th
Deborah P. 9th	Peter H. 26th
Kim G. 13th	

# PD Updates

## ORDERING BAXTER SUPPLIES ON LINE

Dear Baxter Customer,

Due to increased call center wait times we are encouraging Clinics and Patients to utilize Sharesource as their first line of communication with Baxter.

For scheduled order placement, Sharesource is an easy way to avoid waiting on the phone and improve timely scheduled order placement. Additionally, the site is available 24/7. Users placing scheduled orders via Sharesource will receive immediate confirmation of the order being received by Baxter.

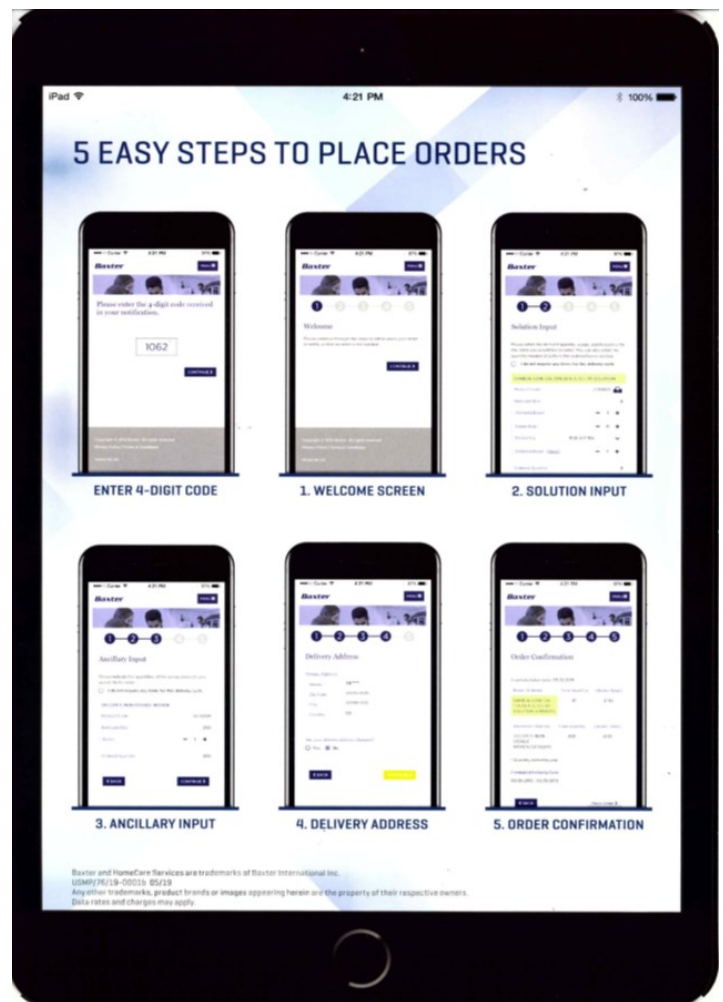
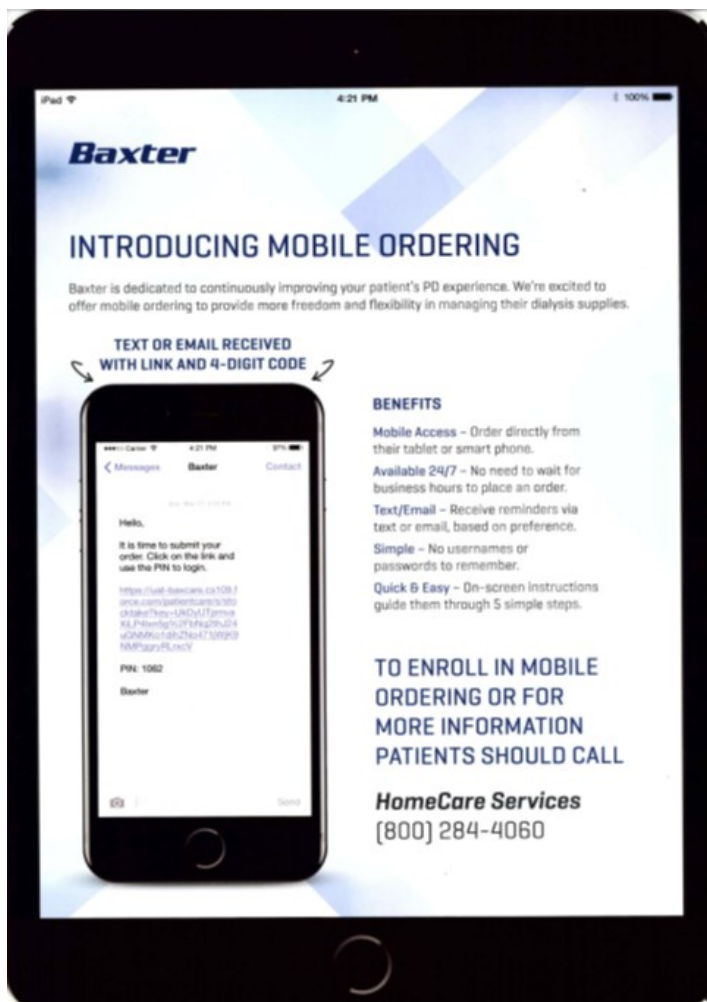
Sharesource Logon: <https://na.sharesource.com/>

Sharesource Patient Portal Registration: <https://na.sharesource.com/web/patientportal>

Thank you,

Baxter

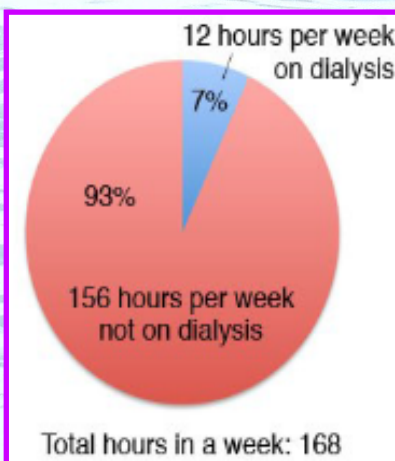
PH: 800-284-4060



# Do your Time... It Will Be WORTH IT!

Many Patients on dialysis find it hard to stay for their full prescribed treatment time, so they sign off early. Your dialysis treatment of about 4 hours, 3 times per week is trying to make up for what normal kidneys do in 24 hours, 7 days a week!

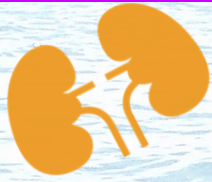
**“You may not immediately experience problems, but studies show that leaving treatment early will shorten your life.”**



### **Skipping or shortening your dialysis treatment has its risks:**

- If you do not get enough Dialysis, your blood will have too much of your body's waste products and you will **feel sick**
- Shortening treatments can **prevent you from getting on a transplant list**
- High potassium levels lead to **heart problems** including cardiac arrest and death due to inadequate removal of potassium
- You may have **high targets** at your next dialysis treatment due to the need to pull off extra fluid caused by shortened treatment and increased time between dialysis treatments.

## Earlier Death Linked to Chronic Fluid Overload



# Fluid Overload



## What is it and why do I need to worry about it?



Fluid Overload (volume overload):  
too much fluid in the blood/body



Happens at any size

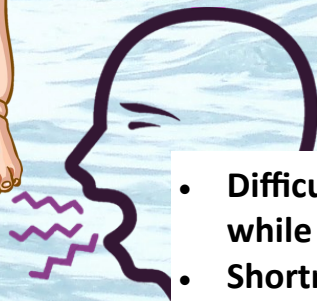
Fluid overload is a major cause of high blood pressure, heart failure, and if it happens continuously it can lead to an increased risk in mortality (death) in people with end stage renal disease (ESRD).

## What to look for:



Edema

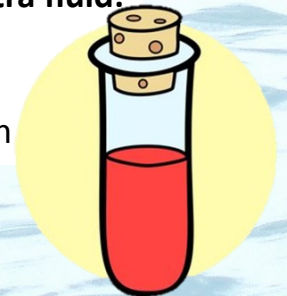
- High blood pressure
- Strong, rapid pulse



- Difficulty breathing while laying down
- Shortness of breath
- Irritated cough

Labs that may appear low due to extra fluid:

- albumin
- Sodium
- hemoglobin



Crackles sounds

## What can I do to prevent fluid overload or help resolve it?

Limit fluid to 32-48oz/day  
32oz if you have large fluid gains/targets or are unable to go for full target in one dialysis treatment.

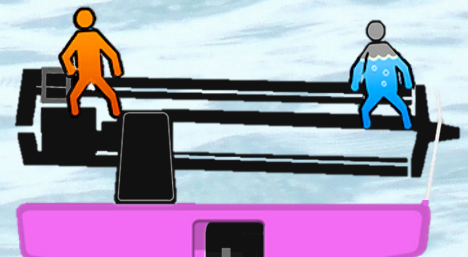
32oz=1quart=2pints=4cups  
48oz=3pints=6cups



- Avoid Added Salt
- Look for <300mg sodium per serving on the nutrition label. If it has more, it's too much.

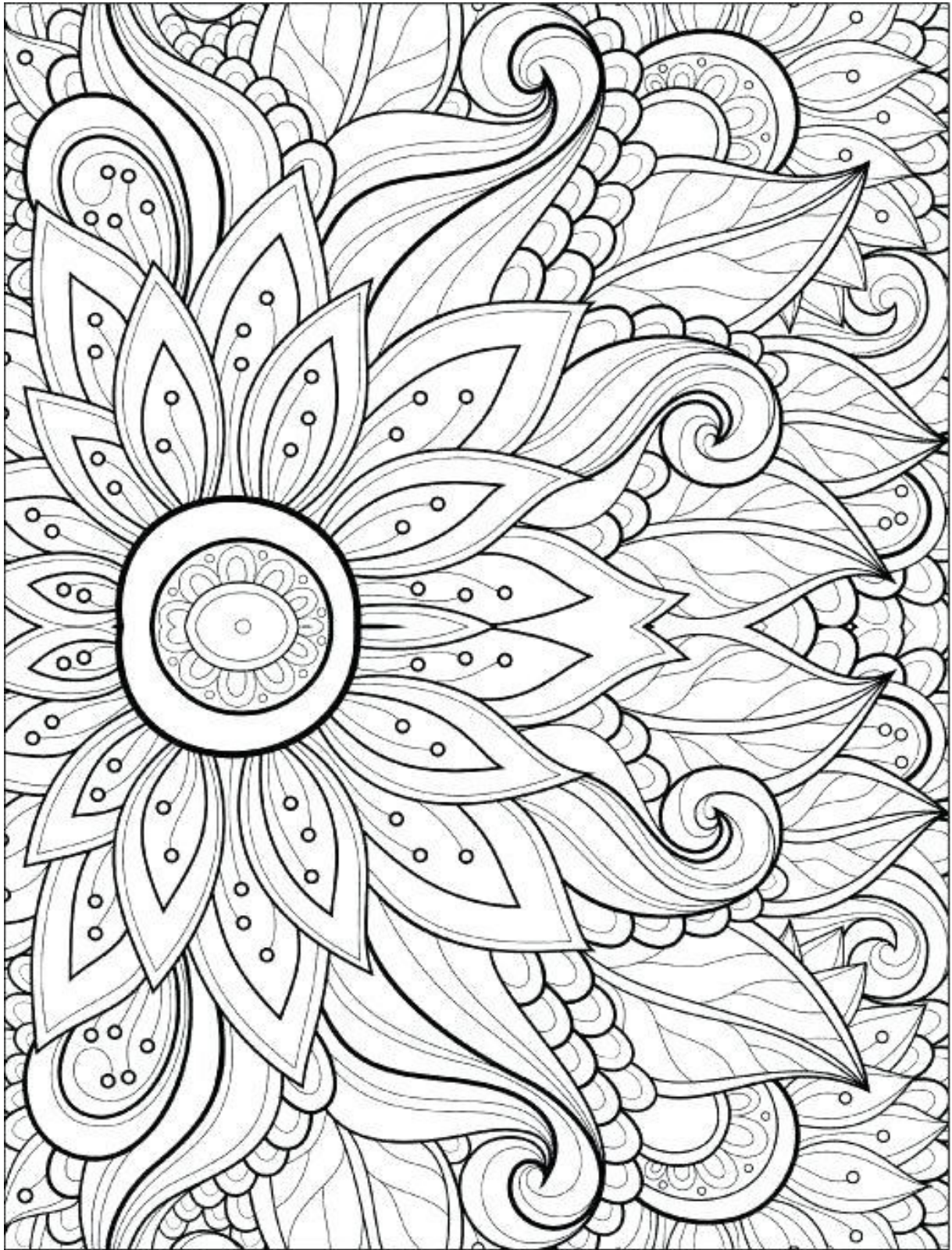


- Complete your ALL of your Dialysis treatments
- Go for FULL target



Adjust your Estimated Dry Weight if you leave or come in your dialysis treatment under:  
If you are leaving under or coming in at or under you are at risk of being in fluid overload!

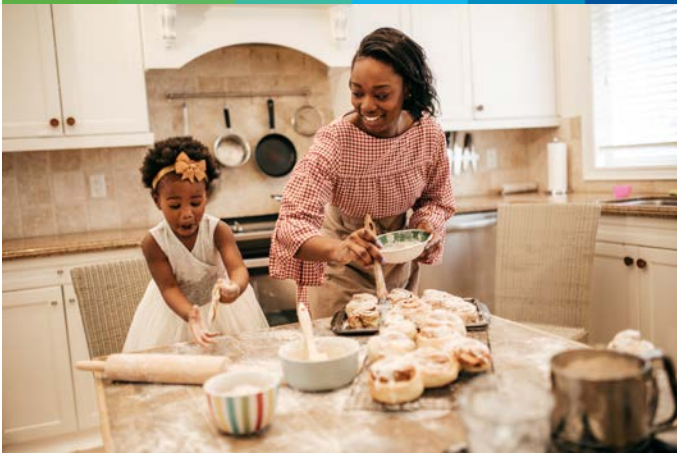
# Monthly Puzzle



Mercy Health Plaza  
5264 Council St. NE  
Cedar Rapids, IA 52402

Mercy Medical Center  
701 10<sup>th</sup> St. SE  
Cedar Rapids, IA 52403

Mercy Dialysis—Vinton  
502 N. 9<sup>th</sup> Ave  
Vinton, IA 52349



## Home Dialysis Myth Busters

Have you ever thought that it might be nice to do dialysis at home? There are lots of myths about what you can and cannot do when it comes to home dialysis. It is important to have the facts about home hemodialysis (HD) and peritoneal dialysis (PD). Check out these myths and facts so you can decide if home is a good choice for you. Then talk with your care team to get started.

### Myth

If I decide to do home dialysis, it will cost me more money than if I stayed at the dialysis clinic.

I would not have any experts to help me at home.

My house has to be perfectly clean.

I will get an infection if I go on PD!

You have to get rid of your pets to do PD.

If I have had abdominal surgery, I cannot do PD.

If I have vision or hearing impairments, I cannot do PD.

I cannot do PD if I'm overweight.

### Fact

Not at all! Both Medicare and private insurance cover the cost of home dialysis.

You'll learn to be an expert—and the clinic has 24-hour phone backup. You always have help.

Your home does not have to be spotless, but you will need a clean space to do your dialysis. Your care team will teach you the steps.

Peritonitis can be prevented, and is rare in good PD clinics (~ once every 7 years). Your PD team will teach you how to keep infection away.

Lots of people who do PD have pets. Just make sure to clean well and keep them out of the area when you connect and disconnect.

Simple abdominal surgeries – like transplant, C-section, or hernia repair – do not prevent PD.

There are tools to help with most PD tasks. People with vision and hearing problems can still do PD!

A presteral catheter may be a better choice than an abdominal one, but PD can be done.

**Patients who like more control of their care may do better at home.**



## Myth

## Fact

I would need a lot of space to do PD.

There are patients who live in smaller homes who do PD. Supplies can be sent in smaller amounts, so less storage is needed.

You can't do PD if you're "non-compliant" in-center.

Yes, you can! Patients who like more control of their care may do better at home with PD than in-center.

I could bleed to death on Home HD!

Alarms are used to detect even one drop of blood. You have time to react. Your HD team will train you on what to do if you bleed.

I could not do home HD with a catheter.

It is best to get rid of a catheter if you can. Some programs will let you do home HD with one.

I cannot do home HD in an apartment.

Talk to the home training nurse, then ask your landlord. You just might be pleasantly surprised.

If I decide to do home dialysis, I think my home will need to be rewired.

The required electrical work is simple and can often be done sometime during the training.

Home HD is a huge burden for a care partner.

It's best if YOU do as much of your treatment as you can. Some people do home HD without a partner.

A home HD care partner needs to have a medical background.

No. The clinic will teach you and a partner (if they require one). No past medical training is needed.

For more information or to file a grievance please contact the Heartland Kidney Network at: 920 Main • Suite 801 • Kansas City, MO 64105 Toll-Free Patient Line: (800) 444-9965 • [net12@nw12.esrd.net](mailto:net12@nw12.esrd.net) • [www.heartlandkidney.org](http://www.heartlandkidney.org)