



## Health Tips

- ✓ Take an active role in managing your kidney disease so that you can feel in-control.
- ✓ Being an active participant in the choice of dialysis type will help you get the treatment that best fits your life.
- ✓ Take steps to control your other health issues, like high blood pressure, diabetes, and heart disease.
- ✓ Stay as active as you can. Exercising even a little bit can help improve overall health, increase energy, and reduce stress. Make small goals for yourself. For example, getting the mail could be an exercise goal for you.
- ✓ Try to maintain your regular routine and do things you enjoy. For example, if you were working and had to temporarily leave your job because of kidney failure, you might make it a goal to return to work.
- ✓ To enjoy your time while dialyzing, you might consider listening to music or reading. In many dialysis units, televisions are also available.
- ✓ Sometimes, a special cream may be applied before coming to dialysis to numb the skin.
- ✓ If you choose HD, and transportation is difficult for you, your social worker will help you manage your transportation options.
- ✓ If you have a pet, it's important that he/she is out of the room while you are connecting and disconnecting your PD catheter. This will reduce your chance of getting an infection.
- ✓ Make sure to talk to your doctor and/or dietician about what foods are right for you.
- ✓ Talk with your social worker about a special type of Medicare that is available to people with kidney disease and additional co-insurance that will help you get the best coverage for your dialysis care.
- ✓ Your social worker can help you with letters needed to excuse you or a family member from work when you have a medical appointment.
- ✓ It's important to voice your preferences along the way to your health care team to be sure that your dialysis is fitting into your life the best way possible.



# ChoosingDialysis

Empowering Patients On Choices for Renal Replacement Therapy

- ✓ Talk with your social worker about a special type of Medicare that is available to people with kidney disease and additional co-insurance that will help you get the best coverage for your dialysis care.
- ✓ To help you remember the details, bring pen and paper to take notes.
- ✓ Think of questions you have, write them down, and bring this list to your appointment.
- ✓ Bring a loved one with you. They can help remember some of the details and ask questions.
- ✓ Discuss your wishes with your loved ones and make them known to your health care team.
- ✓ Tell your health care team what's important in your life, and ask them about the symptoms or side effects you care most about.
- ✓ If you have a dialysis treatment preference, let your health care team know. Sometimes, they may have medical reasons for recommending one dialysis treatment over the other, but it's important to know what these reasons are.
- ✓ Print out the results of the exercise on the "Decision Tool" page, and share these with your health care team.