



KIDNEY CARE CENTER

Your Partners In Health

Your Treatment, Your Choice Education Program (YEP)

Your Treatment

How to choose the right option for your lifestyle.



Objectives



All of them work—you and your doctor just need to decide which one is best for you.

Today, you will learn:

- What is dialysis and how does it work
- Types of dialysis that are available for you
- Choosing which dialysis option is best for your lifestyle and health needs

Treatment Options for You

Kidney Replacement Options

- Peritoneal Dialysis
- Hemodialysis
- Kidney Transplant

Personalized Treatment

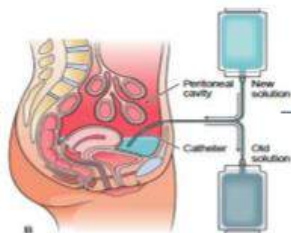
Select a treatment that best suits your lifestyle!

Personalized Treatment Options

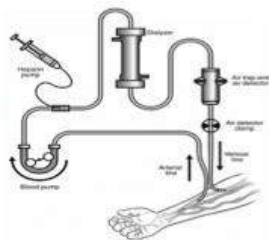
No matter what option you choose, you will feel better with treatment:

- More Energy
- Ability to Work and Travel
- Quality Time with Friends and Family
- Enjoy Physical Activities and Hobbies

Types of Dialysis — Kidney Replacement



Peritoneal Dialysis



Hemodialysis



In-Center



Home Hemodialysis



Home Hemo Independent



Home Hemo Staff Assist

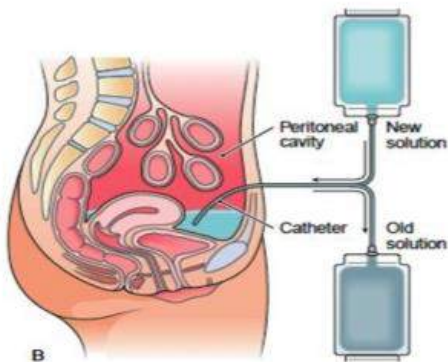
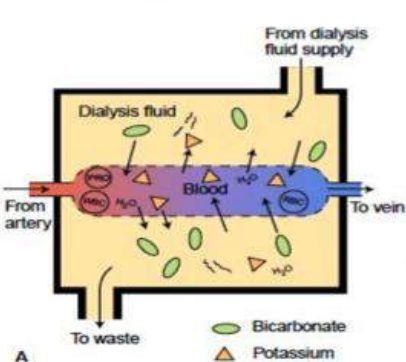
Peritoneal Dialysis (PD)

Cleans the blood from inside the body

How does PD work?

1. **Fill:** New solution is placed in the peritoneal cavity
2. **Dwell:** The solution remains in the cavity for about four hours
3. **Drain:** The solution is then removed from the cavity
4. **Exchange:** The removal of waste products and excess fluid from the body and replacing it with new solution.

Example of Peritoneal Dialysis



Example of a PD Catheter



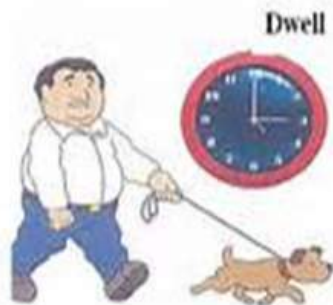
The catheter is usually placed about 1 inch below, and to the side, of the navel. It is about 1/4 inch in diameter. Only 4 - 6 inches of the catheter is outside of your body. You and your doctor can plan where to place the catheter so that it is comfortable and hidden by clothing.



Types of Peritoneal Dialysis

Continuous Ambulatory Peritoneal Dialysis (CAPD)

- Cleans your blood 24/7
- You are able to walk around, even during exchanges
- All you need is a solution bag and tubing connected to your catheter.
- Usually there are only four exchanges (waking, lunch, dinner and before bed-time)
- Exchanges take about 30 minutes and can be done in any clean area



Types of Peritoneal Dialysis

Automated Peritoneal Dialysis (APD)

- Cleans your blood at night with a cycler machine while you sleep
- Fluid is left in the cavity during the day for a longer dwell or one daytime exchange is performed which gives you more independence
- Great for people who want more freedom in the day or who need help with the exchanges
- It is also called Continuous Cycling Peritoneal Dialysis (CCPD)



Reviews from People on PD

Automated Peritoneal Dialysis (APD)

“When I was on hemodialysis at a center, I watched TV. Now, I do peritoneal dialysis at home so I can do other things, like talk to my husband and be with my children”.



“At first, the PD cyclor was hard to sleep with. Now, it is hard to sleep without”.

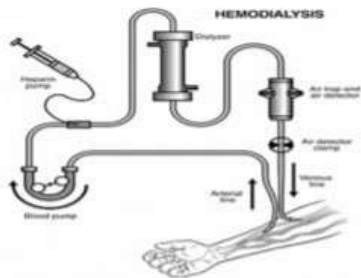
Hemodialysis

- During hemodialysis, blood is pumped by a machine through a dialyzer. The dialyzer is the semipermeable membrane (remember that from the beginning of our talk?) that cleans your blood



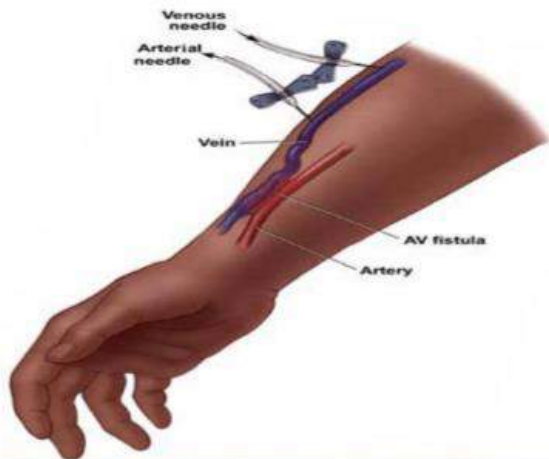
Hemodialysis Access

- Hemodialysis requires access to your bloodstream. There are two different types of accesses used. One procedure, is to strengthen one of your veins (fistula) and the other is to put a soft tube inside your arm or leg



Arteriovenous Fistula

- A fistula is the surgical linking of an artery to a vein, providing access to blood vessels
- This is the best possible type of access for most individuals
- Requires outpatient surgery
- It can take from eight to twelve weeks to heal properly before it can be used



Making the Best Dialysis Choice

Benefits of Peritoneal Dialysis (PD)

- Helps **Improve** Your Survival Mortality
- **More** Freedom
- **Less** Need for Surgery
- **More** Control of Your Time
- Ability to do Dialysis on **Your** Schedule
- **Helps** Preserve Kidney Function

Benefits of Hemodialysis (HD)

- Helps Improve Your Survival Mortality
- Ability to Have Scheduled Dialysis Days



***YES! You Can Travel While
on Dialysis!***

Dietary Advice for Patients with CKD

- Avoid High Potassium Foods
- Avoid High Phosphorous Foods
- Minimize Foods High in Salt



Resources

National Kidney Foundation (NKF): 1-800-622-9010
www.kidney.org

American Kidney Fund – www.kidneyfund.org

Tricare – www.Tricare.mil

Social Security Administration (SSA)
1-800-772-1213 to find the nearest Social Security office
www.ssa.gov

www.NeedyMeds.org

U.S Department of Veterans Affairs (VA) – 1-877-222-8387