



GOOD HEALTH

P A T I E N T N E W S L E T T E R

A New Year, A Healthier You!



The ESRD NCC Goal Setting Workbook was developed by other patients just like you. The workbook provides a foundation to help you focus on what is important

to you by setting goals that you can meet. You can download a copy of the workbook from the ESRD NCC website or ask your social worker to print you a copy of the workbook. What would you like to do differently this year? <https://esrdncc.org/contentassets/bb5124ea381741cead5d3b75036c6d1e/goalsettingworkbookfinal508.pdf>

Eating healthy is one of the top New Year's resolutions. A kidney friendly diet can be challenging, but use these resources developed by the Network 8 Patient Advisory Council (PAC) to help you make better choices when dining out.

- **Dining Out** - <https://www.esrdnetwork8.org/sites/default/files/dining-out.pdf>
- **Fast Food Tips** - https://www.esrdnetwork8.org/sites/default/files/Fast-Food-Tips_updated2019_final_0.pdf



END STAGE RENAL DISEASE
NETWORK 8, INC.

Making Healthy Choices When Dining Out

O'Charley's

- Grilled Chicken Pasta
- Cedar Plank Salmon
- Blackened Salmon
- Grilled Chicken Sandwich
- 6 oz. Sirloin
- Seasoned Rice Pilaf
- House Salad
- Southern Cole Slaw
- Yeast Roll



Applebee's

- 6 oz. Top Sirloin
- Double Glazed Baby Back Ribs
- Grilled Chicken Breast
- Baked Haddock
- Grilled Chicken Caesar Salad
- Oriental Chicken Salad with Crispy Chicken
- Garlic Green Beans



Red Lobster

- Wood Grilled Sea Scallops
- Steamed Lobster
- Wood Grilled Tilapia
- Soy Ginger Salmon
- Broiled Catfish
- Broiled Whitefish
- Garden Salad
- Broccoli
- Rice



MISSING AND SHORTENING DIALYSIS TREATMENT

Remember, before you went on dialysis, your kidneys were still doing what they are supposed to do. Now, the dialysis treatments you get replace only a small part of the normal function of your kidneys. Missing and shortening treatments carry risks. You may not feel badly now but continuing to miss or shorten treatments adds up over time. See below for some of the risks associated with missed and shortened treatments.

- Fluid overload and shortness of breath
- Cramping
- Low blood pressure can cause dizziness and increase your risk of falling.
- High blood pressure can lead to stroke or death.

- Decreased hemoglobin from missing medications given during dialysis
- Waste is not removed from your body. As waste builds up in your blood, you will feel sick.
- High potassium can cause heart problems, such as heart attack, irregular heartbeat, or death.
- Patients who shorten three or more treatments in a month have a higher risk of death than those who stay the entire treatment.
- Shortening or missing treatments can even prevent you from getting on the transplant list.



COVID-19 Vaccination

The United States has experienced challenging months with many Americans being affected by the COVID-19 virus. With the help of scientists and other medical professionals, a vaccination has been developed to decrease the chance of getting the virus. Continue the practice of wearing your mask, disinfecting common areas and items, and handwashing. Also, please continue to avoid crowds and stay 6 feet apart from others, even in small gatherings.

Frequently Asked Questions

What does the vaccine do? The vaccine helps your body develop immunity to the virus, without having to get the virus. Most vaccines available require you to get two doses.

Will the vaccine give me COVID-19? No, none of the vaccines available now use the live virus that causes COVID-19.

When will the vaccine be available? The vaccine has limited availability and is currently being given to healthcare providers and residents of long-term care facilities. As it becomes more available, more groups of people will get the vaccine.

What are the side effects? Common side effects are pain and swelling in the arm where you got the shot. Other side effects include fever, chills, tiredness, and headache, like the flu. Side effects should go away within a few days. If they do not, you should contact your doctor immediately.

Where can I get more information? Please visit the Centers for Disease Control and Prevention's (CDC) website <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/> for more information. Please speak with your doctor for more information about getting a COVID-19 vaccine.

