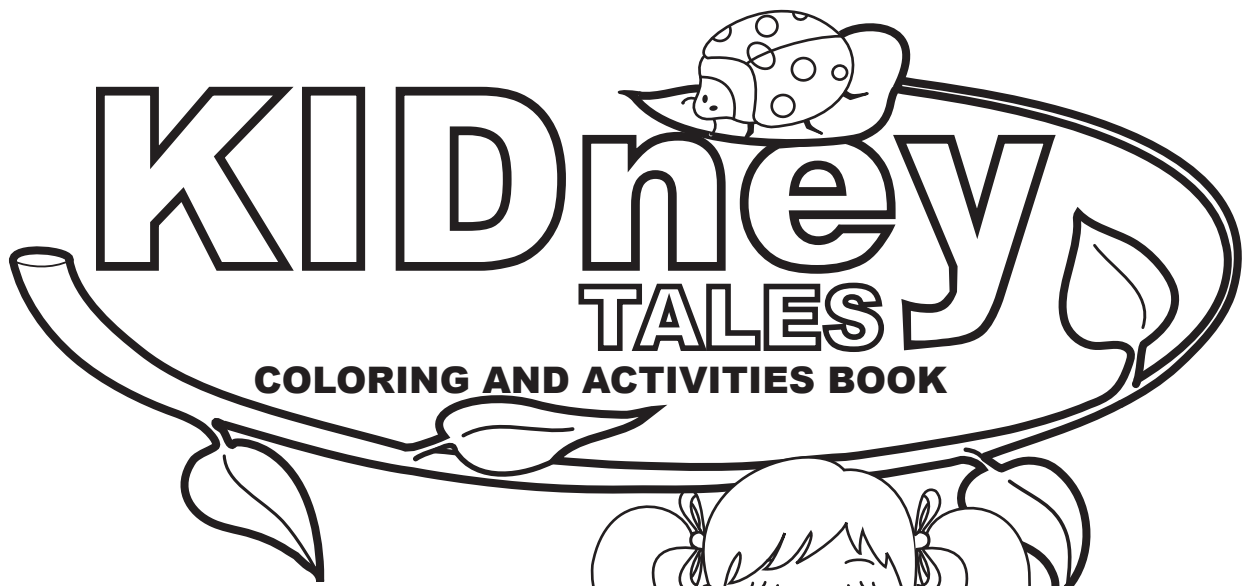


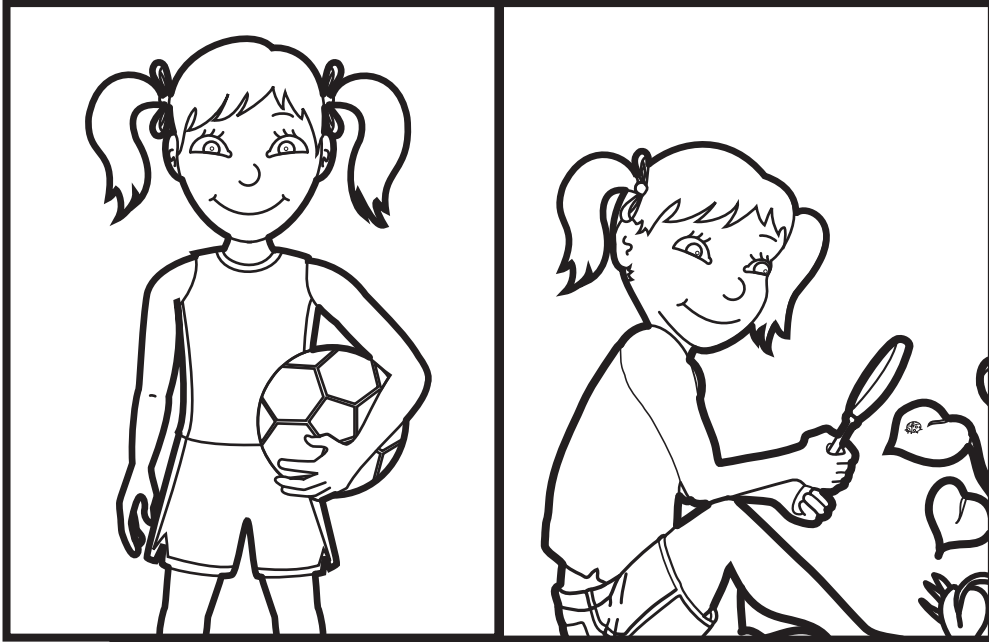
KIDney TALES

COLORING AND ACTIVITIES BOOK



Illustrated by ESRD Network of Texas

Hi. My name is Mary. I am 5 years old.



I like to play soccer, search for lady bugs, and play outside with my friends.



Activity Center:

If you were a doctor what kind would you be? _____

My favorite thing to do after school is play with my dog Lady. She is very fast and we run around my backyard. But last week I did not feel like playing with Lady. I was tired and just wanted to lay down. My tummy was feeling sick and I didn't even want to eat my favorite foods-marshmallows and jelly beans.



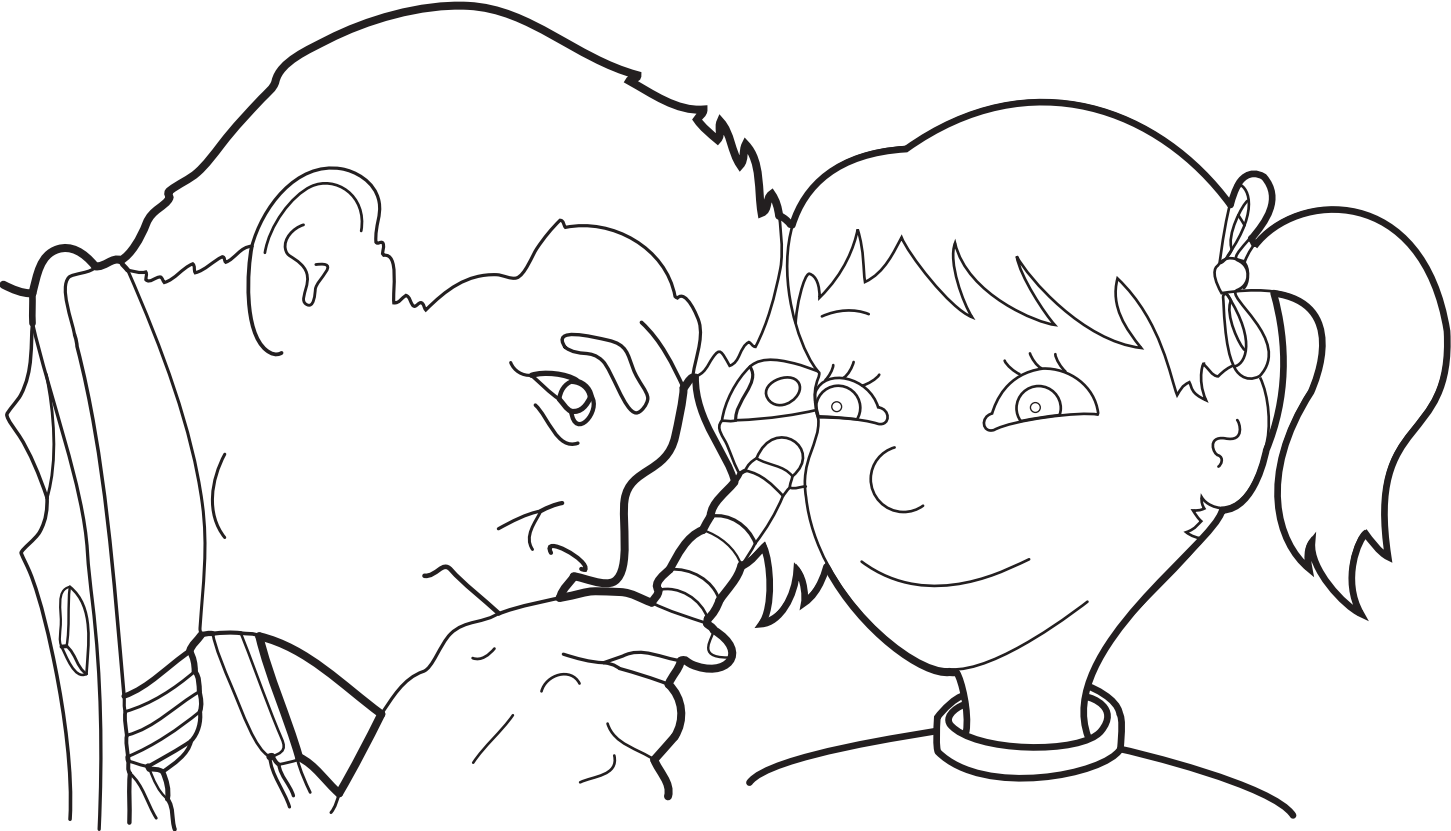
I was feeling so crummy that I had to stay home from school and I even missed soccer practice. My mom decided to take me to the doctor.



Activity Center:

Name a doctor or a nurse and say one thing you like about them. _____

When I went to the doctor, the doctor checked my ears, my nose, and my throat. The doctor asked me and my mom and dad lots of questions about how I was feeling. The nurse also took a little bit of blood out of my arm. This was very scary but I was brave.

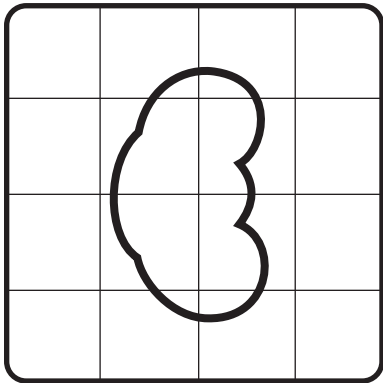


Activity Center:
Name someone who helps you to be brave.

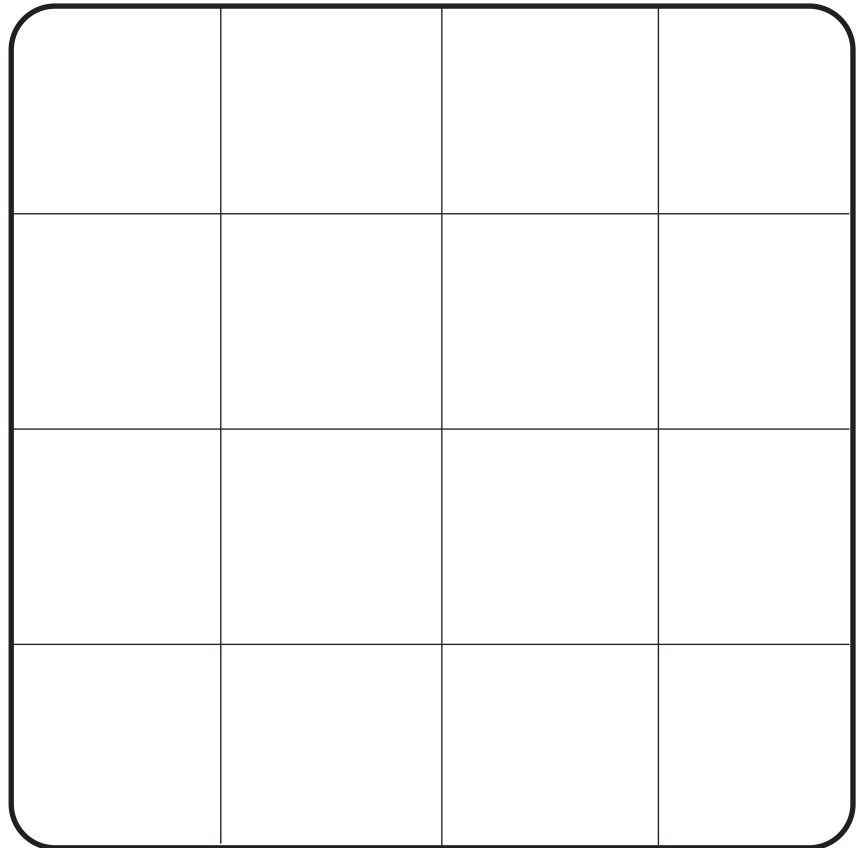
Mom and dad and I waited a whole hour for the tests to come back.

Then the doctor came back and said the reason I was feeling bad is because my kidneys (kid-nees) were not working right.

I had never heard of kidneys before. Do you know what your kidneys are?



Draw the
KIDNEY
in the large
grid.

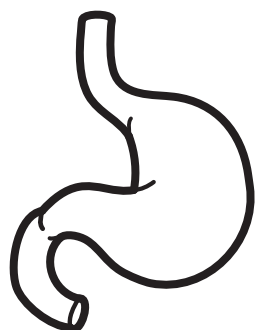


Activity Center:

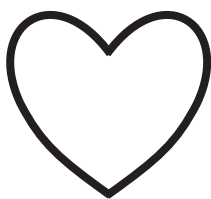
Name some fun things you can do while waiting to see the doctor. _____

Kidneys are part of your body just like your heart and your tummy. When you run, you know your heart is working because you hear BOOM, BOOM, BOOM. When you are hungry your tummy lets out a GROWL. This whole time your kidneys are also working...very quietly.

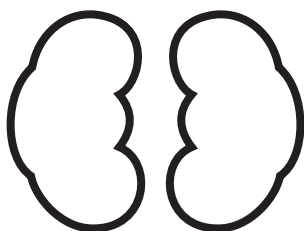
Match the body part with the **SOUND** it makes.



Shh! Works quietly.



GROWWWL!



BOOM! BOOM!

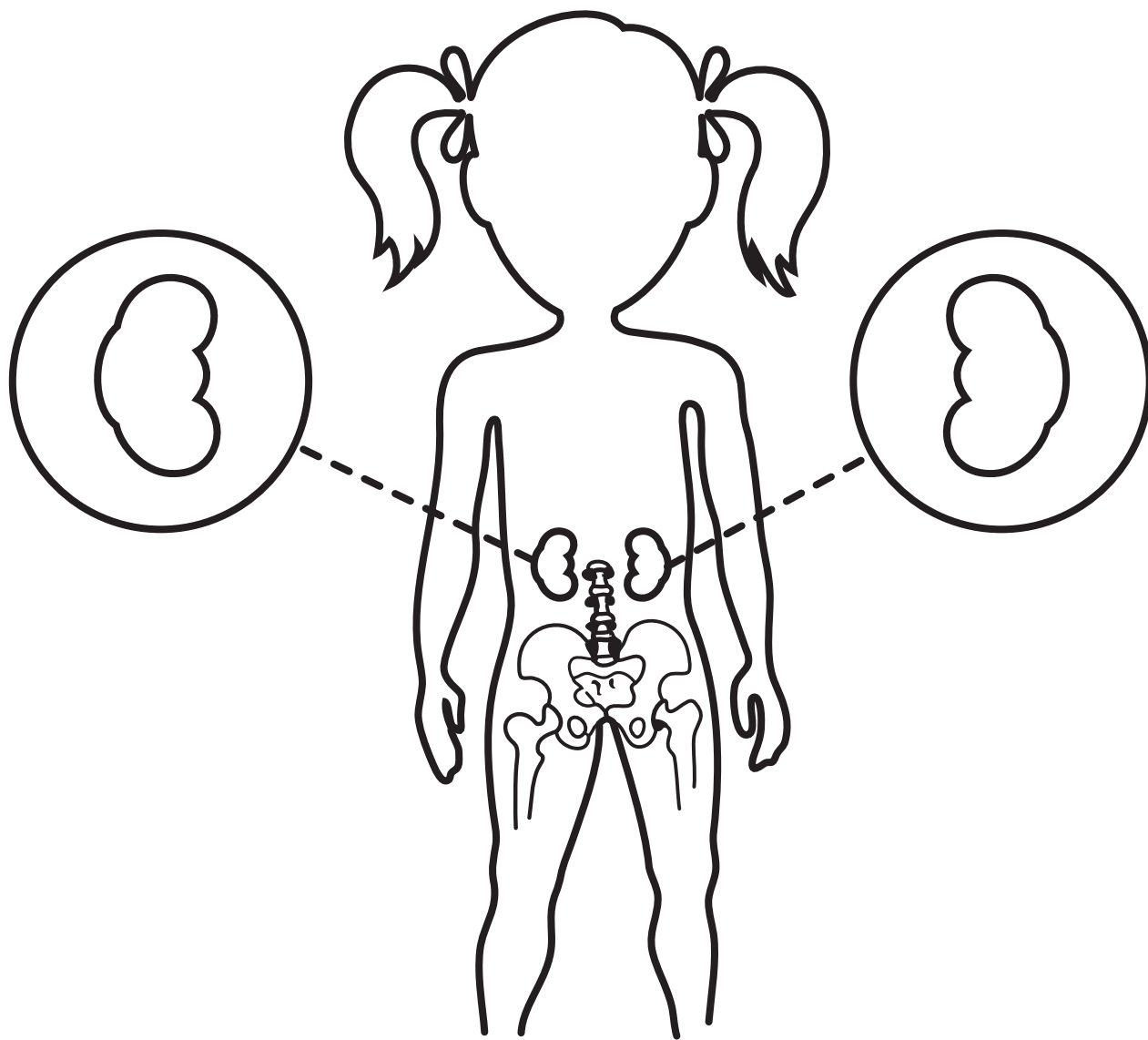


Activity Center:

What is something funny that has happened at the doctor's office? _____

Every mom and dad, girl and boy has two kidneys and needs their kidneys to live. Your kidneys are tucked right under your ribs on either side of your backbone. Your kidneys are shaped like a bean and each one is the size of a fist.

Can you make a fist? That's how big your kidneys are!



Activity Center:

What would you change about visiting a doctor's office to make it more friendly? _____

So what do your kidneys do?

Your kidneys are like big washing machines. They clean your blood and make you pee. Your kidneys take out all the bad stuff in your blood. Your kidneys are your body's "trash" man. They help your bones grow and fight off colds.



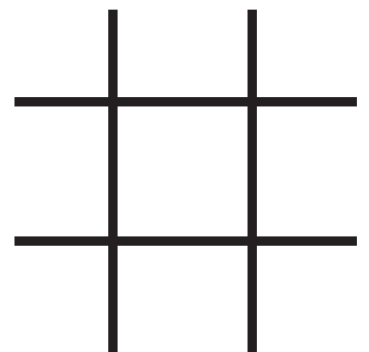
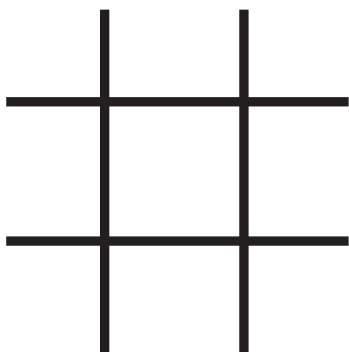
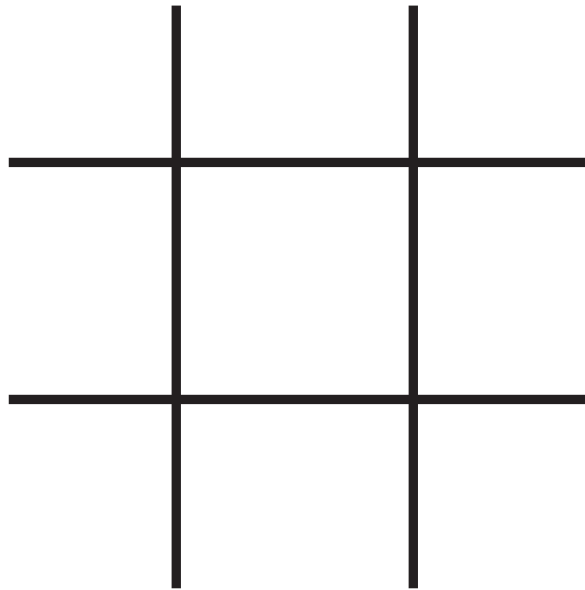
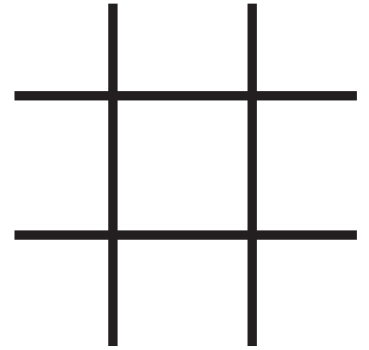
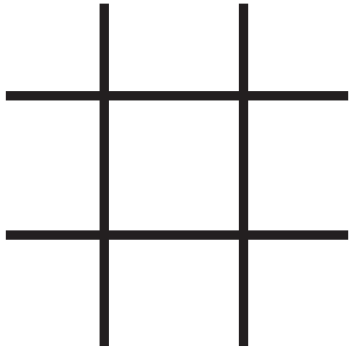
Activity Center:

If you gave a report on kidney disease at school or if you were telling your friends about kidney disease, what would you say? _____



Have some fun with your friend's with Tic Tac Toe.

Draw kidneys  instead of "o"s.



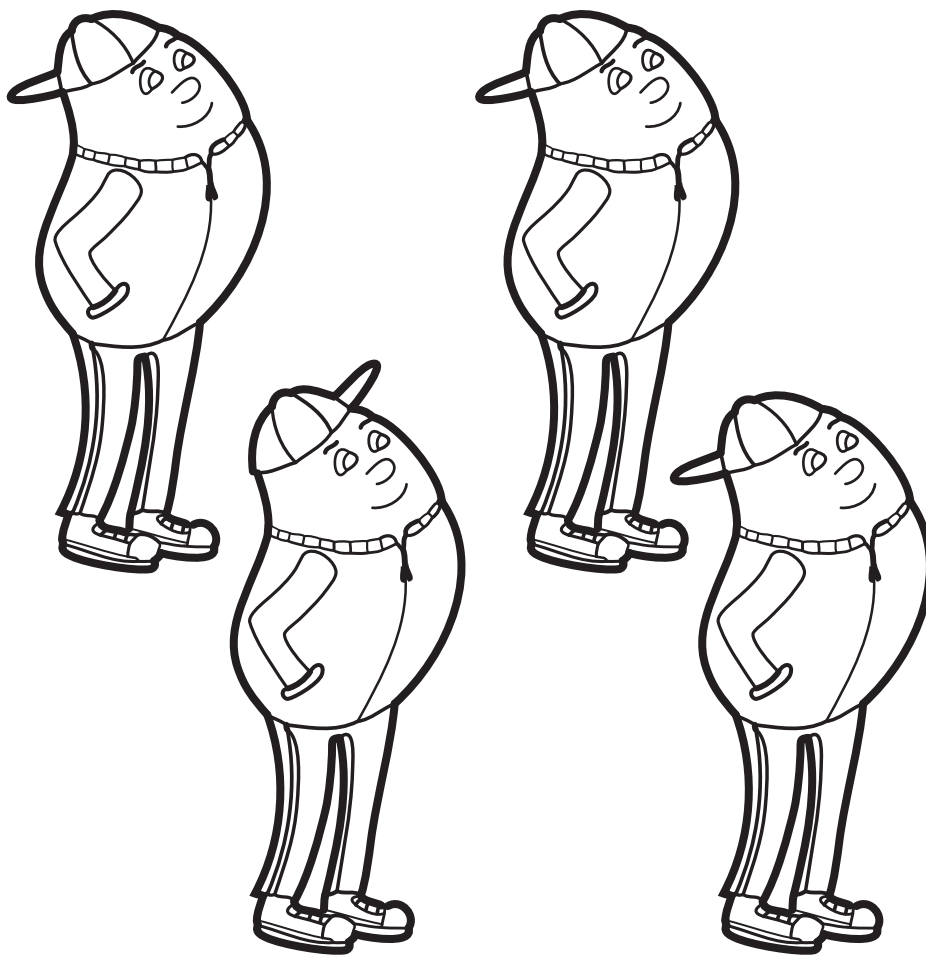
Activity Center:

Name one thing that a doctor or nurse has done to make you feel better. _____

I was very scared when the doctor said that my kidneys aren't working. I didn't know if I would be able to eat jelly beans or marshmallows anymore. If my kidneys don't work could I still play soccer or play with my dog Lady?

I asked my doctor: "What will happen to me since my kidneys don't work?"

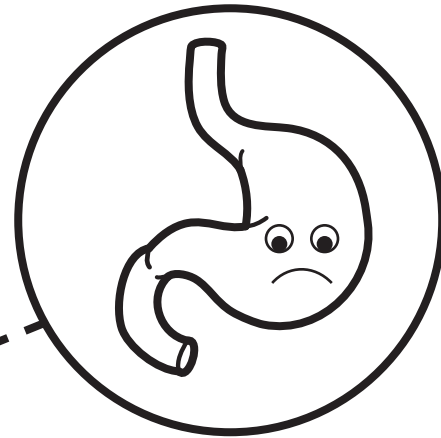
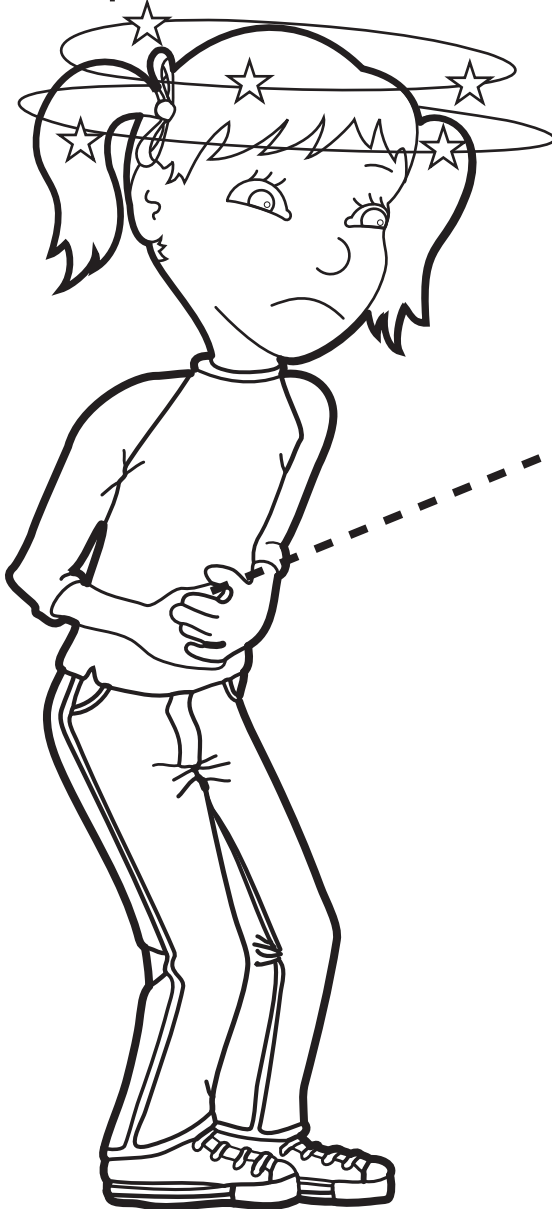
Put a Circle
around the
kidney that
is different.



Activity Center:

Name a food that your doctor said you should not eat and why. _____

When your kidneys stop working you feel sick just like I did. You also feel tired and don't want to eat. Your tummy might ache and you could also start feeling dizzy. I didn't want to run around with my dog or play soccer. The doctor said I would have to take pills and do other things to make me feel better.



Mary's stomach does not feel very well, but with pills and other treatment Mary and her tummy will begin to feel a lot better.

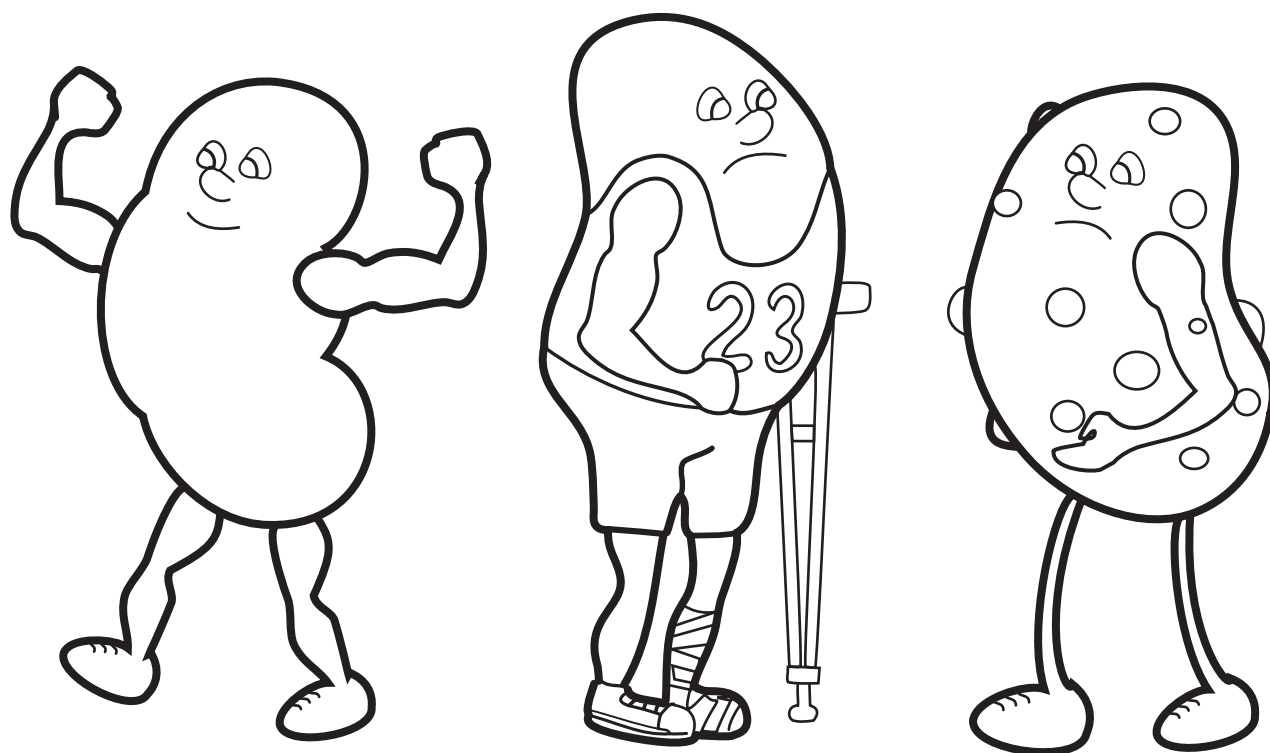


Activity Center:

What is a good trick you would like to play on a doctor or nurse? _____

I then asked my doctor: "Why did my kidneys stop working? What did I do that made my kidneys stop working?"

The doctor said there are lots of grown ups and kids whose kidneys stop working. Some are born with kidney problems. Other kidneys stop working slowly, over a long time. Some kidneys stop working because they get hurt or get a kidney sickness.



Activity Center:

Name all the people on your health (kidney) care team. Don't forget to count yourself.

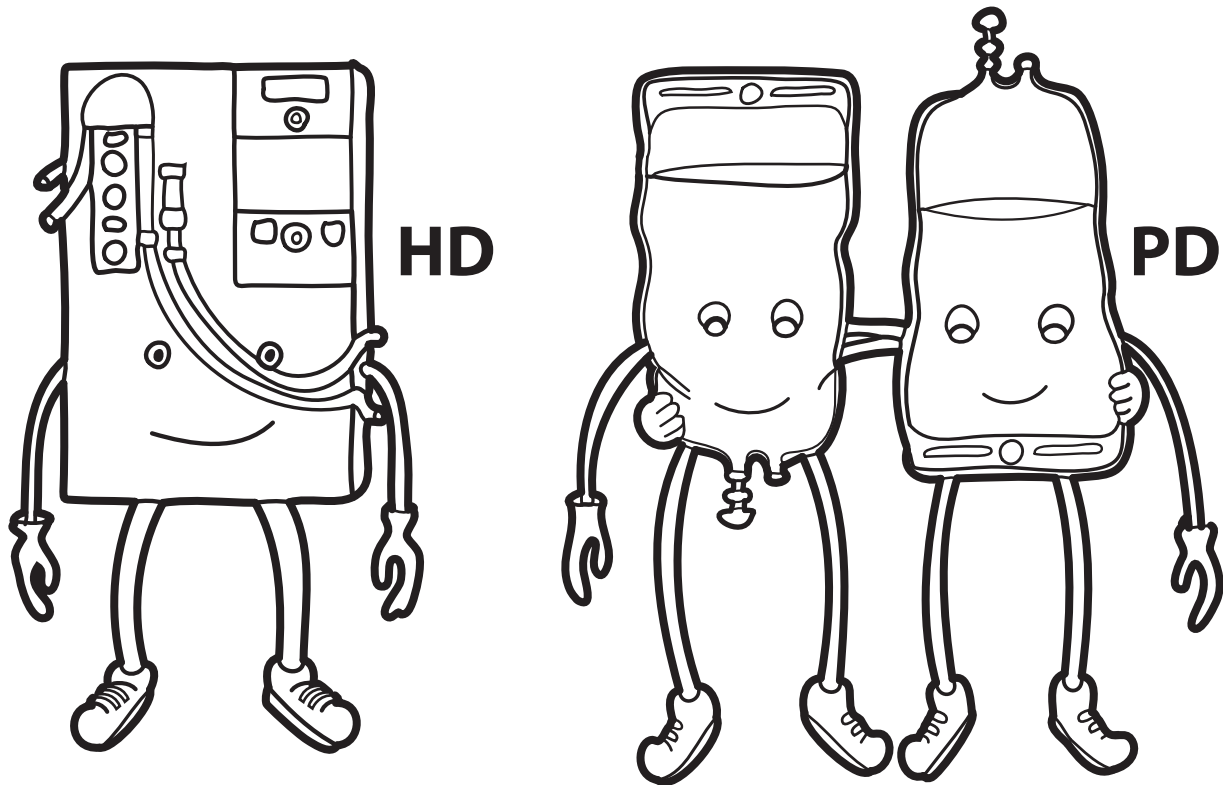
My parents had questions too.

They wanted to know how the doctor was going to fix my kidneys and make me better.

The doctor said there are a few ways to make me feel better.

I needed to start dialysis (say: di-al-uh-sis). Dialysis is a way for your blood to get cleaned.

There are two kinds of dialysis: hemodialysis (say: hee-mo-di-al-uh-sis) or peritoneal dialysis (say: per-uh-tuh-nee-ul) dialysis. They are called HD and PD for short.



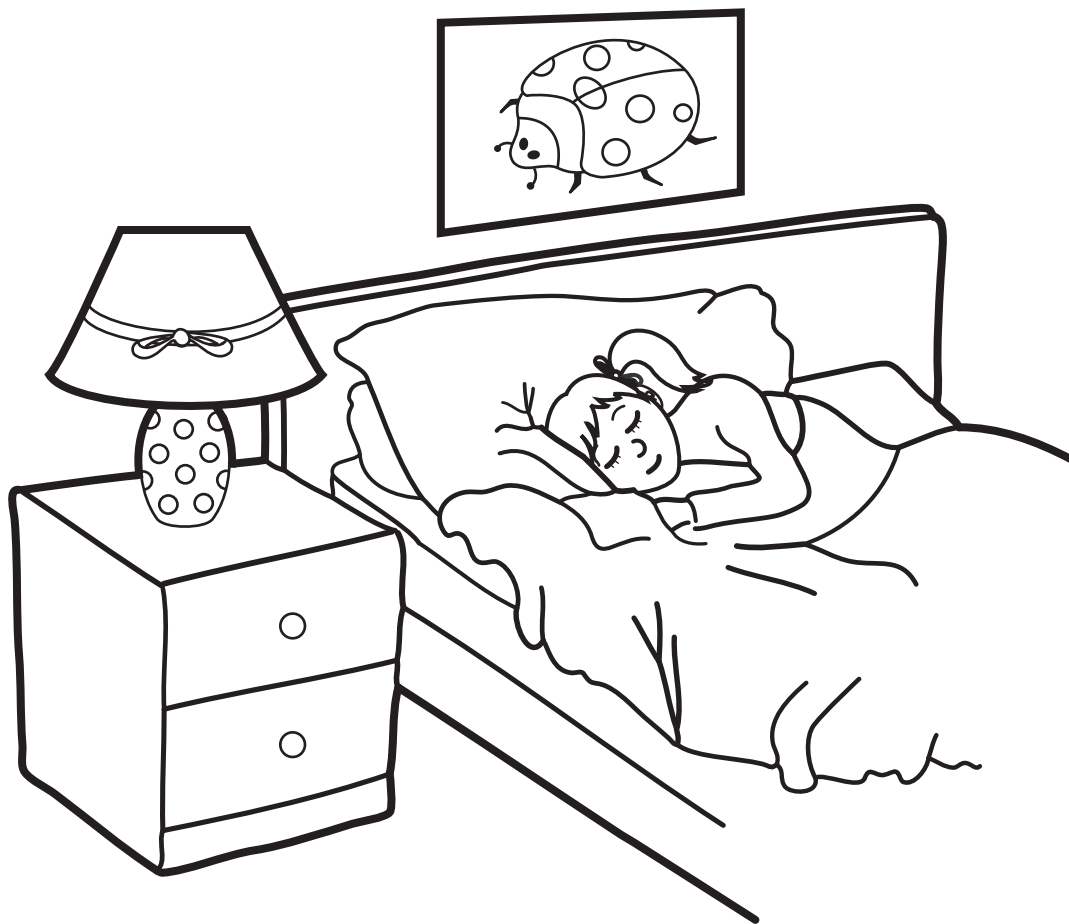
Activity Center:

Name two things about dialysis that scare you.

I was so confused. Both choices used very big words. But the doctor told me and mom and dad about them.

HD used a big giant machine to clean my blood. I would come to the hospital a few times a week and watch TV or movies or play video games while the machine cleaned my blood.

PD would use my tummy to clean my blood. I would be able to do this at home while I slept each night.



Activity Center:

Name a fun thing that you can do while on dialysis.

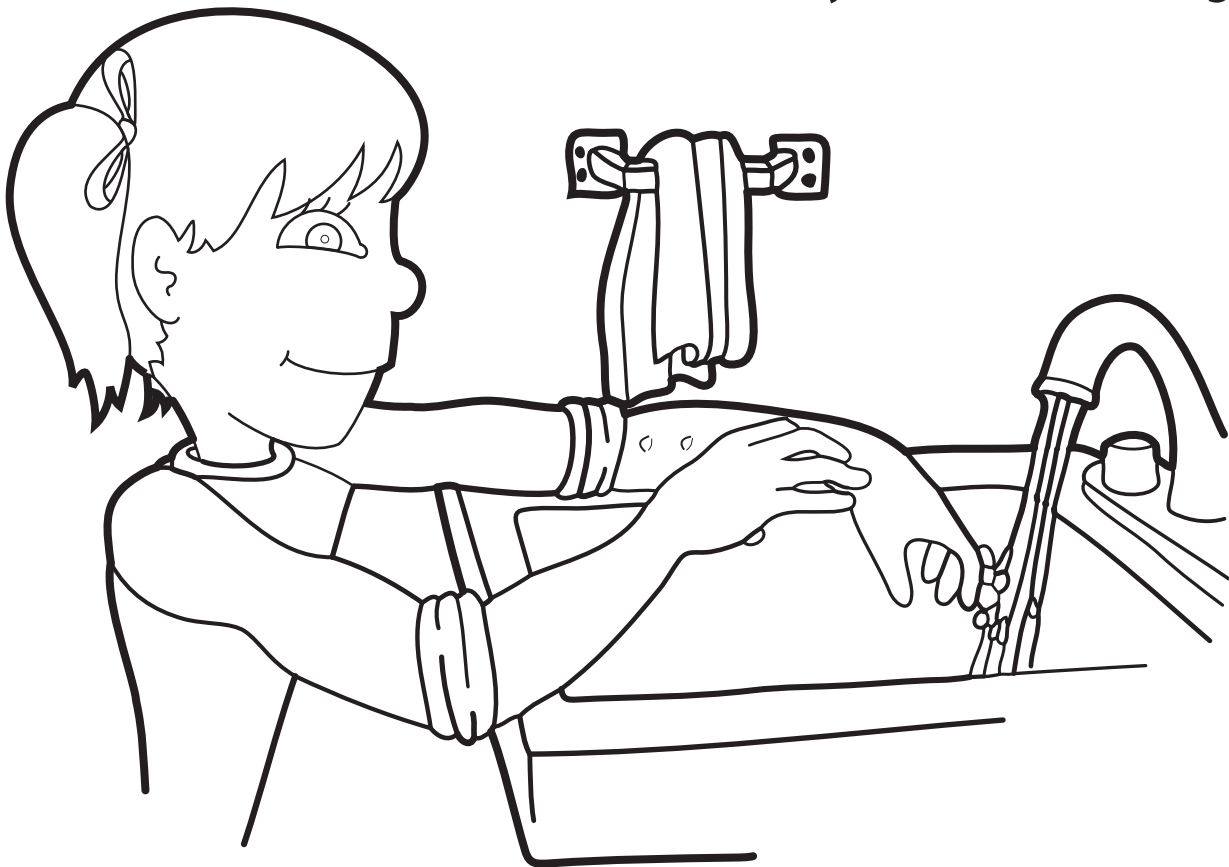
But how would the doctors get to my blood inside my body?

The doctor told me that they create an “access” to my blood. There are three types of accesses. One is a fistula (say: fist-oo-la). A fistula is your own artery and vein tied together.

The second type is a graft. A graft is man made and connects an artery and a vein together.

The third type, called a catheter, is a plastic tube that would be put in my chest.

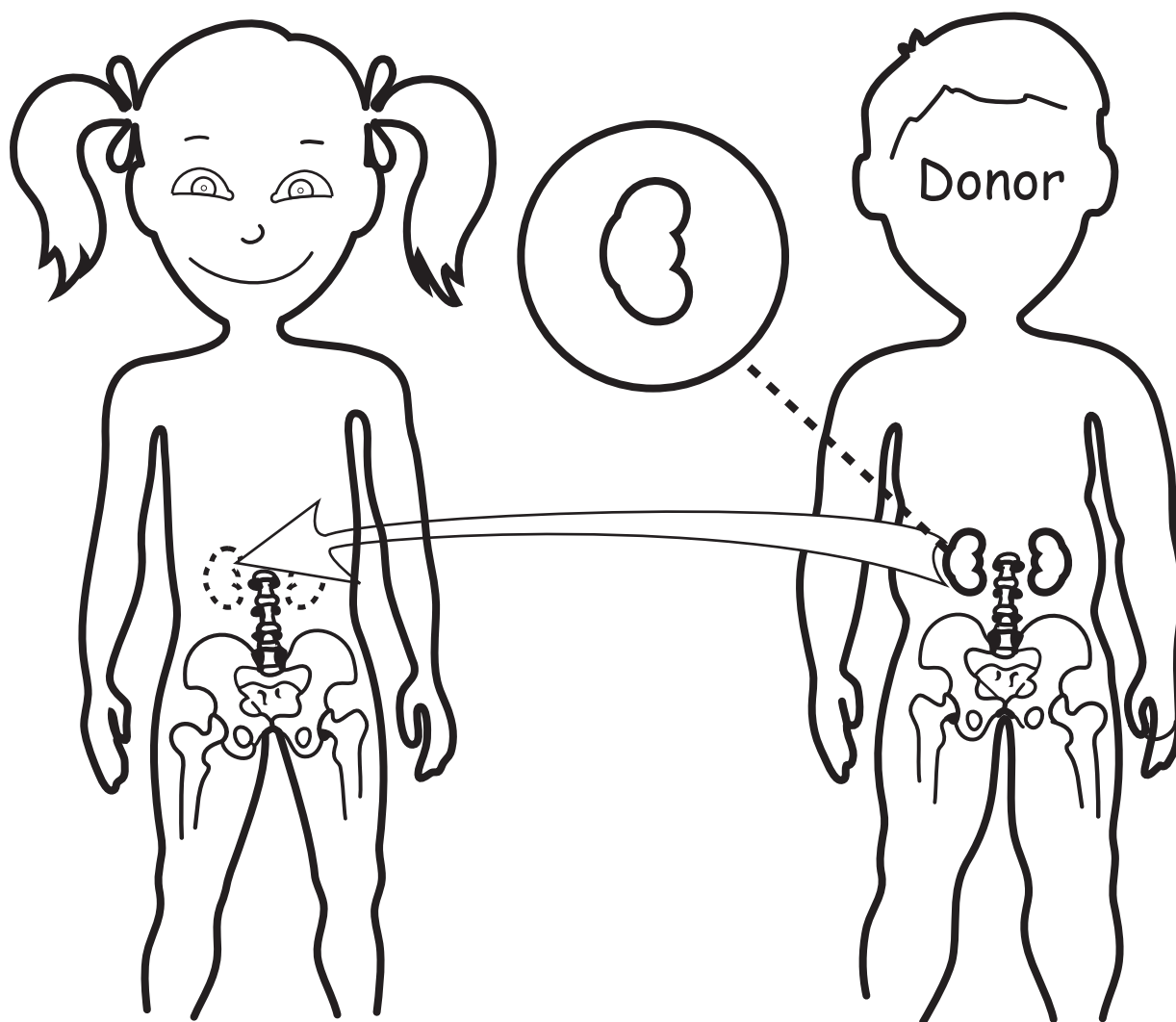
Either way I have to make sure I keep my access clean and dry. I also have to make sure that the area around my access does not get hit.



Activity Center:

What would you put in a dialysis center that would make it more fun? _____

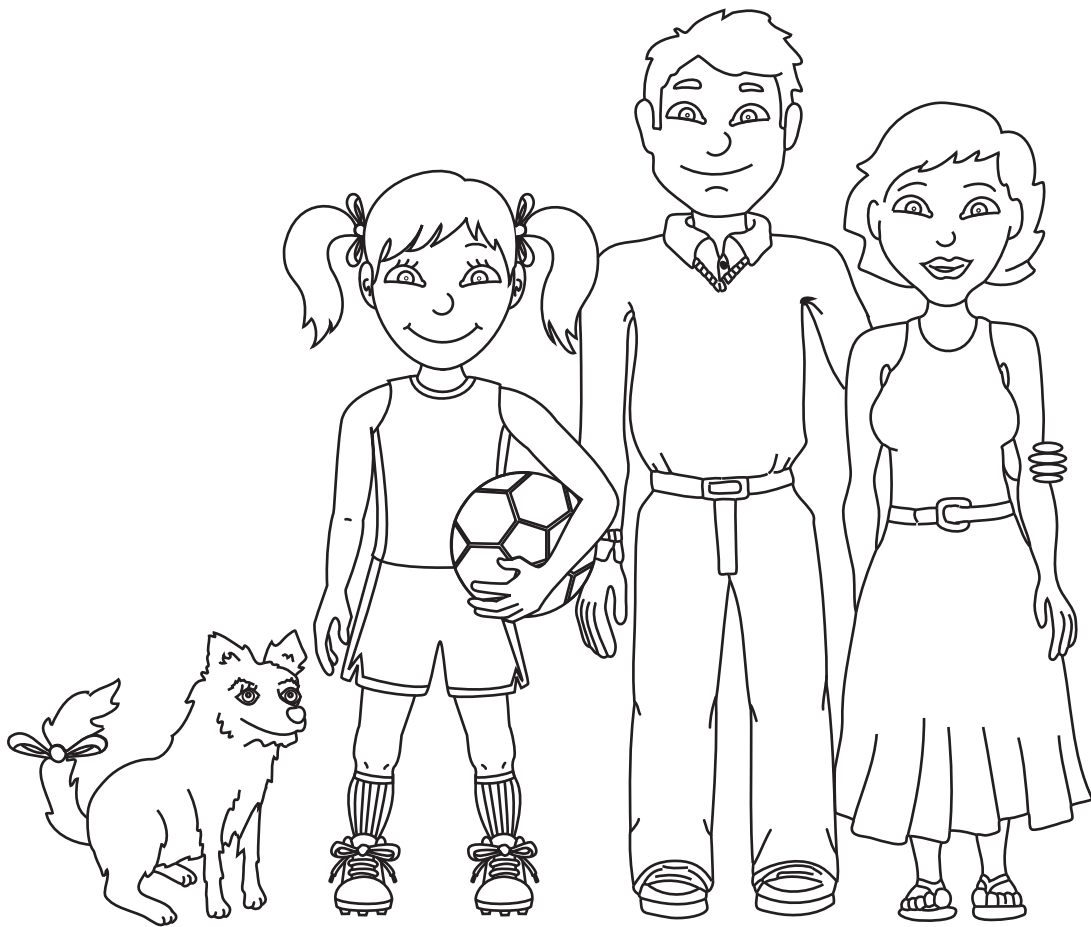
The doctor said that there is one more way to make me feel better, get a kidney transplant (say: trans-plant). I would get a brand new kidney but I would have to wait until the doctors could find one that my body would like. If I got a transplant I might not have to do dialysis any more. I would have to take special pills to keep my new kidney.



Activity Center:

Name something that would be different if you got a kidney transplant. _____

Mom, dad and I went home to think about what we should do to make me feel better. We were all scared but we knew that the doctor would help me get better.



We knew we would have to be careful with what I ate or drank. I would have to ask my doctor before I played soccer again.

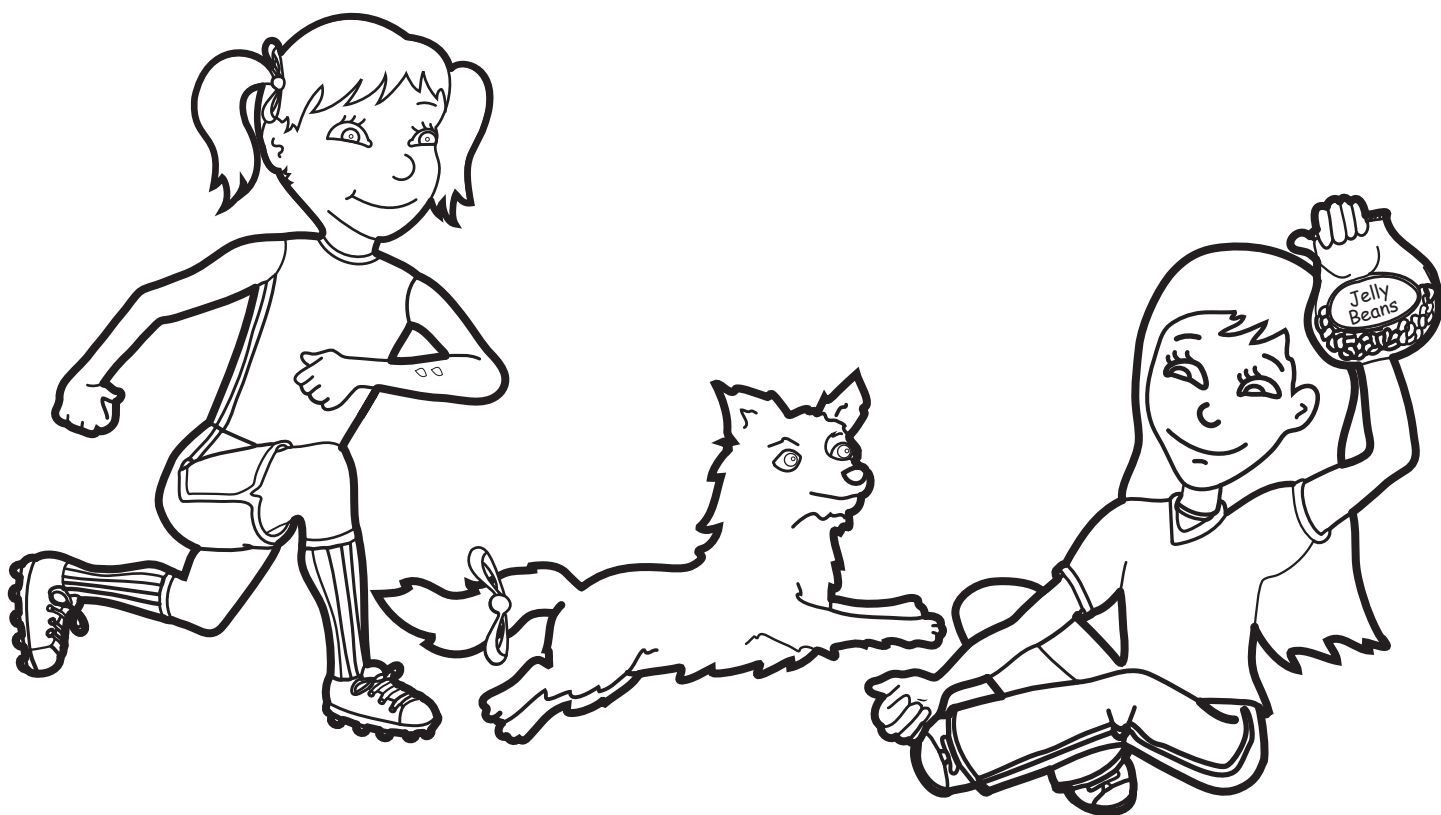
I can't wait to get back to school and teach my friends what I learned about kidneys.



Activity Center:

Tell your mom, dad, friends, nurse, or doctor what you thought the first time you saw a dialysis machine. _____

Once I started dialysis I started to feel a lot better. I went back to school and began playing with my friends. I still eat jelly beans and marshmallows but only when my mom lets me. I also run around with Lady but I have to be careful not to fall down too hard.



Activity Center:

After finishing your dialysis, tell how you feel.

Being sick was very scary but I am glad that I went to the doctor because now I feel much better.



Activity Center:

Make a sound that a dialysis machine would make.



END STAGE RENAL DISEASE
NETWORK OF TEXAS

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To file a complaint or grievance please contact the ESRD Network of Texas, Inc at 1-877-886-4435 or www.esrdnetwork.org.