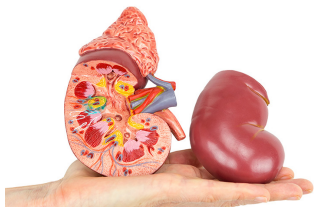


HEALTH & H.O.P.E.

HELP ON PROCESSING EVERYTHING DIALYSIS

Chronic Kidney Disease (CKD)



Diabetes and hypertension are two of the most common causes of kidney disease. Managing your blood sugar and blood pressure can improve how you feel and tolerate your treatments.

To learn more, check out the diabetes and heart disease zone tools listed below:

[Diabetes Zone Tool](#)

[Heart Disease Zone Tool](#)

February is American Heart Month

It's a time for people to focus on their heart health. The Division for Heart Disease and Stroke Prevention is shining a light on high blood pressure, a leading cause for heart disease and stroke.

High blood pressure is a top risk factor for heart disease and stroke. Checking your blood pressure at home can help you keep your blood pressure under control.



[Check. Change. Control. Calculator™](#)

Heart and renal friendly recipe from the National Kidney Foundation

Baked Salmon with Roasted Asparagus on Cracked Wheat Bun

45mins/3 oz per serving

Ingredients

- 16oz. fresh salmon fillet
- 1 tablespoon lemon juice
- 1 tablespoon butter
- 12oz. fresh asparagus spears (woody stems removed), washed
- 1 tablespoon olive oil
- 4 cracked wheat or whole-grain hamburger buns, toasted

- Roast in the oven for 10 minutes or until the salmon is fully cooked.
- Remove from the oven and allow to cool.
- Serve over a toasted hamburger bun.

Nutritional information

- Calories 394
- Carbohydrates 22.9 g
- Dietary Fiber 3.3 g
- Protein 35.1 g
- Fat 18.2 g
- Saturated Fat 4.3 g
- Sodium 272.8 mg
- Potassium 976.2 mg
- Calcium 78.5 mg
- Phosphorus 389.8 mg

Directions

Prep: 15mins

Cook: 30mins

Total: 45mins

- Preheat oven to 400°F.
- Place salmon in the middle of a cookie sheet and cover with lemon juice and butter.
- Place asparagus spears around the sides of the cookie sheet and spray with olive oil.



Rehabilitation: GETTING BACK TO WORK!

Vocational Rehabilitation (VR) can help people meet their goals. VR can help you return to work, find a new job, receive job training or go to school. Having rehabilitation goals and working towards them can improve your quality of life and restore your livelihood. For more information, talk to your social worker or contact your local VR program:

Alabama Department of Rehabilitation Services
1-800-441-7607

<https://www.rehab.alabama.gov/>

Mississippi Department of Rehabilitation Services
1-800-443-1000

<https://www.mdrs.ms.gov/>

Tennessee Department of Rehabilitation Services
1-800-270-1349

<https://www.tennessee.gov/humanservices/topic/vocational-rehabilitation>

Texas Department of Rehabilitation Services
1-800-628-5115

<https://www.twc.texas.gov/jobseekers/vocational-rehabilitation-services>

You can also learn more about returning to work from the Ticket to Work program hosted by the Social Security Administration. To view past education webinars, go to <https://choosework.ssa.gov/webinars-tutorials/webinar-archives/index.html>.



Facility Patient Representative



WHAT IS A FACILITY PATIENT REPRESENTATIVE (FPR)?

Every dialysis clinic should have a Facility Patient Representative (FPR) who acts as a link between patients and the facility staff.

To learn more about the FPR program, contact your facility social worker and read the FPR Toolkit! **Facility Patient Representatives (FPRs):**

For patients in Alabama, Mississippi, Tennessee:

<https://quality.allianthealth.org/wp-content/uploads/2021/06/NW8Patient-Rep-Booklet.pdf>

For patients in Texas:

English: <https://quality.allianthealth.org/wp-content/uploads/2021/07/FPR-Toolkit-English.pdf>

Spanish: <https://quality.allianthealth.org/wp-content/uploads/2021/07/FPR-Toolkit-Spanish.pdf>

Suggested Typical Duties:

1. Be a role model to other patients by learning about treatments for kidney disease and following your treatment plan.
2. Receive and distribute ESRD Network patient hand-outs.
3. At the facility's request, let other patients know about clinic updates or concerns.
4. Be available to help the unit social worker with patient support groups.

Suggested Optional Duties:

5. Read and answer patients' questions about information from their facility and the Network.
6. Be available to:
 - Help with communications between patients and facility staff when needed.
 - Help with the orientation and support of new patients.
 - Help with patient activities, such as educational meetings and social events.
 - Help organize phone calls or visits (when asked) to other patients.
 - Write and hand out a patient newsletter with the aid of clinic staff.

To file a grievance, contact the following agencies:

ESRD Network 8 - Phone: 1-877-936-9260; Email: nw8info@allianthealth.org; Mail: 775 Woodlands Pkwy, Suite 310, Ridgeland, MS 39157; Website: www.esrdnetwork8.org – For patients and facilities in AL, MS, TN

ESRD Network of Texas Inc. (Network 14) – Office: 972-503-3215; fax: 972-503-3219; Toll-free: 877-886-4435; Email: nw14info@allianthealth.org Mail: 4099 McEwen Rd, Suite 820 Dallas, TX 75244; Website: www.esrdnetwork.org - For patients and facilities in TX