



END STAGE RENAL DISEASE
NETWORK OF TEXAS

April 2021: Volume Two | Issue Four

HEALTH & H.O.P.E.

MOTTO: HELP ON PROCESSING EVERYTHING DIALYSIS



April is National Donate Life Month. Did you know that 82% of patients waiting for an organ transplant need a kidney? More than 90,000 people are waiting for a kidney transplant in the United States. The kidney is the organ most often donated by a living person. A living donor is the fastest way to getting a kidney transplant and resuming to a normal life. On average, a kidney from a living donor can last about 15-20 years or even longer, but it all depends on how well you take care of the kidney. If you are thinking about a kidney transplant or are waiting on the transplant wait list, consider finding a living donor to shorten your wait time. Many people will not get a transplant simply because they do not know how to ask. Take action and spread the word to help a living donor find you. Learn how to get support and tips on how to ask someone to be your donor from the UNOS Talking About Transplantation Brochure, [How to Find a Living Donor - Make your Transplant Happen](#).

Read Christine's inspiring story of hope on how she found her living donor and resumed her normal life. Read Christine's story [HERE](#).

For more information regarding living donors visit the National Kidney Foundation, [The Big Ask, The Big Give](#).

KIDNEY DONATION STATISTICS

EVERY 10 MINUTES
ANOTHER PERSON IS



ADDED TO THE
NATIONAL TRANSPLANT
WAITING LIST

82%



OF PATIENTS WAITING
ARE IN NEED OF A
KIDNEY

A KIDNEY TRANSPLANT
IS USED TO TREAT
KIDNEY FAILURE

ALSO CALLED END-
STAGE RENAL DISEASE
(ESRD)

3 - 5 YEARS IS THE
AVERAGE



WAITING TIME FOR A
KIDNEY FROM A
DECEASED DONOR

WITH LIVING DONATION,
A PATIENT MAY BE ABLE
TO RECEIVE A
TRANSPLANT IN LESS
TIME



GENERALLY, LIVING
DONORS WILL HAVE A
FULL MEDICAL EXAM,
MUST BE AT LEAST

18

YEARS OLD, AND IN
GOOD PHYSICAL AND
MENTAL HEALTH

Our Portal Has Two New Icons: Telehealth and A Healthier You

To view our patient portal please click on the QR code below or visit our website at <https://www.esrdnetwork.org/patient-portal>.



SCAN ME

The ESRD Network of Texas - Patient Portal



Journey to Transplant

Receiving a kidney transplant is a very life changing opportunity. The process may seem long, but it is all worth it in the end! It all starts with talking to your doctor, visiting a transplant center, meeting up with the transplant team, and then surgery. Learn more and talk to your doctor to **Get on the Transplant Wait list Now!**

Watch Jill's Kidney Transplant Story!



What Is A Kidney Transplant?



Get the Facts!



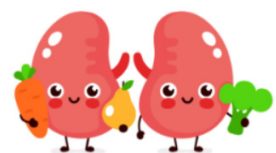
Telehealth



Protect yourself from COVID-19 by contacting your medical providers with whom you have a medical appointment to determine if your visit can be done by telehealth.

Learn What Telehealth is and How You Can Use it with Your Doctors!

A Healthier You



Being a dialysis patient does not mean you have to give up all the foods you enjoy. Watching your fluid intake, limiting high potassium and phosphorus foods will help keep you healthy and strong.

Learn diet and fluid tips and become A Healthier You!

A COVID Vaccination Story: Why Two People with Chronic Conditions Decided to Get Vaccinated

Do you or someone you know have a chronic condition and are still weighing your options on whether to get the COVID-19 vaccine? Meet Holly and Abby - two kidney transplant patients who recently received the COVID-19 vaccine. One knew she wanted to get vaccinated as soon as possible, and the other was hesitant at first, but decided to receive it as well.

For many people, the continued distribution of the COVID-19 vaccine is a sign of hope, and they are eager to receive the vaccine when it becomes available to them. For those who have a chronic or underlying condition, such as diabetes, end stage renal disease, or cancer, they may be undecided on if the vaccine is right for them.

Tune in as Holly and Abby share their experience with taking the vaccine, what made them decide to do it and how it has impacted them today.



Making Health Care Better Podcast
Episode 23



Figure 1 [Click podcast image to listen.](#)

How Can Self Care Dialysis Improve Outcomes?



Click Self-Care image to view video.

<https://youtu.be/kcNmMtXN7UY>

Peritoneal Dialysis Process at Home



Click Image to view video.

<https://youtu.be/XxjM-Pszq8E>

Home Dialysis

Are you interested in learning more about home dialysis? You can join FREE Ready-Set-Home eClasses offered by Home Dialysis Central

<https://homedialysis.org/life-at-home/ready-set-home-e-classes>



Spring Break Spring Cleaning: Top tips to spring clean your kidney diet



1. Eat fresh, unprocessed foods, whenever possible. Eating meals made from fresh, unprocessed ingredients helps limit sodium and phosphorus intake.
2. Make sure you eat a good variety from your allowed food list. Dialysis patients should include a source of protein at each meal—these can include eggs, meat, fish, and poultry.
3. When the urge to snack hits you, choose healthy options. These include low-sodium crackers or popcorn, grapes, berries, apples, bell-peppers, carrots, and celery. Good sources of protein, like lean meat, chicken, unsalted tuna and nutrition bars or drinks are also good options.
4. Ask your physician or dietitian about calcium in your diet.
5. Keep an eye on your sodium intake. Food high in sodium will increase your thirst and cause you to retain fluid.

continued on next page

Spring Break Spring Cleaning, cont'd.

- Avoid high potassium in your diet, especially if your nephrologist or dietitian has told you to limit intake.
- Dine out with confidence. Restaurants where dishes are made to order are your best options. Do not be afraid to

ask how food is prepared or to request your meal be prepared with no salt. Ask for sauces and dressings to be served on the side and ask for to-go boxes if the portions are large.

- If you are prescribed phosphorus binders, take your binders while your food is in your stomach.

- Know your kidney labs and numbers. Changing your diet is a helpful way to reach lab goals as set by your nephrologist.
- Tell your doctor or dietitian if you use herbal supplements.



Reference: <https://pkdcure.org/top-tips-spring-clean-kidney-diet/>

Infection Prevention Catheter Reduction

Dialysis-Patient-Pocket Guide

Patients with Catheters

6 TIPS to prevent Dialysis Infections

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

www.cdc.gov/ckd www.cdc.gov/dialysis/patient

 TIP 1 Catheters have a higher risk of infection. Ask your doctor about getting a fistula or graft instead.	 TIP 2 Learn how to take care of the catheter at home. Do not get it wet.	 TIP 3 Wash your hands often, especially before and after dialysis treatment.
 TIP 4 Know the steps your healthcare providers should take when using the catheter for treatment.	 TIP 5 Know the signs and symptoms of infection and what to do if you think you might have an infection.	 TIP 6 Know what to do if you have any problem with the catheter.

Patients with Fistulas or Grafts

6 TIPS to prevent Dialysis Infections

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

www.cdc.gov/ckd www.cdc.gov/dialysis/patient

 TIP 1 Take care of your dialysis access site at home. Avoid scratching or picking it.	 TIP 2 Wash your hands often, especially before and after dialysis treatment.	 TIP 3 Wash or cleanse your dialysis access site prior to treatment.
 TIP 4 Know the steps your healthcare providers should take when using your dialysis access for treatment.	 TIP 5 Know the signs and symptoms of infection and what to do if you think you might have an infection.	 TIP 6 Know what to do if you have any problem with your dialysis access site.

Telemedicine for ESRD Patients

S	I	S	Y	L	A	I	D	B	O	R	C	O	N
E	T	R	A	N	S	P	L	A	N	T	O	A	H
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F	N	T	K	A	A	L	H	E	H	D	N	E	D
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TRANSPLANT
SMARTPHONE
SAFER
COMMUNICATION
DOCTOR
TABLET
DIALYSIS
VIRTUAL
TRAVEL
TIME
HOME
KIDNEY
TELEMEDICINE
FREEDOM

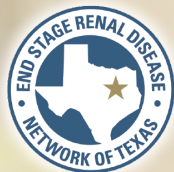
Telemedicine for ESRD Patients

S	I	S	Y	L	A	I	D	B	O	R	C	O	N
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R	I	R	N	R	E	A	R	H	N	N	T	M	A
E	C	M	D	F	L	V	I	O	I	L	I	K	T
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F	N	T	K	A	A	L	H	E	H	D	N	E	D
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Telemedicine can allow a patient to have an appointment with their doctor without having to travel to the doctor's office. You can talk and see your doctor using a computer screen, tablet, or smartphone. Some reasons for using telemedicine are you skip the travel to and from the doctor's office, reduce your risk from COVID-19, saves money and gas, gives you more freedom, and allows more frequent communication with your doctor.



END STAGE RENAL DISEASE
NETWORK OF TEXAS

The Network is on social media!
Visit our social media channels

Contact us:



Networks 8 and 14 are the End Stage Renal Disease Networks (ESRD) that serve as the Medicare contractor for the states of Alabama, Mississippi, Tennessee, and Texas. We are committed to improving the quality and experience of care for all ESRD kidney patients within our four-state patient services area.

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PATIENT AND PROVIDER NEWSLETTER



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HEALTH & H.O.P.E.
MOTTO: HELP ON PROCESSING EVERYTHING DIALYSED

Skin Care: "Love the Skin You're In"

The skin is our largest organ – it protects our bodies, helps us maintain just the right temperature, and gives us the sense of touch. If our skin is irritated or damaged, it can be very painful. A surprisingly large number of chronic dialysis patients suffer from the itchy skin problems of dry skin and itching. Those skin complaints are not life-threatening, but they can be very uncomfortable and distressing, and as a result, can affect your quality of life.

Why does my skin itch?
Itching is a symptom that can be caused as a side effect of your kidney disease or dialysis treatment, although the exact cause of itching in dialysis patients is not always clear. Possible causes

may be high levels of the parathyroid hormone, or high levels of phosphate in the blood. Also, calcium released from the bones can deposit in the blood vessels, joints and skin which may lead to itching. Other possible causes are the retention of toxins, iron deficiency, general inflammation and allergic reactions.

What can I do?
It is extremely important that you monitor your calcium-phosphate balance, follow your nutritionist's advice to ensure low phosphate intake, and be sure to take your phosphate binders as prescribed by your physician. If you do have problems with itching and/or dry skin, make a point to discuss the



problem with your physician. Your doctor may also be able to advise you if there are any suitable creams or lotions you can use or suggest alternative therapies which will help to alleviate the symptoms.

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To file a grievance please contact ESRD Network of Texas Inc. (Network 14) at
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Office: 972-503-3215, fax: 972-503-3219, Toll-free: 877-886-4435,

Email: nw14info@allianthealth.org, website: www.esrdnetwork.org/