

Out of Balance? You're not Crazy!



We have all been there with a faithful car when it starts to act up. You try to fix it. Sometimes you just park it or drive it less. Your body is the same. It's complicated with the need for vitamins, and chemicals to work right. Being on dialysis is like taking your car across the county on a road trip. It causes wear and tear.

You may have noticed changes with some warning lights going off in your body.

- Having less interest in doing what you like.
- Trouble sleeping,
- Irritability
- Changes in your interest in food

You may have tried to fix these warning lights by:

- Trying to stay busy
- Alcohol or other things that numb you
- Staying away from people and “parking yourself”
- Prayer



If you are noticing these warning lights it might be time for a tune up.

Your body may need some chemicals added back to it. These get taken away after time just like your car needs maintenance. Do not wait until you sit things out so long that your tires start to rot! Get back on the road. Speak to your social worker.

**YOU ARE NOT CRAZY, JUST OUT OF BALANCE.
GET BACK ON THE ROAD.
SPEAK TO YOUR DOCTOR OR SOCIAL WORKER**

Produced under contract numbers
ESRD Network 8: 75FCMC19D0005-75FCMC21F0001 and
ESRD Network 14: 75FCMC19D0005-75FCMC21F0002



ALLIANT
HEALTH SOLUTIONS

