

# HEALTH & H.O.P.E.

HELP ON PROCESSING EVERYTHING DIALYSIS

## We Want You!

Do you like helping others? Are you willing to improve another person's life? As a dialysis or kidney transplant patient, you can help other patients in the following ways:

- **Become a peer mentor for your facility.** As a transplant or home dialysis patient, you can provide tips and advice to in-center patients who need someone to speak to. There are many ways to become a peer mentor. Talk to your social worker to get started. You can also reach out to Casey Rich or Debbie O'Daniel at the ESRD Networks.
  - Casey Rich, Network 8 (Alabama, Mississippi, Tennessee) Patient Social Worker: [casey.rich@allianthealth.org](mailto:casey.rich@allianthealth.org) · 877-936-9260
  - Debbie O'Daniel, Network 14 (Texas) Patient Services Specialist: [debbie.odaniel@allianthealth.org](mailto:debbie.odaniel@allianthealth.org) · 877-886-4435
- **Become a facility patient representative (FPR).** The FPR program is for dialysis or kidney transplant patients and their family members. FPRs help other patients at a dialysis center. They also work with staff to create a good setting at the dialysis center and share what it's like to be a patient. This helps facilities make patient care better. Talk with your social worker or download the FPR toolkit from the ESRD website to learn more. If you do not have a computer, ask your social worker to get a copy for you.
  - Network 8 FPR Toolkit - [English](#) [Spanish](#)
  - Network 14 FPR Toolkit - [English](#) [Spanish](#)



## Traveling While on Dialysis



The holiday season will be here soon, and we know that dialysis patients want to be with their family and friends. The ESRD Network Coordinating Council (NCC) has a great in-center dialysis travel checklist to help you when getting ready to travel. The My Dialysis Travel Check List is free in English and Spanish. Download your copy here: [ESRD NCC English](#) or [ESRD NCC Spanish](#). If you do not have a computer, have your social worker print a copy.

*continued on page 2*

### Traveling while on dialysis, cont'd.

If you are a home or PD dialysis patient and plan to fly, learn how to handle any problems traveling with your dialysis equipment and supplies. Before flying, read the [USA Department of Transportation](#)

guide for traveling with a dialysis machine. Also, the TSA website has tips for traveling with your medications. Liquid medications do not have the same 3.4-ounce limits as other liquids. Read [TSA, Can I Pack My](#)

[Meds](#). Remember, each airport and TSA are not the same. You should call ahead to find out what is needed at the airlines and airports you will use.

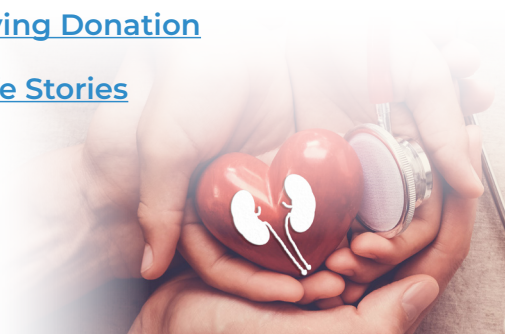
## Your Facility and the ESRD Networks

Did you know that dialysis and kidney transplant facilities that Medicare pays to provide health care must work with their local ESRD Network? One way a facility and the ESRD Network work together is to make sure patients get good care. The ESRD Network helps patients get on a transplant waitlist and helps patients and clinics lower the number of hospital visits. The ESRD Network also works with facilities, patients, and the patient's family when there is a concern or grievance. The Network also has patient material to help you to make good health care choices. Ask your facility manager or social worker to learn more about what the Network and your facility are working on. Also, ask how well your facility is doing when working with the Network.

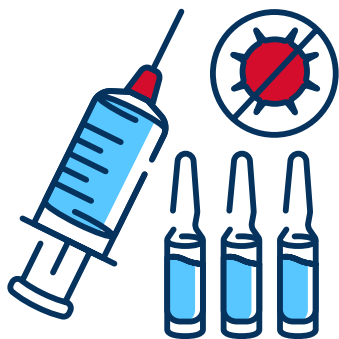
## National Minority Donor Awareness Month

National Minority Donor Awareness Month helps bring the need for organ donation to people of color and honor the heroes who have donated. Did you know that nearly 60% of people on the U.S. transplant waiting list are minorities? In 2022, 49% of minorities got a kidney transplant, and only 31% of living donors were African American, Hispanic/Latino, Asian, American Indian or Pacific Islander. Kidneys are the organ with the highest need in the United States. To learn more about living donation, click on the links below:

- [UNOS Living Donation](#)
- [Gift of Life Stories](#)



## August is National Immunization Awareness Month



Vaccines can stop people from getting illnesses. People with kidney disease have a weak immune system, which makes it harder to fight off illness. As a

kidney patient, you need to get routine shots.

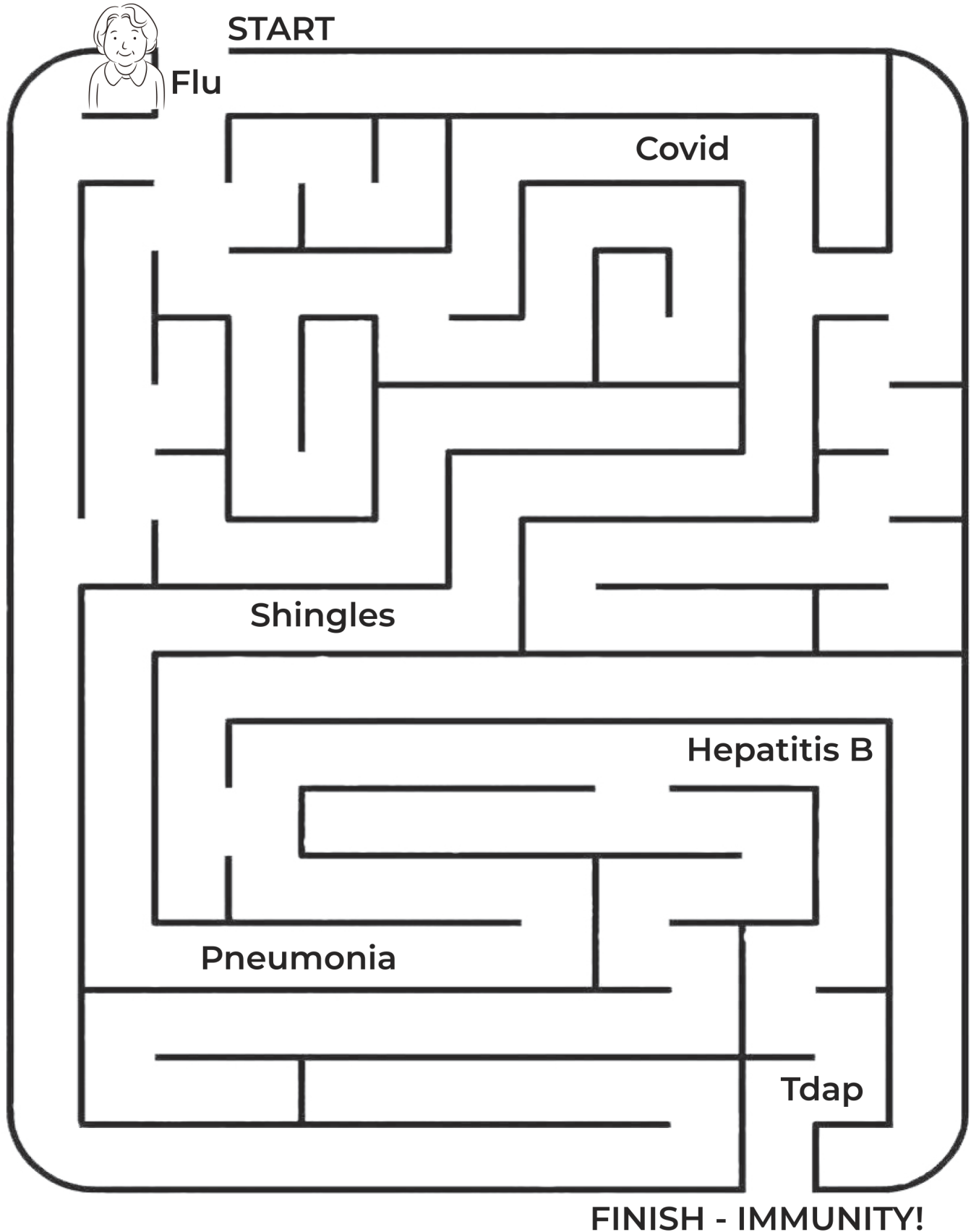
Shots are given by a doctor or nurse. Often, shots are given into your upper arm or leg. Once the shot is given, your body creates antibodies to help stop the illness. Some patients may have soreness or a rash at the shot site. Other patients may get a slight fever. These are good signs and mean the shot is doing its job.

Shots keep kidney patients from getting sick. You may still get the flu or COVID-19, but the shots will stop you from getting really ill and help your body fight the illness quickly.

As a kidney patient, you should know which shots are best for you. Speak with your health care team to make sure you are up to date with all your needed shots.

# Get Your Shots

Can you help the lady get to immunity?  
Find a path that passes each vaccine along the way!



# Hospitalization and Emergency Department Visits



Summer is here, and so is the heat! With the summer heat, it is easy to drink more, which makes it harder for you to get rid of extra fluids. Holding on to added fluids may lead to problems such as fluid overload, high blood pressure and shortness of breath. These problems can make you end up in the emergency room and maybe hospitalized.

**To help with your thirst in the summer heat, try these tips:**



**Carry a water bottle and know how much fluid it holds**

**Limit salty foods and caffeine**



**Suck on frozen berries, grapes, or lemon wedges**

**Brush your teeth more often**



**Chew gum to make saliva and stop dry mouth**

**Plan for a frozen treat after being out in the sun all day**



**Suck on ice chips**

**Keep your blood sugar at its needed level if you have diabetes**



To file a grievance, contact the following agencies:

**ESRD Network 8** - Phone: 1-877-936-9260; Email: [nw8info@allianthealth.org](mailto:nw8info@allianthealth.org);

Mail: 775 Woodlands Pkwy, Suite 310, Ridgeland, MS 39157;

Website: <https://quality.allianthealth.org/topic/esrd-nw8/> -

For patients and facilities in AL, MS, TN

**ESRD Network 14** - Office: 972-503-3215; fax: 972-503-3219; Toll-free: 877-886-4435;

Email: [nw14info@allianthealth.org](mailto:nw14info@allianthealth.org) Mail: 4099 McEwen Rd, Suite 820, Dallas, TX 75244;

Website: <https://quality.allianthealth.org/topic/esrd-nw14/> - For patients and facilities in TX

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