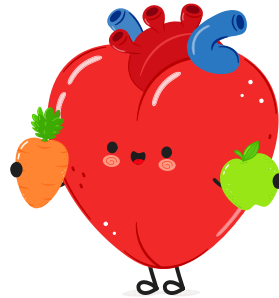


# HEALTH & H.O.P.E.

HELP ON PROCESSING EVERYTHING DIALYSIS

## Show Your Heart Some Love: How to Stay Healthy During American Heart Month

February is American Heart Month. Heart disease is the top cause of death in the United States, but you can take steps to prevent it. Taking care of your heart may seem hard, but small changes can make a big difference. Simple habits, like walking, sleeping well and eating healthy, can help your



heart stay strong. When you take care of yourself, you lower the risk of heart disease and stroke. Learn more at [www.heart.org](http://www.heart.org).

## Steps to Protect Your Heart

Heart disease is common in people with kidney problems, but there are simple things you can do to keep your heart strong.

### WHAT IS HEART DISEASE?

Heart disease means there are problems with the heart and blood vessels. It can include:

- Blocked arteries that make it harder for blood to flow
- A heart attack
- Problems with how your heart beats or pumps blood

### HOW CAN YOU KEEP YOUR HEART HEALTHY?

- Follow these steps to protect your heart.
- Eat foods that are low in salt and fat
- Take your medicines
- Stop smoking
- Be active
- Keep your weight healthy
- Control stress
- Control high blood pressure and blood sugar
- Don't skip or shorten dialysis treatments



## Stay for Every Minute: Why Completing Your Dialysis Treatments Saves Your Life

Dialysis is a treatment that removes extra fluid and waste from your blood when your kidneys stop working correctly. Most people have dialysis three times a week, and each treatment lasts about four hours. Healthy kidneys work all day, every day.

If you skip or shorten your dialysis treatments, waste builds up in your blood. This can make you feel sick, weak, or tired. Even if you don't feel sick right away, missing treatment can hurt your body.

People who miss three or more treatments in a month have a higher chance of getting very sick. They may also have trouble getting a kidney transplant. Skipping one treatment a week adds up to four months of missed dialysis every year. That can shorten your life.

Even a few missed minutes can hurt you – so stay for your full treatment!

Minutes Lost Per Treatment	Minutes Lost Per Year	Hours Lost Per Year
10 minutes	1,560 minutes	26 hours
15 minutes	2,340 minutes	39 hours
20 minutes	3,120 minutes	52 hours
30 minutes	4,680 minutes	78 hours

# HEART HEALTHY RECIPE

## Air Fryer Crispy (Un) Fried Chicken

Servings: 4

Serving Size: 3 ounces chicken

### INGREDIENTS

1/2 cup all-purpose flour

2 tablespoons minced fresh parsley

OR

2 teaspoons dried parsley, crumbled

1/2 teaspoon ground oregano

1/4 teaspoon pepper

1/4 teaspoon cayenne (optional)

OR

1/4 teaspoon crushed red pepper flakes (optional)

1/2 to 1 cup low-fat buttermilk

1/2 tablespoon red hot-pepper sauce, or to taste (optional)

1/3 cup finely crushed whole-grain crispbread or whole-grain crackers (lowest sodium available) or whole-wheat panko (Japanese-style bread crumbs)

1/3 cup shredded or grated Parmesan cheese

4 boneless, skinless chicken breasts (about 4 ounces each), all visible fat discarded, flattened to 1/4-inch thickness, patted dry with paper towels

Cooking spray

### DIRECTIONS

1. Preheat the air fryer to 390° F.
2. In a shallow dish or pie pan, whisk together the flour, parsley, oregano, pepper, and cayenne.



3. In another shallow dish or pie pan, whisk together the buttermilk and hot sauce. In a third dish or pie pan, stir together the crispbread crumbs and Parmesan. Line up the dishes in order with a large plate at the end. Dip the chicken in the flour mixture, then in the buttermilk mixture and finally in the crumb mixture, turning to coat at each step and gently shaking off any excess. Using your fingertips, gently press the crumb mixture so it adheres to the chicken. Press the crumbs onto the chicken so they stick. Put the chicken on the plate. Cover and place in the fridge for 30 minutes to 4 hours.
4. Lightly spray the chicken with cooking spray. Place the chicken in a single layer in the air fryer basket. (Don't stack them. Cook in batches if needed.) Cook for 10 to 15 minutes, or until the chicken is no longer pink in the center and the top coating is golden brown. Flip the chicken halfway through and spray lightly with cooking spray.

Find more heart-healthy recipes at <https://recipes.heart.org/en/>

## Watch Our Missed Treatments Video



Watch our video, Why Every Minute Matters – The Importance of Dialysis Treatment for ESRD Patients, at [https://www.youtube.com/watch?v=CyNUjgUN\\_al](https://www.youtube.com/watch?v=CyNUjgUN_al)

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: P.O. Box 105337, Atlanta, GA 30348;  
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: P.O. Box 105337, Atlanta, GA 30348;  
Website: <https://quality.allianthealth.org/topic/esrd-nw14/> - For patients and facilities in TX.

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