



Ten Tips for Living Well on Dialysis

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TEN TIPS FOR LIVING WELL ON DIALYSIS

1. Don't miss treatments and stay for your full prescription time
2. Learn all you can about managing your disease
3. Work with your healthcare team to find out what treatment options, medications and diet are best for you
4. Maintain your weight, blood pressure, sugar levels and diet as instructed
5. Be mindful of daily fluid intake; too much fluid between treatments is damaging to your heart over time
6. If you are a candidate, train to do your treatments at home
7. Keep moving; adopt an exercise regimen that's best for you, even if its just walking, stretching or chair yoga
8. Talk about your feelings to anyone, keep your emotional health in check
9. Get on the transplant list as soon as possible, time is precious!
10. Talk to family and friends about the possibility of donating a kidney to give you a chance at a better quality of life and keep you off dialysis

HELP PREVENT KIDNEY DISEASE; TALK TO FAMILY AND FRIENDS ABOUT KIDNEY DISEASE. HIGH BLOOD PRESSURE AND DIABETES ARE THE LEADING CAUSES OF KIDNEY DISEASE

KIDNEY DISEASE IS EASILY DETECTED THROUGH A SIMPLE URINE TEST. GET SCREENED TO FIND OUT IF YOU HAVE IT BEFORE IT GETS TO THE LATE STAGES

BE AN ORGAN DONOR! YOUR GIFT WILL SAVE LIVES!