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DO YOU WANT TO KNOW ABOUT A SPECIFIC TOPIC?
SUBMIT SUGGESTIONS TO:

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HELPFUL TIPS TO EMPOWER
DIALYSIS PATIENTS

Kidney Chronicles

Preparing and Waiting for a Kidney Transplant Coping with Pre-Transplant Stress

Waiting for a transplant can trigger feelings of stress and anxiety. To help manage stress, you can:

- ◆ Eat right, take your prescribed medications, and follow a daily exercise program based on your medical needs.
- ◆ Keep up with studies, work, and leisure activities to the best of your ability.
- ◆ Share your feelings if you're depressed or uneasy. The transplant team can answer questions, and help alleviate fears. The social worker can put you in touch with a support group.
- ◆ Find a creative outlet to help distract and relax you.
- ◆ Spend time with family and friends. Good company will take your mind off waiting.
- ◆ Learn relaxation techniques, like reading and listening to music or relaxation tapes.
- ◆ Make sure you take care of your teeth. Dental health is important at all times, especially when waiting for a transplant.
- ◆ Pack an overnight bag as soon as your name is put on the waiting list. Make a list of items you will need in the hospital after surgery, as well as a list of people to be contacted when the kidney becomes available. Give this list ahead of time to a trusted family member or friend to pack any last-minute items and make the calls while you're on your way to the transplant center.

April is National Donate Life Month



More than 55 years after the first successful organ transplant, individuals are just beginning to recognize the importance of giving the gift of life to others. In 2009, over 13,000 people were organ donors. Thanks to them, and the thousands before them, more than 475,000 people in the United States received transplants. Despite the compassion of so many, National Donate Life Month is a time to raise awareness that there continues to be a critical need for more donors and an increasing gap between the number of people whose lives depend upon receiving an organ transplant and the number of available organs. Did you know that one organ and tissue donor can impact 50 lives? By encouraging others to register as an organ and tissue donor, hundreds more could receive transplants. Talk to friends and family today. **IF WE ALL SIGN UP, WE CAN HELP EACH OTHER!**

Dialysis Facility Compare www.medicare.gov/dialysis

The above website provides important information and resources for patients and family members who want to learn more about chronic kidney disease and dialysis. Look at the information on Dialysis Facility Compare carefully. Use it with other information as you compare facilities and decide where to get dialysis. You should also:

- ◆ Visit facilities that interest you
- ◆ Talk to dialysis facility staff and patients
- ◆ Talk to your doctor
- ◆ Contact kidney disease groups (The phone numbers and website for some of the kidney disease groups are found in the Resources section of this website)

Print out information you find useful on this website and bring it with you when you visit facilities or talk with doctors, staff, other patients, or kidney disease groups.