

TREATMENT OPTIONS

What Do I Need to Know?

Kidney failure is treated either with dialysis or transplantation. There are several types of dialysis. Each type is different and each requires certain changes in your life. Not all treatment options are suitable for every patient because of their disease, physical or emotional condition, family situation, or life-style needs. The *Comparing Treatment Options* chart found in this educational series will help you understand treatment options and help you make the best treatment choice for **YOU**.

It is your right to have all treatment choices explained by your doctor and other health care staff. You need to have all the facts to make an informed decision about your care. Your treatment should be based on your special needs. Age, type of kidney disease, state of health and lifestyle are important things to think about.

You will want to learn all you can about each kind of treatment. You may wish to talk to other patients about their experiences. It is important to talk with loved ones and involve them in the decision. Choosing a treatment that fits your life-style best will cause less disruption and provide for a less stressful adjustment.

Mid-Atlantic Renal Coalition
1527 Huguenot Road
Midlothian, VA 23113

Patient Toll-Free
1-866-651-6272

marc@nw5.esrd.net



A Guide to Better Living

What is Dialysis?

Dialysis is a process that uses “artificial” means to clean your blood when your kidneys can’t. Dialysis will not cure kidney disease, but it helps your body get to a healthier state. The good news about kidney dialysis treatment is that there are many types of treatment that you can choose from. You should look at each type carefully and select a type that will fit your life style best. There are two basic types of dialysis: Hemodialysis and Peritoneal Dialysis. Each of these has even more choices so you can select a version that best meets your life-style needs.

Where Can I Get More Information?

Review the following fact sheets to help you make the best choice.

- Hemodialysis
- Peritoneal Dialysis
- Transplant
- Comparing Treatment Options

Home dialysis options require that you be trained so the care you give yourself is safe. Do not believe that you need a medical professional to do the treatment for you. Many of the technicians who would care for you in the dialysis center do not have a medical degree, but have been trained to do the treatment. You would receive the same training to care for yourself. And you will not be allowed to do the treatments on your own until both you and the staff feel you are ready.


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**Chronic Kidney
Failure: A Guide
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An Educational Series



Remember, you can change to another type of dialysis at any time as long as the doctor approves it. Not every dialysis center has every type of dialysis, but they should help you to find another center that offers what you want. You can also contact the ESRD Network (Mid-Atlantic Renal Coalition) for help.

You should choose the type of dialysis that will fit best with your life-style needs!

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