

Patient Information

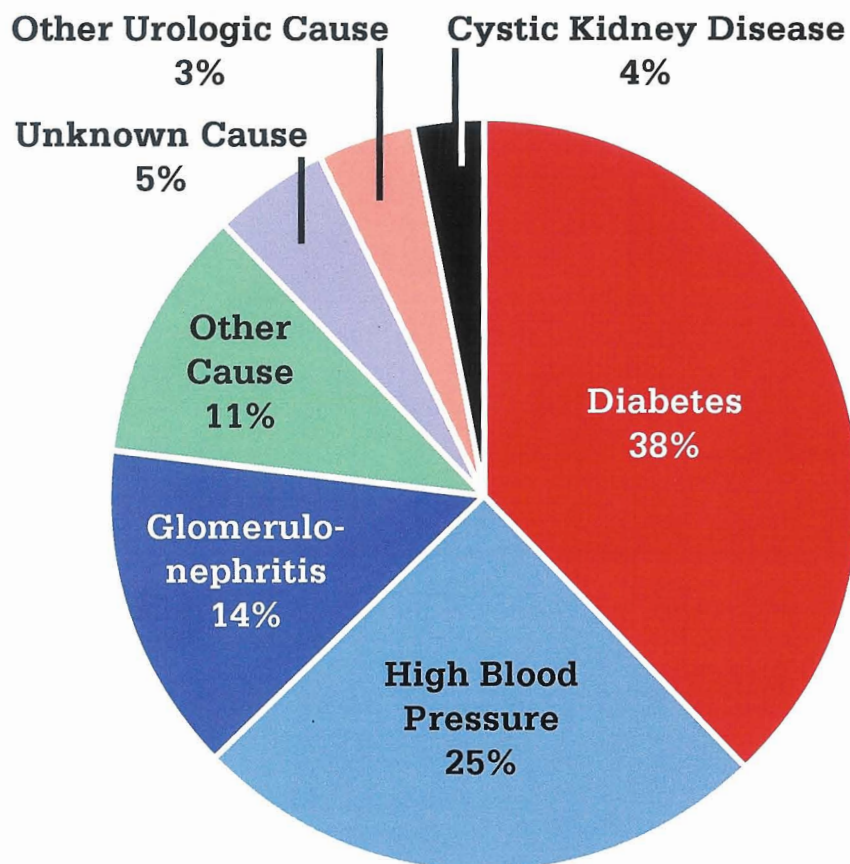
MISSOURI KIDNEY PROGRAM'S PATIENT EDUCATION PROGRAM

If this information is helpful to you, we encourage you to come to our classes. Information about them is provided inside this folder.

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RISK FACTORS FOR KIDNEY FAILURE



- It is estimated that 31 million Americans have chronic kidney disease or about 1 in 7 people (16% of the population).
- Over 500,000 Americans have kidney failure with over 350,000 living on dialysis and more than 150,000 with a kidney transplant.
- Diabetes and high blood pressure (hypertension) are the two leading causes of kidney failure in the United States.

Data from the 2008 United States Renal Data System (USRDS) Annual Data Report.

CHRONIC KIDNEY DISEASE STAGES AND TREATMENT

Stage	Description	GFR	Management
1	Kidney damage with normal or higher than normal GFR	90 or higher	Observation, control blood sugar and blood pressure. Monitor creatinine, protein in the urine, and look at heart health.
2	Mildly reduced GFR	60-89	Observation, control of blood pressure and other risk factors
3	Moderately reduced GFR	30-59	Same as Stage 1. Monitor potassium and red blood cell counts. Encourage immunizations. Look at medications.
4	Severely reduced GFR	15-29	Same as stage 3. Monitor calcium and phosphorus and treat. Education. Prepare for treatment option.
5	Kidney Failure	Less than 15	Prepare for treatment option and start dialysis or transplant.

CASE STUDY: LOOKING AT LABS

Like a recipe, the "Test" list tells what chemicals in the body are being tested.

Also like a recipe, the "Units" tell what the unit of measure is.

The "Reference Range" tells what is the expected range.

The "Results" show what is in YOUR sample. Compare this number to the "Reference Range" to see where YOU are.

Test	Units	Ref. Range	Results
Sodium	mEq/L	136-145	144.0
Potassium	mEq/L	3.5-5.1	4.3
Chloride	mEq/L	98-107	105.0
CO2	mEq/L	21-32	31.0
Glucose, Serum	mg/dL	70-100	85.0
BUN	mg/dL	7-18	43.0
Creatinine	mg/dL	0.6-1.2	1.4
Calcium	mg/dL	8.5-10.1	10.0
Protein, Total	g/dL	6.4-8.5	8.0
Albumin	g/dL	3.4-5.0	3.2
Bilirubin, Total	mg/dL	0.0-1.0	0.4
Alk Phos	U/L	50-136	286.0
ALT	U/L	30-65	66.0
AST	U/L	15-37	68.0
eGFR	mL/min/1.73 m ²	>60	45.0

In example: This result of 45 is below the expected result listed in the Reference Range. In this case, indicating low kidney function.

Note: Different labs use different formulas and therefore the Reference Range may differ.

OPTIONS FOR TREATMENT OF KIDNEY FAILURE

Chronic kidney disease (CKD) can cause many symptoms. Most of these symptoms are caused by a build-up of toxins in the blood. When CKD progresses to kidney failure, there are three main options for treating it. There is no one right option, just the option that's right for you.

Hemodialysis

In hemodialysis (HD), blood is pumped through a filter (dialyzer) on a machine that cleans the toxins from your blood. You can do HD in a dialysis clinic or, with 3–6 weeks of training, you can do it at home. Treatment time takes varies, but should be no less than 9 hours a week. To do HD you will need a surgeon to create what they call an access (fistula, graft or catheter) to your blood. A fistula takes weeks to heal before you can dialyze. A graft can be used sooner. In an emergency, a surgeon can insert a catheter that can be used right away. A catheter is rarely a good permanent option.

Peritoneal Dialysis

Peritoneal dialysis (PD) uses the lining of the organs in your belly to filter wastes. Fluid is drained into the belly, and after resting there for a prescribed time, it is drained back out. Toxins and extra fluid leave the body in this fluid. PD is almost always done by the patient at home. It takes 1–3 weeks to learn how to do PD yourself. A surgeon will have to insert a permanent catheter in your belly (or chest) to do PD. It usually takes a couple of weeks to heal before you can train for PD. One end of the catheter sticks out of your body a little but can be easily hidden under clothes.

Kidney Transplant

A kidney transplant is when a surgeon places a donor kidney in you. Your donor must be a good match for you (compatible blood type and antibodies). A donor is usually a stranger who has died and donated their kidneys or a friend or relative who wants to give you one of their kidneys. You can get a transplant before you need dialysis if you have a donor. Transplant is a treatment, not a cure. If you get a transplant, you will have to take anti-rejection drugs all your life to keep your immune system from attacking your new kidney. Sometimes transplants don't work right away. Only rarely do transplants never work. If the kidney doesn't work, you can do dialysis and try for another transplant.

Websites for People with Kidney Disease

Organization	Internet Address	Type of Information
Advance directives/ Booklet <i>Caring Conversations</i>	www.practicalbioethics.org	Workbook for family discussions on end-of-life issues, advance directive forms (Eng/Sp)
Alleready Foods	www.alleready.com	Packaged meals for kidney diet
American Assoc. of Kidney Patients	www.aakp.org	Patient Plan [®] , Kidney Beginnings, aakp RENALIFE magazine
American Kidney Fund	www.kidneyfund.org	Brochures, patient grants, & other financial help
American Medical Association	www.ama-assn.org	<i>Doctor Finder</i> database, health topics for patients
BenefitsCheckUp	www.benefitscheckup.org	Helps those 55+ find financial help
Caregiver Magazine	www.caregiver.com	Caregiver info & support
Clinical trials	www.clinicaltrials.gov	Research on treatments, drugs
Cooking For David	www.culinarykidneycooks.com	Recipes, cookbook, tips
Dairy Delicious	www.dairydelicious.com	Low phosphorus, low potassium milk, recipes
Dialysis Facility Compare	www.medicare.gov/dialysis	Find clinics; compare management of anemia, adequacy, & survival
Dialysis Finder (owned by DaVita)	www.dialysisfinder.com	Find U.S. dialysis clinics, maps. DaVita clinics are listed first.
Heartland Kidney Network	www.network12.org	Quality care, complaints & grievances, data
Global Dialysis	www.globaldialysis.com	Find dialysis centers worldwide
Home Dialysis Central	www.homedialysis.org	Fact sheets, <i>Find a Center</i> (home programs), message boards, etc.
Insurance Department	www.insurance.illinois.gov/ www.insurance.mo.gov/ www.ksinsurance.org	Learn options for all types of insurance, make complaints
Kidney Medicare Drugs Awareness and Education Initiative	www.kidneydrugcoverage.org	Fact sheet on Medicare Part D, Compare Drug Plans kit
Kidney School	www.kidneyschool.org	Interactive website, modules on different topics
Life Options	www.lifeoptions.org	Free booklets, fact sheets, message boards, links, patient profiles, tips
Medicare	www.medicare.gov	Medicare info, booklets, compare Part D programs & provider types
MedlinePlus	www.medlineplus.gov	Health topics, drug info, & more

Websites for People with Kidney Disease

Organization	Internet Address	Type of Information
Missouri Kidney Program	http://som.missouri.edu/mokp/	Financial help for eligible Missourians; education
National Kidney Foundation	www.kidney.org (national) www.kidneyksmo.org www.kidneyemo.org	Brochures & info on kidney disease, treatment, diet, exercise, coping, local office links
National Kidney & Urologic Diseases Info Clearinghouse	www.kidney.niddk.nih.gov/	Kidney topics (English/Spanish), statistics, clinical trials, guidelines, & more
Needy Meds	www.needymeds.com	Drug assistance programs, programs for diabetes supplies, newsletter
Nephron Information Center	www.nephron.com	Kidney disease diagrams, links, online GFR calculator
Partnership for Prescription Assistance	www.pparx.org/	Database of drug company programs to help pay for medicines
Pleasoning Gourmet Seasoning	www.pleasoning.com	Lower sodium seasoning products
PubMed	www.pubmed.gov	Search for abstracts of studies
Quench gum	www.quenchgum.com/	Products to reduce thirst
Renal Support Network	www.rsnhope.org	Living well with kidney disease; annual meeting; <i>We Can</i> advocacy
RenalWEB	www.renalweb.com	Links, resources, message boards
Social Security Administration	www.socialsecurity.gov	Info about Social Security benefits
State Health Insurance Programs	http://www.missouricclaim.org/ (MO) http://www.aging.ks.gov/SHICK/websites.htm (KS) http://insurance.illinois.gov/ship/ (IL)	One-on-one help with Medicare & other insurance concerns
United Network for Organ Sharing	www.unos.org	Organ procurement & transplant data, <i>Transplant Living</i> resource
USDA Food and Nutrition Center	www.nal.usda.gov/fnic/foodcomp/Data/SR15/wtrank/wt_rank.html	National Nutrient Database includes content of foods (sodium, phosphorus, potassium, etc.)
Scientific Registry of Transplant Recipients	http://www.srtr.org/	Data on national, regional, & center-specific success rates
Vocational Rehabilitation	www.dhs.state.il.us/ (IL) www.dcf.ks.gov/services/RS/Pages/Employment-Services.aspx (KS) www.dese.mo.gov/vr/ (MO)	Help with training &/or to find a job

NOTES

CONTACT INFORMATION

For general questions about Missouri Kidney Program, please contact our main administrative office.

Main Office

AP Green Building—Suite 111
201 Business Loop 70 West
Columbia, MO 65211-8180
Phone: (573) 882-2506
(800) 733-7345
FAX (573) 882-0167
<http://som.missouri.edu/mokp/>

For any questions about the Patient Education Program or to refer a patient to our classes, please contact the office in your area.

**DO YOU HAVE
KIDNEY DISEASE?
WE CAN HELP!**

**Missouri
Kidney Program:
(800) 733-7345**