



Kidney Q&A

0-3 months

Life Options Rehabilitation Program
414 D'Onofrio Drive, Ste. 200
Madison, WI 53719
www.lifeoptions.org

What can I do to be sure I can keep doing my favorite things?

Q: What can I do to be sure I can keep doing my favorite things?

A: You can keep doing most or all of the things you enjoy with kidney failure—if you feel your best. You may have done less while your kidneys were failing. Now that you're on dialysis, you'll probably feel better. Here are four things you can do to be able to keep up your favorite tasks:

1. **Get enough dialysis.** Be sure to get all of the treatment your doctor prescribes. Learn how to understand the lab tests that measure how much dialysis you are getting. Take all your medications as prescribed.
2. **Get treatment for *anemia*,** a shortage of red blood cells. If you have anemia, your doctor will prescribe a man-made form of the hormone *erythropoietin*, called Aranesp® or Epogen®. This drug, plus iron, will help you make more red blood cells so you have more energy.
3. **Exercise.** Your body is like a rechargeable battery—and exercise recharges you. Over time you will get stronger, build up endurance, and get more flexible if you stay active. Talk to your doctor before you start a new exercise program.
4. **Eat right.** Your meal plan is a key part of your treatment. Following it will help you to feel your best.

Don't let anyone tell you that you can't live a full life with kidney disease. You *can*, if you're willing to work for it.

What *I* can do to keep doing my favorite things:

- Set a goal to work toward doing activities I did before, one step at a time.
- Ask for help and support from my friends, family, and my care team.
- Know my adequacy numbers and be sure I am getting enough treatment.
- Know my anemia numbers and be sure I am getting enough treatment.
- Stay active. Ask my doctor for an exercise plan and get moving.
- Visit module 10 of Kidney School™: *Getting Adequate Dialysis*, and module 12, *Staying Active with Kidney Disease* at www.kidneyschool.org to learn more.
- Consider getting more treatment by doing daily or nocturnal hemodialysis at home or in a center.
- Visit Home Dialysis Central at www.homedialysis.org to learn more.