



ECMC End Stage Renal Disease (ESRD) Patient Education



Welcome to the End Stage Renal Disease (ESRD) Education Session held at ECMC's Center for Outpatient Dialysis. Although you may be unfamiliar or not entirely informed about this disease and the causes of it, this session will enable you and your family members/guests to have a much better understanding of ESRD.

ECMC clinicians have created this ESRD Education Session to inform you about End Stage Renal Disease and the various treatment options available.

One in every eight adults in Western New York has been diagnosed with chronic kidney disease and an equal number in the community may be undiagnosed. While ESRD is a serious condition, it is not uncommon and can be well managed by carefully following the advice and instructions provided by your primary care physician, nephrology physician (kidney/renal care specialist), clinical nurse, dietitian, social worker, and all of the other members of your care team.

Should you eventually become a candidate for a kidney transplant, ECMC has a long history of successful transplantation thanks to the expertise of our leading kidney transplant specialists. In addition to diagnosing and treating complex medical conditions and performing the multifaceted procedures associated with organ transplants, ECMC's Department of Nephrology has an excellent reputation for clinical research and scientific discovery in the area of kidney disease. ECMC clinicians will guide you, suggest options and offer treatment recommendations to address your healthcare needs.

Thank you for visiting ECMC's Center for Outpatient Dialysis.

The outline below should help to remind you about what you learned after you attend this ESRD Education Session.

Normal Kidney Function

- Remove waste products from the body
- Balance the fluids within our bodies
- Regulate blood pressure
- Produce active forms Vitamin D that promotes strong bones
- Helps produce red blood cells

Causes of Kidney Failure

- Diabetes
- High Blood Pressure
- Congenital (Born with)
- Glomerulonephritis
- Polycystic Kidneys
- Kidney Infections
- Drugs
- Cancer

Symptoms

- Shortness of Breath
- Fluid Retention
- Uremia
- Fatigue
- Nausea/vomiting
- Hiccups
- Loss of Appetite
- Metallic taste
- Mental Confusion
- Itching
- Sleep Problems

continued

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Treatment Options

- **Peritoneal Dialysis:** CCPD (Continuous Cycling Peritoneal Dialysis) uses a machine called a cycler; exchanges performed while you sleep
- **Hemodialysis:** a dialysis machine and a special filter called an artificial kidney, or a dialyzer, are used to clean your blood. To get your blood into the dialyzer, the doctor needs to make an access, or entrance, into your blood vessel. Two forms of Hemodialysis: Home Hemodialysis and Outpatient Hemodialysis
- **Home Hemodialysis:** treatments done in privacy of your own home; performed several times a week at your convenience; care partner needed; supplies delivered to your home

Advantages: schedule flexibility; no travel required; fewer dietary restrictions; patients have more energy

Disadvantages: need care partner; commitment needed for training; needles

Outpatient Hemodialysis: performed in clinic or hospital setting; healthcare team provides care; set schedule; up to 4-hour treatment time three times per week; no supplies needed at your home

Advantages: licensed medical staff; no supplies needed at home; immediate access to medical services

Disadvantages: travel to clinic up to three times per week; stricter dietary and fluid restrictions; needles

- **Transplantation:** Surgical procedure; Kidney can be from a deceased or living donor; Lifelong medical monitoring and immunosuppressive medications

Advantages: no dialysis needed; longer life expectancy; fewer fluid and dietary restrictions; improved quality of life

Disadvantages: wait time; major surgery; risk of organ rejection; lifelong compliance with medications

Palliative Care

- No dialysis treatment
- Manage symptoms with medications and holistic care
- Without dialysis treatment, eventual death due to fluid and toxin build up

What You Should Do

- Follow your diet and fluid restrictions
- Take all your medications as instructed
- Keep all medical appointments
- Notify your provider of any changes in your health status



Our sessions are held on the ground floor of the Barry & Deanna Snyder Dialysis and Medical Office Building on the ECMC Health Campus (Building B in map on left)
Parking available in lot B.



**Center for
Outpatient Dialysis**

A division of the Center of Excellence for Transplantation & Kidney Care at ECMC

**Call 716-898-1400 or
Email: educationclasses@ecmc.edu**

