

# Welcome to Dialysis

You may have questions about kidney disease and dialysis. You have a whole team supporting you. But it's important to take charge because you play the most important role.

- Work with your dialysis team to decide on your care
- Have a good attitude
- Do research, ask questions
- Be honest with your health care team
- Follow the care plan your team creates for you
- Keep close watch on your 4A's

## 4 A's

### Adequacy

- Adequate dialysis is when waste is effectively removed from your body and helps you feel better, live longer

### Access

- A fistula is the best type of access. A graft is the next best. A CVC is temporary and you should talk to your doctor about having your CVC removed

### Albumin

- Albumin, a protein in your blood, reveals how you are eating and it helps fight infection, heal wounds
- Ask your dietitian what to eat and how much to drink

### Anemia

- Anemia is a shortage of red blood cells which may make you feel weak because you do not have enough blood cells to carry oxygen throughout your body

## Community Resources

American Association of Kidney Patients (AAKP) — [www.aakp.org](http://www.aakp.org)

American Kidney Fund (AKF)  
1-800-638-8299, 6110 Executive Boulevard, Ste. 1010, Rockville, MD 20852, or email: [helpline@akfinc.org](mailto:helpline@akfinc.org)

Treatment Evaluator  
[www.davita.com/treatmentevaluator](http://www.davita.com/treatmentevaluator)

DaVita Diet Helper  
[www.davita.com/diethelper](http://www.davita.com/diethelper)

Forum of End Stage Renal Disease Networks  
(804) 794-2586. [www.esrdnetworks.org](http://www.esrdnetworks.org)

Kidney Care Connections  
[www.davita.com/kidneycareconnections](http://www.davita.com/kidneycareconnections)

Life Options Rehabilitation Program  
[www.lifeoptions.org](http://www.lifeoptions.org)

National Kidney Foundation (NKF)  
[www.kidney.org](http://www.kidney.org)

The Kidney Trust™  
[www.kidneytrust.org](http://www.kidneytrust.org)

United Network for Organ Sharing (UNOS) — 1-800-243-6667  
[www.unos.org](http://www.unos.org)

