

Play Offense!

Don't fumble with your health and end up in the hospital!

Recognize the 10 most common risks to your health.
Know what action *you* can take to avoid the hospital.

<p>1 Blood Infections</p>	<p>Prevent blood infections:</p> <ul style="list-style-type: none"> • Wash your hands before touching your fistula or graft. • Wash the skin over your fistula or graft with warm, soapy water. <ul style="list-style-type: none"> ○ Do this just prior to sitting in your treatment chair for dialysis. • Learn the infection prevention practices in your facility. • Know the signs and symptoms of infection. <ul style="list-style-type: none"> ○ Symptoms can include fever, fatigue, diarrhea, or redness and swelling around a catheter or fistula site.
<p>2 Vascular Access Problems</p>	<p>Protect your access:</p> <ul style="list-style-type: none"> • Listen to your access for a whooshing sound. • Feel your access for a buzzing feeling (thrill). • Talk to center staff about your access each treatment. • Let staff assess the need for treatment by the surgeon or access center. • Get treatment as soon as an issue is identified.
<p>3 Fluid Related Issues</p>	<p>Reduce your risk of fluid related issues:</p> <ul style="list-style-type: none"> • Attend all of your dialysis treatments. • Follow your fluid and salt restrictions. • Let center staff know if your thirst has increased between treatments. <ul style="list-style-type: none"> ○ Drinking too much fluid between treatments makes it hard to remove. ○ Too much fluid may cause shortness of breath or heart problems.
<p>4 Heart Problems</p>	<p>Protect your heart:</p> <ul style="list-style-type: none"> • Keep your phosphorus in the target range of 3.5 to 5.0 mg/dl. • Keep a healthy body weight. • Break any smoking habit. • Take your blood pressure medicine as ordered. • Follow salt and fluid intake rules. • See your heart doctor (cardiologist) on a regular basis.
<p>5 Stomach or Intestinal Problems</p>	<p>Address digestive problems before they become serious:</p> <ul style="list-style-type: none"> • Talk with center staff about dietary concerns. • Let center staff know about symptoms you may be having. • See your stomach doctor (gastroenterologist or GI doctor) on a regular basis. <ul style="list-style-type: none"> ○ Address problems before they require going to the hospital.

<p style="text-align: center;">6</p> <p style="text-align: center;">High or Low Blood Pressure</p>	<p>Prevent blood pressure problems:</p> <ul style="list-style-type: none"> • Take your blood pressure medicine, as prescribed. • Know your current dry weight. • Tell the care team of any changes that could affect your dry weight. <ul style="list-style-type: none"> ○ Tell them if you have had extreme thirst, loss of appetite, or increased appetite with body weight gain. • Discuss how you feel with center staff after each adjustment of your dry weight. <ul style="list-style-type: none"> ○ Removing too little fluid can increase blood pressure. ○ Removing too much fluid can cause your blood pressure to drop.
<p style="text-align: center;">7</p> <p style="text-align: center;">Too Much or Too Little Medication</p>	<p>Ensure your medicines and doses are correct:</p> <ul style="list-style-type: none"> • Talk to center staff. <ul style="list-style-type: none"> ○ Bring in a list of your most current medicines. ○ Let staff know if there is anything new or different about your list. ○ Bring in your medicine bottles. <ul style="list-style-type: none"> ▪ It may make asking questions or discussing concerns easier. • Tell your nurse or social worker if you cannot get your medicines. <ul style="list-style-type: none"> ○ Do this right away.
<p style="text-align: center;">8</p> <p style="text-align: center;">Low Hemoglobin (Anemia)</p>	<p>Track your hemoglobin (Hgb) levels:</p> <ul style="list-style-type: none"> • Know your Hgb lab test results. • Ask center staff for suggestions if your Hgb is out of optimal range. • Report any signs of trouble, including: <ul style="list-style-type: none"> ○ Infection, open sores or wounds, or changes in the color of your stools.
<p style="text-align: center;">9</p> <p style="text-align: center;">Falls at Home</p>	<p>Avoid falls at home:</p> <ul style="list-style-type: none"> • Tell your care team if you are feeling weak or overly tired. <ul style="list-style-type: none"> ○ They may be able to help you find services or options to assist you. <p>If you have had a fall at home:</p> <ul style="list-style-type: none"> • Tell your care team right away.
<p style="text-align: center;">10</p> <p style="text-align: center;">Pneumonia</p>	<p>Prevent pneumonia:</p> <ul style="list-style-type: none"> • Get a pneumonia shot if you have not had one in the last five years. <ul style="list-style-type: none"> ○ Ask your care team for details about the shot. • Ask your care team about other shots that might help you stay out of the hospital.