

WHAT PEOPLE ARE SAYING ABOUT RSN AND ITS PROGRAMS...

“RSN is great! Its programs get patients involved, giving them the hope they need to survive and thrive.” – Sharon Pahlka

“KidneyTalk is one of the greatest educational tools for CKD.... Sit back, listen, learn, and laugh.” – Julie Glennon, Florida

“I enjoyed the articles in your Live & Give newsletter and found the information helpful not only for patients, but for health care professionals as well. – Kathryn Tremaine, Tennessee

“RSN has given me more than just hope and great information; it has given me the inspiration to help others as well.” – Robert Ziegler, California

CONNECT WITH RSN ON SOCIAL MEDIA

We'd love to connect. Follow us for daily inspiration, health tips, breaking news, and more. If you'd like to share your story, we'd love to hear it and share it with others!



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renalsupportnetwork.tumblr.com



DID YOU KNOW...

Diabetes and high blood pressure are the two main causes of kidney failure.

SIGNS AND SYMPTOMS OF CKD

- ♥ Swelling or numbness in the feet, ankles, or hands
- ♥ Changes in urination (frequency, color, the presence of foam in the urine)
- ♥ Increased fatigue and lack of energy
- ♥ Fragile bones
- ♥ Headaches
- ♥ Itchy skin
- ♥ Twitching muscles, especially in the legs
- ♥ Loss of appetite
- ♥ Metallic taste in the mouth
- ♥ Nausea or vomiting
- ♥ Insomnia
- ♥ Changes in skin color (a yellowish tint)
- ♥ Difficulty concentrating or mental confusion

TO SIGN UP FOR OUR
COMPLIMENTARY
NEWSLETTER
OR MAKE A DONATION
VISIT US AT RSNHOPE.ORG

Renal Support Network

P.O. Box 121, 1146 N. Central Ave Glendale, CA 91202

Toll free Phone: 866-903-1728, Fax: 818-244-9540

A 501(c)(3) nonprofit organization

info@RSNhope.org



*An Illness is
Too Demanding
When You Don't
Have Hope!
– Lori Hartwell*

SERVICE TO THOSE AFFECTED BY KIDNEY DISEASE

RSNhope.org



OUR MISSION

The Renal Support Network (RSN) is a nonprofit, patient-focused, patient-run organization that provides nonmedical services to those affected by chronic kidney disease (CKD). RSN strives to help patients develop their personal coping skills, special talents, and employability by educating and empowering them and their family members to take control of the course and management of the disease.

HOPEline 1-800-579-1970

When people affected by CKD need to talk to someone who understands, they can call HOPEline, a centralized toll-free line, and talk to a fellow patient who has lived successfully with CKD and can offer EXPERIENCE, STRENGTH and HOPE. The toll-free line is available from 10:00am to 6:00pm pacific time at [800-579-1970](tel:800-579-1970).

weKAN WELLNESS & EDUCATION KIDNEY ADVOCACY NETWORK

The Wellness & Education Kidney Advocacy Network (weKAN) consists of patient activists who have come together to ensure that patients with CKD receive quality care.

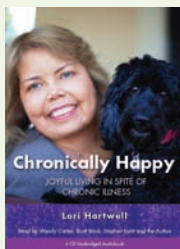
KIDNEY TALK

KidneyTalk, hosted by Lori Hartwell, is a unique biweekly online radio talk show that emphasizes hope and offers suggestions on how to have a full and active life despite CKD.



CHRONICALLY HAPPY: JOYFUL LIVING IN SPITE OF CHRONIC ILLNESS

— BY LORI HARTWELL



The insightful, often humorous, and touching story of how Lori chose to live life rather than succumb to its obstacles. She chronicles her approach of taking simple, logical steps in order to realize one's dreams. Available at amazon.com and RSNhope.org.

ANNUAL ESSAY CONTEST

Each year, we choose a different theme, and anyone who has been diagnosed with CKD and loves to write is encouraged to enter. The top 3 winners receive cash prizes and recognition.

HOPE, INSPIRATION & WISDOM: A TREASURY OF THOUGHTS ON COPING WITH KIDNEY DISEASE.



A collection of 30-plus thought-provoking essays by the first, second and third place winners of RSN's Annual Essay Contest. Thousands of essays have been submitted since the contest began in 2002.

RENAL TEEN PROM

The Renal Teen Prom is held in Southern California each January for teenage patients with CKD. Young people aged 14 to 24 come from all over the United States to enjoy a night of fun and glamour.



Renal Teen PROM

PATIENT LIFESTYLE MEETINGS



Patients and their families can learn about life enhancement and illness-related issues to help them advocate for the best possible care.

LIVE & GIVE NEWSLETTER

Patients who have learned how to live complete, fulfilling lives despite CKD write this biannual newsletter for other patients, their families, and health care professionals. Professional guest authors are also featured.



EMBRACEHOPE JEWELRY

by lori hartwell

People who are affected by CKD assemble the EmbraceHope jewelry collection. This activity connects people in a creative way allowing them to share their experiences with one another, while helping RSN raise funds for programs and services.

LORI HARTWELL

PRESIDENT AND FOUNDER OF RSN

When doctors put 2-year-old Lori Hartwell on dialysis after her kidneys mysteriously stopped working, they didn't expect her to live. That was the first time she beat seemingly insurmountable odds to survive, and she continues to confound the experts and the statistics. Lori, who has had four kidney transplants and was on dialysis for almost 13 years, has emerged as a powerful example of how to lead a complete and productive life despite chronic illness. She created RSN to let her peers know that they don't have to make this journey alone.

