

THE STORY-TELLER'S ENCOURAGEMENT ISSUE

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a Boomerang

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Second Opinions

You Don't Know What You Don't Know

By Lori Hartwell



In my lifetime of living with kidney disease, I have seen my fair share of doctors to manage my care effectively. Last count,

I have 10 different doctors I see on a regular basis. One thing I have learned is that health care is a “medical practice” and I’m the one that is being practiced on! It is critical that I advocate for myself and do the leg work and research to get the care that is right for me. Yes, it is more work, but I have lived 50 years with this illness, which proves this extra work is lifesaving.

Doctors have different communication styles and ideas on how care should be provided. They often offer a type of treatment because they are more comfortable with it or it’s financially favorable to the insurance or health care company.

I have had several instances when one doctor suggested one route of care and when I got a second opinion, the other doctor gave me an entirely new option I had not thought of before. For example, eight years ago I was getting evaluated for my fourth kidney transplant. I have very high antibodies, they were at 100 percent at one time. When I was being tested at my transplant center my antibodies were 80 percent and the doctors goal was to put me in a living

donor/kidney Paired Donor (KPD) exchange program to get the best match for me to get transplanted and avoid any desensitization protocols. KPD is a transplant option for candidates who have a living donor who is medically able but cannot donate a kidney to their intended candidate because they are incompatible or not a good match.

Desensitization protocols are when you are treated with medication to suppress your antibodies prior to transplant. A blood test determines

One thing I have learned is healthcare is a “medical practice” and I’m the one that is being practiced on!

what antibodies you may have to your living donor. Then those antibodies are in effect put to sleep so they won’t attack the newly transplanted kidney. I chose to switch transplant centers and go with desensitization protocol as I felt more comfortable with this option.

It wasn’t easy as I didn’t feel all that well. To do double the work of going through another transplant evaluation at the time seemed overwhelming, but I knew I had to do it. My gut told me so. I am now seven years post-transplant and my kidney numbers are great.

I see a Pulmonologist because I had some breathing problems a few years back. My doctor could not figure out the exact cause but had some ideas. He suggested I get a second opinion to make sure he was not missing anything. I saw another specialist who agreed that most likely my pulmonary problems were due to an antibiotic I had taken. This is what my first pulmonologist had thought. This second opinion was vital to figuring out my allergy. I now have on my medication list that I am allergic to this antibiotic, so I will never get it again.

I have also had scenarios where the doctor was not up to date on some of the medical technologies, seemed to rush care and did not make eye contact, looking at his notes more than me. In these cases, I sought to find a new doctor ASAP.

Being an advocate for your own care is hard work. It’s helpful if a family member or a friend can help you assess the situation to comprehend what doctors are telling you. Take notes at a doctor’s visit and prepare a list of questions you want the doc to answer. It’s great to talk to a fellow kidney peer. I often seek out my peers to discuss a medical scenario I am experiencing, and I am always provided new insight to make the best choice of care for myself.

Don’t be afraid to get a second opinion so you can be confident in the healthcare choices you make.

Lori Hartwell is the Founder & President of Renal Support Network (RSN) and the host of KidneyTalk™, a radio podcast show. Lori was diagnosed with kidney disease at the age of two. In 1993 she founded RSN to instill “health, happiness and hope” into the lives of those affected by chronic kidney disease. Lori is also the author of the inspirational book **Chronically Happy: Joyful Living in Spite of Chronic Illness** and is a four-time kidney transplant recipient.

a Boomerang

1st Place Winning Essay By Gordon Labuhn

A boomerang is simply a curved piece of wood engineered to ride the air currents. Learning how to throw one only requires a brief time. With minimal throwing practice a boomerang will sail into the sky, swing into a 180-degree circle and return to the person who launched it. A boomerang is fun to throw and a pleasure to watch. By its very nature, a boomerang touches the hearts and minds of those who watch, instilling a desire to participate in throwing demonstrations.

One's attitude toward life is like a boomerang. What you give away is what you receive back. Within this finely crafted simple piece of wood can be found the lesson that kidney disease is only another small step into greater maturity. Some old habits and experiences are set aside as new adventures appear and make our lives richer. How do I know this? I'll tell you.

A metaphorical boomerang flew into my life forty-eight years ago when I was thirty-six years young, full of vim and vigor, and in my employment heyday. A friend asked me to visit his mother, Thelma, a paralyzed elderly lady in a nursing home. I promised to visit her, but I didn't want to. I postponed the visit several times. Twice I sat in my car in the nursing home parking lot convincing myself that it was not a good time to visit. Heavily laden with guilt, I finally fulfilled my promise. The old lady lay facing the wall. She said, "Hi, sweetie! Would you please pick up my head and turn it so that I can see you?"

I shivered in spite of the afternoon summer heat. I wanted to say something, but my tongue was pressed tight against my dry palate. It took every ounce of my will power to comply with her request. How could life be so cruel? How could anyone be totally paralyzed and maintain any semblance of being alive? I felt ill, sad, upset and angry

that anyone had to live like this. Surprise—the old lady gave me the biggest toothless smile I'd ever seen. Her blue eyes sparkled. "You're a handsome dude," she said. Then she added, "Would you please take my teeth out of the cup on the night stand and hand them to me,?" She giggled like a teenager on her first date.

I finally unfastened my tongue and said, "Yes, ma'am."

Spontaneously she blurted out, "Oh, my! Handsome and polite too. This is my lucky day. What's your name, honey?"

Until this moment my day had been fraught with weariness and irritation over my secretary making

We all have a boomerang, a persona that others see and feel. Every time we talk with another person we throw out our boomerang announcing who and what we are inside the mind.

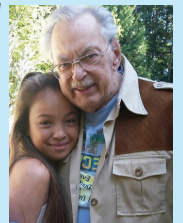
a foolish mistake. Additionally, I was perturbed that I had agreed to come and visit this charming lady. However, my visit was like being swept up into the heavens to have a glorious view of joy, happiness, and eternal pleasures of being alive. She was like a genie in a bottle, bubbling over with cheerfulness, humor, and enthusiasm. I wanted to be like Thelma. We talked and

talked. I hadn't wanted to come but now I didn't want to leave. What does this have to do with people on dialysis or a boomerang? It's really a simple concept. People who are on dialysis experience loss of physical stamina, abilities, and two to three days a week of their precious time. We all have a boomerang, a persona that others see and feel. Every time we talk with another person we throw out our boomerang announcing who and what we are inside the mind.

When the paralyzed old lady threw her boomerang, it encircled me. Her persona touched my heart. I had a new perspective of my life and began to bubble like she did. Her boomerang returned to her, reinforcing the foundation of her life. We bubbled together for a year. I visited her when I had joyful news, was in need of encouragement, or was passing within a few miles of the nursing home. I was one of her "sweeties" and she was one of the loves of my life even after her boomerang flew to the heavens for the last time.

My positive attitude is more powerful encouragement to others than anything that I can say. My attitude toward life is my boomerang. When I throw it, my joy of living is shared with others, then my boomerang returns to me and my heart is filled with satisfaction knowing that I have helped others with kidney disease reclaim their life. Thank you bubbling friend, Thelma.

Gordon Labuhn receives dialysis at Puget Sound Kidney Center on Whidbey Island. He is retired from active employment of thirty-five years in the health profession. Gordon is an outstanding example of life during and after major health concerns. Gordon is active in a writing group, reads scriptures at church services, annually travels, is active in the yacht club, and goes canoeing. He and his wife, Karen, have three children: David, Kevin, and Ashley, and deceased son, Gregory.





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On a muggy, stormy day in Brookston, Indiana, I stood in anticipation as a bus full of jubilant “Kidney Campers” pulled up to the YMCA’s Camp Tecumseh. No forecast of thunderstorms could keep smiles off these young kidney warriors’ faces as they filed off the bus to find their cabins. The National Kidney Foundation of Indiana’s Kidney Camp had officially commenced. For many of these children, all affected by a kidney disease diagnosis, dialysis, or a transplant, this is the best week of their lives. It’s their chance to be amongst their kidney warrior peers and to feel comfortable with their many scars, catheters and medication regimens. I was a camp counselor this year at Kidney Camp and to be honest, this was the best week of my life, too.

I feel like I’ve always been a kidney patient. From my nephrotic syndrome diagnosis at the age of ten, to my eight-month stint of peritoneal dialysis at the age of sixteen and subsequent kidney transplant at seventeen, to my needing hemodialysis at age twenty-five and receiving a miracle second kidney transplant just last year, I am experienced in fighting kidney disease. I’ve felt a gamut of emotions associated with the fight, leading to thoughts from “I give up,” to “I want to inspire others on how to live well with this affliction,” and everything in between.

This year’s Kidney Camp found me at a very new place. I had been transplanted for almost a year and was in a very good space emotionally. I was joyful and ready to get to Kidney Camp and share some of my wisdom with these children about how I’ve survived this long in the fight. I was ready to inspire them with a healthy dose of “optimism through the fight” when they stepped off of the bus. I couldn’t wait to talk and share with

“We each get one life to live and kidney disease or not, we have to live it to the fullest, taking risks and taking chances.”

these young kidney warriors a little of my story to encourage them. Little did I know, they would be the ones to inspire and encourage me.

From day one at camp, I knew the “inspirational tables” had turned. I could see it at the lunch table when the dialysis kids joyfully swallowed their phosphorous binders in between doing the latest dance craze, “the

floss” and enthusiastically jumping on their seats to recite the traditional camp chant: “There ain’t no flies on me!” Pills I once hated to take, these smiling kids simply accepted to stay healthy (without the kicking and screaming, I might add, that I was accustomed to). Then the kids coerced me into zip lining! I was nervous, but these young warriors dashed ahead of me to be first in line to go! Fearless and glad in the pursuit of happiness, despite various illnesses, they reminded me that we each get one life to live and kidney disease or not, we have to live it to the fullest, taking risks and taking chances.

On the last day of camp, after the awards ceremony, I cried as I saw the campers leave. I came wanting to inspire these kids to live their best life and to be resilient in their battles, but I left changed by their attitudes. You see, living well with kidney disease is 90% mental. It’s about having a gracious, joyful disposition that encourages us to live our best lives and take care of ourselves. It’s taking our medication, potentially laden with side effects, and following our treatment plans, because that’s what we’re supposed to do and that’s what will keep us healthy. It’s accepting the hand we’ve been dealt and making the best of it, jumping on the zip line, even though it’s scary.

The kids at Kidney Camp inspired me to not just live well with kidney disease, but to be a better person. I knew that when I got home, I would vow to face adversity with a smile. I would accept all that has been given to me and go on to dance and follow my dreams anyway. I would not settle for an ordinary life, but fly high, not letting my fears get the best of me. These kids showed me that the mental game of kidney disease could not just be won, but be conquered. For that unexpected inspiration, I will always be grateful.

Joy Araujo is a former hemodialysis and peritoneal dialysis patient who is now living with a new kidney! She is a Biblical Studies student at Anderson University in Indiana and enjoys volunteering and spending time with her dachshund, Franklin.





Web ID: 4011

BENEFITS OF HOME DIALYSIS

By Dr. Dinesh Chatoth, MD

I know from experience that when patients are educated with the right information, many will choose to do treatments at home because of the flexibility it offers and the time it can free up for other activities as well as the reduced dietary restrictions and travel costs.

A CKD or End Stage Renal Disease (ESRD) diagnosis can feel overwhelming. You may have a new set of nurses and doctors, a new eating plan and a new schedule. There are many options for you, including ones that fit into your lifestyle and support the pursuit of your goals.

TAKE A YOU-CENTERED APPROACH

The first thing to do, whether you have been on dialysis for years or have recently been diagnosed with end-stage renal disease, is to determine what matters most to you in order to make the best decision possible.

Home dialysis should always be an option to consider as it can fit better into your life and be done in the comfort of your own home. It can provide benefits such as fewer dietary restrictions due to more frequent treatments, and flexibility to plan dialysis around lifestyles and schedules.

Additionally, home dialysis saves on time and transportation costs, allows patients to participate in meaningful activities like interacting with their family, playing with their grandchildren, studying or working on a computer. The flexibility of the dialysis schedules and portability of the dialysis equipment enables patients to travel more easily. And for employed patients, home dialysis makes it easier to schedule dialysis around work and other commitments.

It's important that people understand all their options. When they do, many will choose either peritoneal dialysis or hemodialysis at home. Most patients will be able to do home dialysis with training and support, and your nephrologist can help you determine the best option for you.

BENEFITS OF PERITONEAL DIALYSIS (PD)

Peritoneal dialysis mimics natural kidney function by being a continuous therapy, using the abdomen lining to filter waste from the blood. A permanent tube in the abdomen allows sterile dialysate fluid to be introduced into the peritoneal cavity where it can remove toxins and excess fluids from surrounding blood vessels.

PD can also be done at night while sleeping, freeing up daytime hours for work and other activities. Additionally, since patients on PD will not need blood access, they will not require needles for dialysis.

When compared to hemodialysis, the primary clinical benefit of PD is the preservation of residual renal function, which is an important contributor to survival and overall

health. PD is also gentler on the body—including the heart. Several studies have shown that patients on PD have early survival benefits in the first one to three years of dialysis. Additionally, PD patients who eventually receive a kidney transplant have better overall transplant outcomes than in-center hemodialysis patients. You can do PD at home without assistance—while still having regular monitoring and a 24/7 on-call PD nurse available via phone.

BENEFITS OF HOME HEMODIALYSIS (HHD)

The basic process for at-home hemodialysis (HHD) is the same as in-center hemodialysis. With hemodialysis, blood is filtered outside the body by a dialyzer or “artificial kidney,” before being returned to the body via a port in the arm.

Studies have shown that HHD improves the quality of sleep, reduces sleep apnea and improves restless leg syndrome. HHD allows better management fluid status which results in improvements in blood pressure control, need for less blood pressure medications, and can help reduce the thickening of the heart walls. Patients can stay on the machine longer or dialyze more frequently, which can lead to more energy and less nausea and cramping. More frequent dialysis treatment can also reduce the burden of dietary restrictions. Some studies have shown improved survival benefits with home hemodialysis when compared to in-center dialysis.



TIE INTO A SUPPORT NETWORK

Deciding on a type of dialysis treatment is complicated and deeply personal. A shared decision-making process between the

nephrologist, the care team and a well-informed patient is essential.

There are many resources to help guide you through the process of choosing and transitioning to the best home dialysis option for your lifestyle and health. Remember that you are not alone in this dialysis journey.

It is normal to feel stressed about being responsible for your treatment and worried about doing something wrong. New virtual communication can help your nurse and care team provide ongoing solutions and support. Treatment results are increasingly monitored remotely, and there is two-way communication each day with nurses and doctors. Additionally, Congress is allowing for remote telehealth visits with a nephrologist under Medicare, providing even more flexibility. The options are plentiful for people

“Home dialysis should always be an option to consider as it can fit better into your life and be done in the comfort of your own home.”

living with CKD, and a fulfilling lifestyle is always possible with patient-centered care. My patients have been my inspiration and my motivation, and my hope is that home dialysis will help them continue to pursue their goals and thrive.

Dinesh Chatoth, MD, is currently supporting the evolution of Home Therapies at Fresenius Kidney Care. He is Medical Director for a Fresenius Kidney Care hemodialysis unit in Lawrenceville, GA, and former Chairman of FMCNA's East Medical Advisory Board. A member of the FMCNA Corporate Medical Advisory Board and the Fresenius Physician Technology Group, Dinesh Chatoth, MD, is President and CEO of Georgia Nephrology in Atlanta and lectures extensively on chronic kidney disease management.



If you are a person who has chronic kidney disease, a family member, or caregiver, and don't know what to expect, call us. Connect with another person who has lived with kidney disease and can share their experience, strength and hope with you. Learn what they have done to successfully navigate this illness.

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Support from someone who has been there.



Blood Stream Infection PREVENTION

By William R. Omlie MD, FACS

I have been a vascular surgeon for over 30 years and have treated many people who require a dialysis access to receive life-saving treatment. For people receiving dialysis, an infection is the second leading cause of death. People who undergo dialysis are at a higher risk of getting an infection because of the need to access their blood frequently. And, the immune system of people with chronic kidney disease often doesn't work well, which makes it more difficult for their bodies to fight infection.

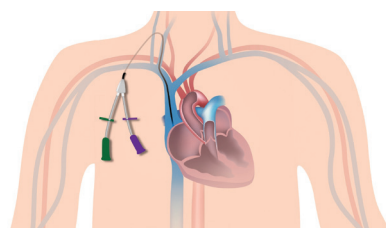
Many people start out receiving hemodialysis using a central venous catheter (CVC) if they didn't have time to prepare with a permanent access. A CVC (sometimes called a central line) may be used temporarily for a few weeks or months while waiting for a fistula or graft to be ready for dialysis. But, there may be conditions that prevent you from being able to have a fistula or graft—for example, if your vessels aren't strong enough to support a fistula or graft, or if you aren't able to have surgery. In those cases, your kidney doctor may decide that a CVC is needed permanently.

A CVC is a soft tube that is placed in a large vein, usually in your neck or chest. The end of the tube extends outside of the body and is separated into two individual channels called lumens: one lumen is used to draw the blood from your vein and out of your body into the dialysis machine, and the other lumen allows cleaned blood to be returned to your body.

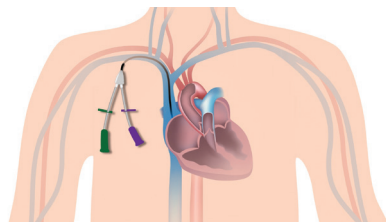
When a CVC is used for dialysis, the dialysis staff won't use needles, and your arms are free during dialysis because the CVC is in your neck or chest. However, CVCs have a higher risk of getting a bloodstream infection.

There is a new option available to your healthcare providers to make your dialysis catheter use safer.

Pursuit Vascular, Inc. has introduced the ClearGuard® HD Antimicrobial Barrier Cap for use with hemodialysis catheters. It is designed to kill infection-causing bacteria inside a long-term hemodialysis catheter hub.



Neck Insertion



Chest Insertion

The antimicrobial barrier cap features a rod that is inserted into the hemodialysis catheter hub. The inside of the cap as well as the rod are coated with chlorhexidine, a well-known antimicrobial agent with a long history of safety. The caps are attached to the catheter hub (or end) after hemodialysis treatment. The antimicrobial rod remains inside the catheter hub between dialysis treatments.

For people living with kidney disease, keeping healthy and free from infection is critical. If you have a catheter, it is important to be educated about how to care for it and prevent infections.

A bloodstream infection is a serious infection that happens when germs (bacteria or fungi) enter the blood. A bloodstream infection could lead to being hospitalized and can also be life-threatening. That's why it is important that you know how to take care of your catheter and take steps to safeguard it by doing things such as:

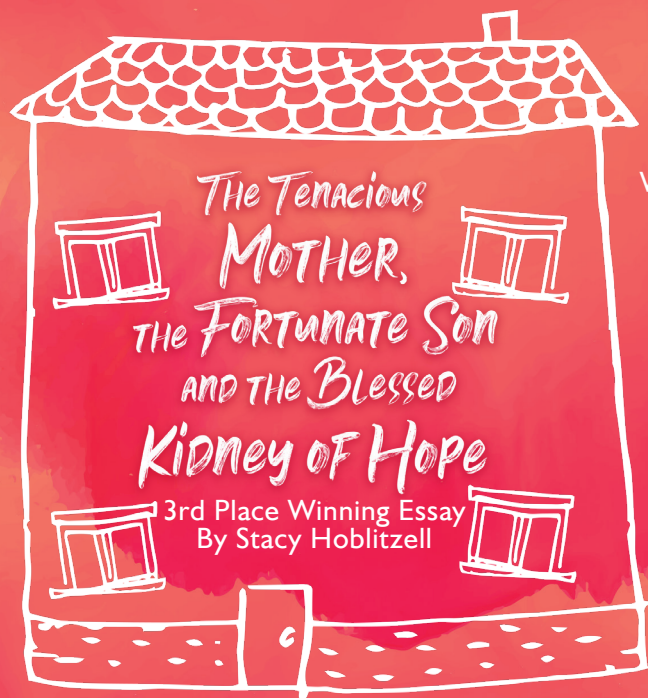
- **Clean your hands before and after dialysis treatment**
- **Wear a mask while being hooked up to the dialysis machine to prevent germs from your mouth or nose from falling or spraying onto the catheter.**
- **Check your vascular access daily for signs of infection such as redness, pus, and swelling.**
- **Keep your catheter bandage clean and dry. If your bandage gets wet or you notice signs of infection, notify your healthcare professional.**

It's also important that healthcare providers practice universal precaution when accessing your catheter such as:

- **Clean their hands before and after they touch you or your dialysis machine**
- **Wear a mask during the start and stop of treatment using the catheter.**

William R. Omlie MD, FACS is a Practicing Physician Surgical Consultant at Vascular Health Center, and Vein Solutions; Adjunct Assistant Professor, Surgery University of Minnesota, Minneapolis; MN and Chief of Staff – Elect Fairview Southdale Hospital.





Web ID: 5013

Maternity can be graced upon any woman; reaching the distinction of motherhood requires the internal strength of a lioness whose brood has been threatened in any number of unimaginable ways.

It was a balmy Sunday morning, pre-swelter and post-breakfast, when I found myself keeled over the less than reliable plastic toilet bowl of our family RV. The delectable spread of scrambled eggs and orange juice from just hours ago had colluded unfavorably in my digestive tract, creating a projectile rainbow of unfortunate circumstances that would reverberate throughout my entire family. My strong, proud, steadfast father pushed his body beyond its intended limits, continuing his strenuous task as a

travels to and from what became our second home, we made a side trip to an off-ramp diner we knew would serve as a plentiful and well-deserved midday treat. Once our bellies were full and the remnants of tableware were cleared, my mother gave me a look of dire seriousness. Not sympathetic or sorrowful, but focused, determined to educate me on the perils that lay ahead.

Even though I was just a doe-eyed child, she respected me enough not to talk down or simplify her speech in order for me to understand. I didn't possess the maturity at the time to define the value of this far too heavy life moment, but I can tell you that fear regressed quickly in the wake of my newfound knowledge. Medullary Cystic Kidney Disease,

She looked at me one last time, gently smiled, and gave me a warm, motherly hug. The power of that simple act has echoed through my entire life.

now-in-his-fifties ironworker so the family could maintain health insurance. Concurrently, my mother began her unchosen career as medical caretaker to her eleven-year old son. Yes, yours truly.

Thus, began the laborious task of rising before the dawn, spinning tires upon soulless pavement, and traversing the relentless Bay Area traffic to arrive at my latest medical appointment inside the imposing walls of the transplant clinic. After a flurry of seemingly identical

although merely a genetic ailment, can silently alter the DNA of a family's entire existence. While my father continued toiling away at his profession, and my little sister sometimes had to stay with kind friends or helpful neighbors, my mother faced uncertainty as she embarked on the rigorous testing to become my altruistic kidney donor, and save my fledgling young life.

Courage and mettle are required to survive the ordeal of the donor evaluation process. My mother, often

alone during these procedures, had to endure a marathon of blood tests, urine collection, CAT scan, MRI, gynecological exam, cancer screening, and psychological evaluation, all the while wondering if all of this was for naught. I had a mostly vacant understanding of what my Mom was undergoing at the time, but I knew if I continuously donned a mask of faux strength, it would be easier for everyone involved.

One late evening, as insomnia sat at the edge of my bed, a verbal crack emerged, "Whymewhymewhymewhymewhymewhymewhymewhyme?" As tears and anger faded, I eventually nodded off to sleep. As my mother handed me my lunchbox for school the next morning, she leaned inward, catching my glance and speaking softly, "Don't ever feel sorry for yourself, ok?" She looked one last time, gently smiled, and gave me a warm, motherly hug. The power of that simple act has echoed through my entire life.

Fate finally took notice of our plight, and in the early hours of a spring tinged day, our bond as mother and son exponentially grew to proportions not everyone has the honor to experience. My life, my future, my very existence was saved by my mother's blessed kidney. My mother and I had grand success in our individual recoveries, although my father would tell me years later that she suffered far more than she allowed the rest of us to witness.

We as individuals are particularly molded by the experiences we survive. If fortune shines upon our journey, we're guided by those with the wisdom and fortitude to deftly navigate the challenges set forth by random chance. Thirty-five well worn years have passed since the perilous rigors of our shared Death-defying adventure. Every orbit around our yellow gas giant is a gifted reminder of what an awe-inspiring member of humanity my mother truly is to me. I have been, and always shall be, proud and grateful to be my mother's son.

"Stacy's kinda weird. Silly and funny and awkward and weird. His Mom's kidney is over there and his sisters' is right near me. Stacy makes me sad sometimes because he doesn't feel like he deserves any of us. And sometimes, on the good days, we have lots of fun together."



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¹Brunelli, SM et al. 2018. J Am Soc Nephrol. Apr;29(4):1336-1343.

²Hymes, JL et al. 2017. Am J Kidney Dis. Feb;69(2):220-227.

The ClearGuard HD Antimicrobial Barrier Cap has been shown to be effective at reducing microbial colonization in hemodialysis catheter hubs and to reduce the incidence of CLABSI in hemodialysis patients with catheters. See the Instructions for Use for full indications. Rx Only.



An Angel on Earth

President's Pick Essay by Carlo Rodriguez

Will I ever have a girlfriend?

Will I ever be married or have children?

These are questions a ten-year-old boy should not have to ask at such a young age, but I did. I always wondered what would my life be like in ten to twenty more years and if I would even be alive to experience it. You may be wondering why I asked myself these questions. Well, by the age of ten, I had already experienced many health issues. I was born with a rare condition known as "Prune Belly Syndrome." Due to its complications, one of my kidneys completely failed at birth. Luckily, the other one was good enough to keep me going.

I required many surgeries at a young age and was in and out of the hospital. There were times where it seemed like the hospital was my second home. I didn't experience hope or faith. I felt so different from children my age. It seemed to me as if my life was always getting worse instead of better. When I turned 20, I was informed that my only working kidney was not functioning well anymore and I would have to start

dialysis. Thankfully, I found a kidney donor and was on dialysis for only eight months before I received my transplant.

After receiving a kidney transplant I tried living a normal life, but my health was still an obstacle for me. I battled through each day hoping for a better tomorrow. That came the day I found the woman I now call my

*she saw me
for me
and not
my health
issues.*

wife. Just when I thought my life was only full of pain and suffering I found "An Angel on Earth," my wife. I was

always afraid I would be judged and unwanted because of my health, but she saw me for me and not my health issues.

Together we have experienced some of the toughest years of my life. Due to some complications, I am now back on dialysis waiting for a second transplant. Battling kidney disease is very difficult. It can also be very depressing and draining but some days are better than others. I have had many rough days, but my wife has inspired me and pushed me to keep fighting for a better tomorrow. She is always the one to encourage me when I am down. She is always with me at each treatment and never leaves my side. I go to dialysis four times a week for two hours a day. Sometimes I get very emotional thinking that four days a week I am sitting in a chair instead of being home with my family. My wife encourages me to make the best of the days and hours that I do have off because every day is a new blessing.

Living life with end stage renal disease is not easy, but having my wife in my life has given me a reason to fight and see life differently. There might be limitations, but nothing is impossible. I, who thought all hope was lost and that I would never have a girlfriend let alone a wife, have now been happily married for six years. Kidney disease can't and will not stop me from accomplishing any of my dreams. My wife has encouraged me to see my dialysis treatments as a work shift at a job. Instead of thinking that I have to go to treatment, she tells me instead to think that I have to go to work. A job in which I will work to feel better and live a healthier life. My wife makes me see the positive in every negative situation and inspires me to keep fighting. Kidney disease does not stop me, so don't let it stop you!

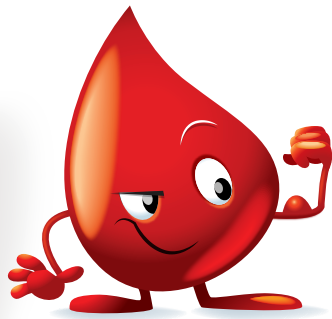
Carlo Rodriguez is 30 years old and lives in California. On his days off from dialysis treatments he enjoys spending time with his wife and family. They watch movies, play board games, and he loves to barbecue on weekends with them. He is a BIG sports fanatic especially when it comes to football season!



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**Take
Action**



To receive a Triferic® patient brochure in the mail please visit our website at www.triferic.com



For more information, ask your doctor or your clinic about Triferic® today.



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www.facebook.com/triferic

IMPORTANT SAFETY INFORMATION

Warnings and Precautions

Serious hypersensitivity reactions, including anaphylactic-type reactions, some of which have been lifethreatening and fatal, have been reported in patients receiving parenteral iron products. Patients may present with shock, clinically significant hypotension, loss of consciousness, and/or collapse. Monitor patients for signs and symptoms of hypersensitivity during and after hemodialysis until clinically stable. Personnel and therapies should be immediately available for the treatment of serious hypersensitivity reactions. Hypersensitivity reactions have been reported in 1 (0.3%) of 292 patients receiving Triferic® in two randomized clinical trials. Iron status should be determined on pre-dialysis blood samples. Post dialysis serum iron parameters may overestimate serum iron and transferrin saturation.

Adverse Reactions

The most common adverse reactions ($\geq 3\%$ and at least 1% greater than placebo) in controlled clinical studies include: headache, peripheral edema, asthenia, AV fistula thrombosis, urinary tract infection, AV fistula site hemorrhage, pyrexia, fatigue, procedural hypotension, muscle spasms, pain in extremity, back pain, and dyspnea.

For full Safety and Prescribing Information please visit www.triferic.com.

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20th Anniversary Renal Teen Prom

Sunday, Jan. 20, 2019

The Prom is turning 20! For two decades RSN has presented this life-changing event that young people living with kidney disease can look forward to every year. The Prom brings them together to share experiences, strengths, hopes... and a great party! They feel special for a night, and forget about the difficult things they have to go through. They discover that they are not alone and that 'one friend can make a difference'.



The Prom is open to people ages 14 to 24 who have kidney disease, and one guest at no charge. Sign up to let us know you want to attend the 20th Annual Renal Teen Prom. You'll receive email updates and an invitation for you and your guest.

Do you have gently used or new formal wear and/or accessories that you would like to donate? All donations are tax deductible!

Need a dress to look fabulous for the Prom? RSN will have dresses available for prom attendees to select at no charge.

Email info@RSNhope.org to make a donation or an appointment to get your dress.



Help give a teen who has kidney disease and their guest something to look forward to with a tax-deductible donation. Use form on page 14 or visit RSNhope.org.

Start your own campaign to raise funds for RSN's Prom in lieu of receiving gifts for your special occasion. See page 14 or visit RSNhope.org/fundraiser for more details.

Great Gifts to Support RSN's life-Enriching Programs



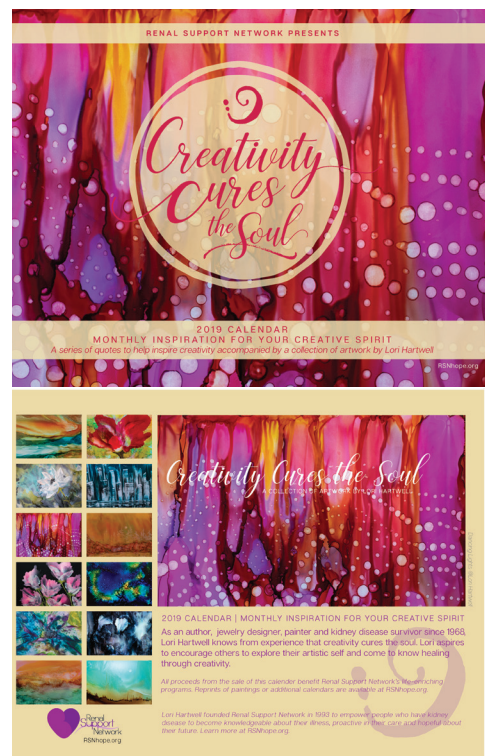
Lori Hartwell's Artwork Prints



EmbraceHOPE Jewelry by Lori Hartwell

Learn more at RSNhope.org/Gifts

2019 Calendar with Artwork by Lori Hartwell accompanied by inspiring creativity quotes.



Show your appreciation with a picture-perfect holiday gift that supports RSN's life-enriching programs. Our gift to you with a donation of \$25 or more. Use the order form on page 14 or visit RSNhope.org/gifts.

DONATE & CONNECT

RenalSupportNetwork
relies on **charitable**
contributions to provide
hope to people
with **kidney disease**.
We appreciate your help!

Use this form to make a
donation to RSN and/or sign
up to receive Live&Give in
the mail or the RenAlert
E-Newsletter, or both!

JOIN RSN - THERE ARE NO FEES

☐ Yes! I would like to receive a free subscription to the Live&Give newsletter

☐ Yes! E-mail me RSN's RenAlert electronic update.

☐ Yes! Sign me up to receive updates about special events.

Name

Address

City State Zip

E-mail

Phone ☐ home ☐ work ☐ cell

Please check all that apply:

☐ Patient: ☐ Transplant ☐ PD ☐ Hemo

☐ Family Member ☐ Administrator ☐ Physician ☐ Nurse

☐ Dietitian ☐ Social Worker ☐ Technician ☐ Company Rep ☐ Other

CONTRIBUTE TO RSN - ALL DONATIONS ARE TAX-DEDUCTIBLE. THANK YOU!

Your gift, no matter the amount, helps RSN continue to offer our life-enriching programs at no charge to people whose lives have been affected by chronic kidney disease.

START A PERSONAL FUNDRAISER Create your own fundraising page for RSN today. It's easy to get started, and we'll give you all the support and tools you'll need to make your fundraiser a success. Learn more at RSNhope.org/fundraiser

CONSIDER A TRIBUTE DONATION Make a donation in honor of an organ donor, a transplant anniversary or as a holiday or birthday gift. Use space below/right for tribute details and the form above for your address. You will receive a receipt and note with details of your tribute that you can share.

DONATE ONLINE AT RSNHOPE.ORG Click Contribute in top menu bar

DONATE BY PHONE, BY MAIL Use form below and see contact information above

DONATE VIA PAYPAL to donation@RSNhope.org

Method of Payment for contributions:

☐ Check or Money Order (payable to Renal Support Network)

Credit Card: ☐ Visa ☐ Mastercard ☐ Amex *RSN accepts all major credit cards*

Donation charge to card \$ Billing Zip

Card#: Exp. Date: /

Cardholder Name:

Signature:

(To receive a receipt, please use form above to give us your address.)

About RSN

Lori Hartwell founded Renal Support Network (RSN) in 1993 to empower people who have kidney disease to become knowledgeable about their illness, proactive in their care, hopeful about their future and to make friendships that last a lifetime.

Live & Give

READ LIVE & GIVE ONLINE

Current issue, printable version, articles, and archives can be found at: www.RSNhope.org

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E-Fax: 818-484-2070
9 AM-5 PM Pacific Time
Monday-Friday

If you have a change of address
or other information,
please contact us.

☐ Yes! I would like to receive a 2019
calendar with my donation.

☐ Tribute Donation Details:

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9th Annual

BEAT the ODDS

Celebrity Bingo & Texas Hold'Em Tournament

Save the Date!
Saturday, March 30th, 2019



How you can help:

The 9th Annual Celebrity Bingo & Texas Hold'Em Tournament is RSN's only annual fundraising event. We hope that we can count on you to help us make this our best one yet!

Please consider donating a silent auction item for the event, such as local business products or services, gift cards, gift baskets, artwork, signed memorabilia, getaway and spa packages, sport event or concert theater tickets, artisan jewelry or decor, and tickets/passes to museums, theaters, theme parks and other entertainment venues. RSN will recognize all individual and corporate donors at the event.

Thank you in advance for your contribution. I hope to see you in March!

- Lori Hartwell

Visit RSNhope.org/poker for details

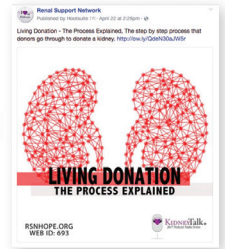


Come Create with Us! RSNhope.org/Studio

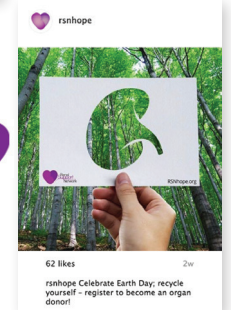


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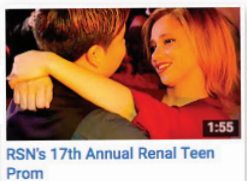


Instagram
@RSNhope



Pinterest
@RSNhope

YouTube
@LoriHartwell



RSN EVENT CALENDAR

Visit RSNhope.org for details

Monthly Support Group
4th Sunday of the Month

20th Annual Renal Teen Prom
Jan. 20, 2019

World Kidney Day
March 14, 2019

**9th Annual Celebrity
Bingo & Poker Tournament**
Mar. 30, 2019

Organ Donor Month
April 2019

Fall/Winter 2018





Service to those affected by chronic kidney disease

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please contact us to update it.



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Find and listen to any show at RSNhope.org by entering the "Web ID" including the number shown the search bar or download at iTunes by searching for "KidneyTalk. All the latest shows and more are on the KidneyTalk™ page at RSNhope.org



Bill Peckham, a long-term dialyzer and kidney disease advocate is an incredible example to people who are on dialysis. Listen in to hear Bill's tips to getting the most out of life despite being on dialysis for twenty eight years. Web ID 3012

Listen in to these inspiring shows:

40 Years Strong on Dialysis
with Celia Canter [Web ID 3001](#)

Kidney Transplantation: The Patient's Guide
with Jacki Harris, RN, MSN, CCTC [Web ID 3011](#)

Have Dialysis Machine, Will Travel
with Vanessa Evans [Web ID 3010](#)

Transplant Games S-P-I-R-I-T
with Mary Wu [Web ID 3016](#)

An Open and Honest Discussion about Addiction
with Henriette Ivanans [Web ID 3017](#)

Marijuana Use & Organ Transplants
with Rafeal Villicana, MD [Web ID 3020](#)