



NEW RENAL RECIPE!

Shrimp & Coconut Curry Noodle Bowl

By Riya Khan

THE KIDNEY FRIENDLY DIET CAN BE DELICIOUS ISSUE

**Lori's Lines: Discuss
Pain Management
With Your Doctor **NOW****
Page 2

**Snacking the Right
Way on Dialysis**
Page 4

**Healthy Hummus
Celery Boats**
Page 5

**KidneyTalk™
Listen in to These
Inspiring Shows**
Page 5

**Shrimp & Coconut
Curry Noodle Bowl**
Page 6

**Controlling Phosphorus
in Your Diet**
Page 8

**9 Kidney-Friendly Fast
Food Ordering Tips**
Page 9

**Why Should
You Advocate
for Kidney Care?**
Page 13

**Announcing the 17th
Annual Essay Contest
Call for Entries**
Page 16

By Lori Hartwell



My battle with chronic pain has been going on for decades. One ache turned into two, two aches into three, and so on. Managing my pain is my key to living the life I want.

Over the years, I kept pain at bay with physical therapy, medicated creams, meditation, injections, chiropractic care, massages, orthotics, surgery and medications. I relied on medication as a way to get moving—to get up and through my list of things to do. Tylenol was my first choice, as it is a non-steroidal medication and isn't harmful to my kidney transplant. However, on occasion, when my pain was more severe, I needed opioids to control it.

Today, we are learning a lot about the risks of pain medication, especially opioids. Anyone who takes opioids is at risk of developing an addiction. Opioids trigger the release of endorphins that stifle the perception of pain and create a temporary sense of well-being. But it's back to square one feeling pain again when the drug wears off.

Earlier this year I was hospitalized. I was anxious and in pain, and was under the care of doctors who were not familiar with me. My pulse was very high, and sleep had eluded me for a couple of days. I voiced my pain, but the words seemed to fall on deaf ears. I complained louder. I am well-aware of which medications work best for me. I often offer doctors suggestions. So, I asked for Ativan in addition to pain medication other than Tylenol.

The resident in charge of my care went through the list of medications I had been given and was perplexed by the fact that I had an opioid at home. He spoke to me as if I was an addict. I felt the need to defend myself. I told him about my ankle replacement, and stressed the level of pain it has caused me. Disappointed by his lack of sense of humor and bedside manner, I attempted to break the ice by explaining how my true addiction is arts and crafts. I let him know that the salespeople at my local Joann's and Michael's stores know me by name. He was not amused, nor did he empathize with me. I went on to state how I had been self-managing my illness for decades, and how I know if I don't sleep I don't get better. With that, he ordered Melatonin and Tylenol!

I was upset, to say the least. No other doctor had ever dismissed my input in this way. Hospital staff responded by sending a dog therapist, a social worker and multiple volunteers to my bedside. An appointment with a Reiki specialist was in the works, but the wait was long, as they were fully booked. I was game for anything. Pain and anxiety left me with feelings of depression, and my optimism for the future was languishing. I could not even get up and walk because my ankle was still healing. I felt trapped.

I had the best nurses a patient could hope for. They empathized with me and became frustrated with the doctors who had left me in such pain. One nurse offered to help, and she had the magic formula. She asked for a pain consultation for me, and an hour later a pain-management doctor came into my hospital room. He asked about my history and current pain status, and didn't hesitate to prescribe an opioid for me. In all my life, this was the first time I had ever

seen a pain-management doctor. After taking the opioid, I finally felt relief and was able to sleep. At last, when one of my doctors who knew me came to see me, she apologized, saying how those other doctors didn't know me like she does.

The moral of the story: If something similar happens to you, be prepared and know you are not alone. Pain management is changing, and there is good reason for it. In 2017, according to the National Institute on Drug Abuse, 70,237 deaths occurred from overdoses compared to 16,849 in 1999. Opioids are highly addictive and are not likely to be a safe and effective long-term treatment option for chronic pain any longer.

The best advice I can give you is to talk to your doctors about pain management. If you are having surgery, find out what their protocols are. Ask if you will need a referral for pain management. And do not confuse emotional pain with physical pain. If you suspect that you are depressed, talk to your doctor. Start the conversation now so you will have a plan in place for when you most need it.

OPIOID PAIN MEDICATIONS

- **Codeine** (available only in generic form)
- **Fentanyl** (Actiq, Duragesic, Fentora, Abstral, Onsolis)
- **Hydrocodone** (Hysingla, Zohydro ER)
- **Hydrocodone/acetaminophen** (Lorcet, Lortab, Norco, Vicodin)
- **Hydromorphone** (Dilaudid, Exalgo)
- **Meperidine** (Demerol)
- **Methadone** (Dolophine, Methadose)
- **Morphine** (Kadian, MS Contin, Morphabond)
- **Oxycodone** (OxyContin, Oxaydo)
- **Oxycodone/acetaminophen** (Percocet, Roxicet)
- **Oxycodone and naloxone**

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.



**FRESENIUS
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Managing your kidney diet



Know your nutrition

When you have kidney disease, what you eat and drink—and how much—can affect your health and how you feel. Fresenius Kidney Care offers resources and recipes that can help you feel your best on a kidney-friendly diet and live your life to the fullest.

Check out our recipes at [FreseniusKidneyCare.com/Recipes](https://www.freseniuskidneycare.com/Recipes)



Thrive On

Snacking *the Right Way* on Dialysis

By Jessica Glosson, MS, RDN, LDN

Snacking—we all do it. Having a snack between meals can assuage hunger, aid in stabilizing blood glucose values, and sustain energy levels. For patients on dialysis, having a mid-morning or afternoon snack can also help assure that daily calorie needs are being met. This is especially important because individuals receiving dialysis typically require more calories and protein on a daily basis. The following is a list of dialysis-friendly snacks that you can turn to the next time hunger strikes!

Snack:	Suggested Serving Size:	Grams of protein per serving:
Grapes	½ cup	< 1 gram
Apple	1 small apple (2.5" diameter)	< 1 gram
Applesauce	½ cup (single-serve container)	0 grams
Blueberries	½ cup	< 1 gram
Raspberries	½ cup	< 1 gram
Fruit Cocktail	½ cup	< 1 gram
Red Bell Pepper	½ pepper, sliced	< 1 grams
Cucumber	½ cup, sliced	< 1 gram
Celery Sticks	2 sticks	< 1 gram
Baby Carrots	3 oz.	1 grams
Low Fat Mozzarella Cheese Stick	1 stick	6 grams
Low Sodium Cottage Cheese	1/3 cup	8 grams
Hummus	2 tablespoons	2 grams
English Muffin	½ muffin	~3 grams
Bagel	½ bagel	4 grams
Pita Pocket	½ pita (34 grams)	4 grams
Rice or Corn Chex Cereal	1 cup dry cereal	~3 grams
Rice cakes	1 cake (10 grams)	1 gram
Fig Newtons	2 cookies	1 gram
Angel Food Cake	1 slice (about 1/12 of a cake)	3 grams
Shortbread Cookies	2 cookies	1 gram
Graham Crackers	2 full graham crackers	2 grams
Animal Crackers	~10 crackers	2 grams
Unsalted Pretzels	17 pretzels	3 grams
Popcorn (unsalted/lightly salted)	2 cups popped	~2 grams
Rice Chips	12 chips (28 grams)	~2 grams
Nilla Vanilla Wafers	8 cookies	1 gram
Fruit Juice Bar	1 bar	0 grams
Popsicle	1 popsicle	0 grams
Pop-Tart	1 pastry	~2 grams
Sugar-Free Jello	1 single serve container	0 grams
Egg, Hard Boiled	1 medium egg	6 grams

Always consult your dietitian before making changes to your diet.

Be mindful that some snacks may contain more protein than others. Protein is an important nutrient for our bodies—it helps build and maintain bodily tissues, produce hormones and enzymes, and it can even serve as an additional source of energy. People receiving dialysis typically need higher amounts of protein, so be sure to check with your registered dietitian on how many servings of protein are appropriate for you to consume on a daily basis.



Healthy Hummus Celery Boats

Ingredients:

2 celery stalks, sliced into 3-4 pieces

2 tbsp hummus (any flavor)

Toppings (optional): unsalted nuts, diced red or green pepper, raisins or dried cranberries

Directions:

Spread equal amounts of hummus in the middle of each cut celery piece. Get creative and garnish with whatever toppings you choose! These can be served chilled or at room temperature.

Due to variations in ingredients, the nutritional analyses should be used as a guideline only. A renal dietitian reviews all recipes, but we cannot assure that all values are accurate. Remember to consult a renal care provider with respect to any specific questions or concerns you may have regarding proper renal nutrition or before making any changes in your renal diet.



Jessica Glosson, MS, RDN, LDN is a dietitian currently based in Jacksonville, Florida. She is a University of North Florida alumna and has enjoyed practicing within the clinical realm of dietetics thus far, with particular interest amongst the bariatric, cardiovascular, and renal patient populations. Jessica enjoys researching and writing medical nutrition-based content in the hopes of benefiting the lives of patients.

Nutritional Values with Unsalted Peanuts

Calories: 70	Sodium: 100 mg
Protein: 2.18 g	Potassium: 153 mg
Fat: 3.63 g	Calcium: 28 mg
Carbohydrates: 7.47 g	Phosphorus: 48 g
Fiber: 1.9 g	Cholesterol: 0g



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Listen in to these inspiring shows:

The Kidney Project Update

with Shuvo Roy, MD [Web ID 3023](#)

What is a Preemptive Kidney Transplant?

with Rafael Villicana, MD [Web ID 3021](#)

Pain Management for Those who have Kidney Disease

with Stephanie Johnstone, LCSW [Web ID 3303](#)

Working on Dialysis

with Rachel Wright [Web ID 3018](#)

Personal Renal Chef for the Weekend

with Sara Carlson, RD [Web ID 926](#)

Bon Voyage: Dialysis on the High Seas

with Scott Profitt, RN [Web ID 3015](#)



Marijuana Use & Organ Transplants

How can marijuana affect one's transplant evaluation? What are the unknowns for someone who needs a kidney or wants to be a kidney donor? Listen in to hear Transplant Nephrologist Dr. Rafael Villicana's opinions on this controversial topic. [Web ID 3020](#)



Shrimp & Coconut Curry Noodle Bowl

By Riya Khan

Web ID: 4015

This recipe combines sweet corn and zucchini with coconut milk and rice noodles, but you can experiment with any vegetables you have on hand. Turn up the heat with curry paste and add a squeeze of lime. Toss in some cooked shrimp and you have a complete meal in 30 minutes.

Prep time: 15 minutes
Cook time: 15 minutes
Total time: 30 minutes
Servings: 5

INGREDIENTS

Curry Bowl:

8 ounces rice noodles
2 tablespoons coconut oil
1 sweet onion, diced
2 zucchini or summer squash, diced
2 ears sweet corn kernels,
(removed from the cob)
2 cloves garlic, minced or grated
1 tablespoon fresh ginger, grated
2-3 tablespoons Thai red curry paste
1 14-ounce can coconut milk, full fat
1/3-1/2 cup water
1 tablespoon low sodium soy sauce
2 teaspoons honey
Juice and zest from half a lime
Top with 1/4 cup fresh cilantro
(or basil, roughly chopped)

Optional: Add 12 large shrimp sautéed with a pinch of salt and pepper in a tablespoon of extra virgin olive oil
Top with sliced jalapeño pepper and/or chopped green onions

INSTRUCTIONS

1. Cook the rice noodles as directed on the package.
2. Heat the coconut oil in a large skillet. Add in the onion and cook over high heat for about 5 minutes. Add the zucchini, corn, garlic, and ginger and cook for about five more minutes until everything starts to get soft.
3. Stir in the curry paste and cook for another minute.
4. Stir in the coconut milk, fish sauce, water, and honey. Optional: Add sautéed shrimp. Bring to a boil, and cook until the mixture begins to thicken (about 5 minutes). You can add more water if the sauce becomes too thick.
5. Remove skillet from the heat. Add either the cilantro or basil, according to taste, and stir in the lime juice and zest.
6. Divide the rice noodles into separate serving bowls and top with the curry mixture. Optional: Top with jalapeño peppers and/or green onions, to taste.

Recipe Nutritional Values

Calories: 418	Sodium: 195 mg
Protein: 16 g	Potassium: 660 mg
Fat: 27 g	Calcium: 90 mg
Carbohydrates: 36 g	Phosphorus: 285 g
Fiber: 5 g	Cholesterol: 76 g

Due to variations in ingredients, the nutritional analyses should be used only as a guideline. A renal dietitian reviews all recipes, but we cannot assure that all values are accurate. Remember to consult a renal care provider with respect to any specific questions or concerns you may have regarding proper renal nutrition or before making any changes in your renal diet.

Riya Khan has lived with kidney disease since she was a young child. She received a kidney transplant in March of 2001. Since then she has been very passionate about using her second chance to make the most of her life. In 2016 she received her law degree followed by an LL.M. in International Law. She uses any free time she can to stay involved in the renal community and to advocate for chronic kidney disease. Some of her favorite activities are cooking various cuisines, traveling, and spending time with her two dogs.





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Controlling PHOSPHORUS *in your diet*

By Gina R. Brittain, R.D., L.D.,

The trouble with phosphorus:

Too much of a good thing

For many people, phosphorus—present in many foods—is a good thing, working with calcium to build strong bones and keep other parts of the body healthy. However, those living with chronic kidney disease (CKD), whose kidneys are unable to filter out excess phosphorus, need to keep close track of phosphorus levels in order to stay healthier.

In studies, most people reached their phosphorus goal with 3 to 4 tablets per day.

When the kidneys can no longer keep phosphorus at the right level, it builds and becomes harmful. High phosphorus levels may weaken bones and put a person at risk for increased bone fractures as well as increased risk for cardiovascular disease, which is a disease of the heart and blood vessels. Though it's important to avoid foods that are very

high in phosphorus in order to help reduce wear and tear on the body's systems, most CKD patients will also need medication to support that balance. This medication is known as a phosphate binder. There are many options for phosphate binders, but the number of pills needed for managing phosphorus levels can be burdensome. Of the four phosphorus binders on the market, Velphoro¹ is cited as having the most significant reduction for a patients' pill burden. In studies, most people reached their phosphorus goal with 3 to 4 tablets per day. Usually phosphate binders are taken within minutes before or immediately after meals and snacks.

Hidden phosphorus:

What food labels don't tell you

Phosphorus is commonly added to foods in the form of chemicals known as phosphates. Phosphates are used to enhance flavor and color, improve texture and reduce lumpiness, and to extend the shelf life of food. These additives are harmful to everyone's bone and heart health, and food companies do not have to report them on the Nutrition Facts label. To find out if a packaged food contains additional phosphate additives, look for words containing the letters "PHOS" in the ingredient list.

A kidney-friendly diet:

Tips for reducing phosphate consumption

People who are working to lower their consumption of phosphorus-rich foods can choose natural phosphorus-containing foods. The natural phosphorus content will be absorbed less by the body. The following foods will help to satisfy the appetite while absorbing less of the phosphorus:

- Fresh all-natural chicken, steak, fish, turkey
- Natural cheeses (cheddar, goat, mozzarella)
- Heart-healthy cooking oils (olive, canola, vegetable)
- Whole grains (oats, rice, whole wheat pasta)
- Unsalted nuts (peanuts, almonds, peanut butter)
- Low-sodium canned beans (kidney, pinto, chickpeas, garbanzo)

Though it can be difficult to always avoid high phosphorus foods, foods that contain additional phosphate additives will cause your body to absorb more phosphorus. The following foods contain phosphate additives and should be avoided:

- Processed cheese (American, cheese dip, spray cheese)
- Fast food
- Enhanced meats (frozen, pre-cooked)
- Dark cola
- Prepared frozen foods (microwavable meals, snack items)
- Baked goods (pastries, snack cakes)

Thriving

- Talk to your dietitian about managing your unique kidney-healthy diet.
- Read ingredients to hunt down hidden phosphorus (phosphates) so you can keep your level in the healthy range.
- Swap out high-phosphorus foods for lower-phosphorus ones. Try these three recipes at www.freseniuskidneycare.com/eating-well:
 - o Crunchy Lemon-Herbed Chicken
 - o Slow Cooked Bavarian Pot Roast
 - o Very Berry Bread Pudding

I. Velporo is distributed by Fresenius Medical Care North America.

*Find more helpful, kidney-friendly diet
and nutrition guidance at
www.freseniuskidneycare.com/eating-well*

Gina R. Brittain, RD, L.D, is the Lead Dietitian for the Kentucky Region of Fresenius Kidney Care and maintains a Home Therapy patient population. Gina earned her Bachelor of Science degree from the University of Cincinnati and has over 20 years' experience as a Registered Dietitian. Since 2017, she has advocated for her patients to thrive while on dialysis.



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.

Call (800)579-1970

Call toll-free 10:00am to 6:00pm
(Pacific Time)



**Support from someone
who has been there.**



11 Kidney Friendly FAST FOOD ORDERING TIPS

Quick-service restaurants provide us with a quick, easy, inexpensive bite when we're pressed for time. Americans love fast food and there are so many items to choose from! A lot of chains are now offering lower-fat options and if chosen wisely, fast foods can be healthy AND fit into your renal diet. If you are a regular through the drive-up window or frequently dine in at fast food restaurants, keep these tips in mind:

1

Burgers and sandwiches are high in sodium because they are pre-salted. It may be difficult for the quick-service restaurant to omit the salt. Be sure to ask before you order.

2

Remember that fries and baked potatoes are rich in potassium. If you can't imagine a burger without the fries, order a small serving and ask for unsalted where it is possible.

3

Ketchup, mustard and pickles are all high in sodium. Keep condiments, special sauces and dressings to a minimum. Request these toppings to be served "on the side" so you can control the amount.

4

Beverage sizes typically are large or "super-size" and can contribute to fluid overload if the entire beverage is consumed. Order a small beverage and ask for extra ice so it lasts longer and you don't drink it as fast.

5

Balance fast food items with other food choices. As you order, consider the other foods you have eaten or will eat during the day.

6

Choose broiled, steamed or grilled items over deep fried foods. To trim the fat from fried items, order the regular variety instead of the "extra crispy" and remove the skin before eating. Removing the skin also lowers the sodium content since most batters and coatings usually include seasonings rich in sodium.

7

Get a breakdown of fat, calories and other nutrition information (potassium, phosphorus or sodium) from the store manager. You can also check out the restaurant's web site for a complete nutritional analysis of all their menu items. Please note that obtaining information on potassium and phosphorus can be difficult.

8

Generally speaking, choose meals under 500 calories with less than 30% of the calories from fat. Many items are loaded with sodium so limit your sodium intake for the rest of the day. Watch your fluid intake because these foods will make you more thirsty than usual. Some items may require an increased dose of phosphate binders.

9


Note the serving size and work with your renal dietitian to safely add these menu items into your eating plan.

10

Look for places where control your own ingredients. like Chipotle, Subway or where you can build your own pizza.

11

Plan ahead so you are not famished when you visit a fast food restaurant. Before you leave the house, eat a healthy snack or take one with you. And be sure to take your phosphorus binders with you if they are prescribed to you.



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Jerry, Tailor

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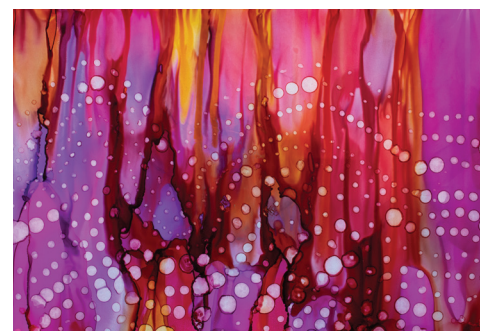
Lutonix AV Clinical Trial, data on file. Number of patients = 285. Number of reinterventions performed to maintain AV fistula function at 6 and 12 months were 44 and 115, respectively, in the LUTONIX® 035 DCB arm versus 64 and 138 in the standard balloon arm. At 6 and 12 months, the LUTONIX® 035 DCB arm required 31.3% and 16.7% fewer reinterventions, respectively, compared to treatment with a standard balloon. The LUTONIX® 035 DCB should not be used: in patients with known hypersensitivity to paclitaxel or related compounds; in patients who cannot receive recommended blood thinning therapy; in women who are breastfeeding; in men intending to father children; where the device cannot be completely inflated; or where the delivery system cannot be properly placed. Please consult product labels and instructions for indications, contraindications, hazards, warnings, and precautions. Models for illustrative purposes only. Actor portrayal.

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SALAD BAR CHOICES FOR THE RENAL DIET

The huge variety of vegetables and fruits available can provide you with vitamins A and C, folic acid and fiber. Be careful though—a trip to the salad bar at your favorite restaurant can provide you with more fat and calories than a burger and fries! However, there are many salad bar items that can easily fit into your renal diet. Below is a list of items to assist you in choosing sensibly from any salad bar. Always check with your renal dietitian since portion control is very important.

CHOOSE

LIMIT

Lettuce, escarole, endive
Alfalfa sprouts
Celery sticks
Cole slaw
Cauliflower
Cucumbers
Green beans
Green peas
Green peppers
Radishes
Zucchini
Beets
Eggs, chopped
Tuna in spring water
Parmesan cheese
Chinese noodles
Gelatin salads
Italian low calorie dressing
Vinaigrette
Low fat dressing

Avocado
Olives
Raisins
Tomatoes
Pickles
Bacon bits
Chickpeas
Kidney beans
Nuts
Shredded cheddar cheese
Three-Bean Salads
Sunflower Seeds
Chow Mein noodles
Fried bread croutons
Potato salad
Thick salad dressings
Relishes

21st Annual Renal Teen Prom Sunday, Jan. 19, 2020 in Los Angeles, CA

For 21 years 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.

See highlights from the 20th Annual Renal Teen Prom at RSNhope.org/Prom



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/Donate.

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.



Why Should You Advocate for Kidney Care?

Get involved and make a difference. RSN's advocacy program focuses on State/Federal regulatory and legislative issues that impact or improve the care of people who have chronic kidney disease, including dialysis and kidney transplantation.

According to the latest U.S. Renal Data System Report more than 660,000 Americans are being treated for kidney failure, also called End-Stage Renal Disease (ESRD). Of these, 468,000 are on dialysis and more than 193,000 have a functioning kidney transplant. Each year 100,000 people are newly diagnosed with stage 5 chronic kidney disease (CKD) which is the same as ESRD. About 30 million US adults are estimated to have CKD and most are undiagnosed. Over 103,000 people in the U.S. are waiting for a kidney transplant.



Learn more about RSN's advocacy program and "take action" to support current legislation.

Visit RSNhope.org/advocacy to learn about the current issues.

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Please check all that apply:

☐ Patient: ☐ Transplant ☐ PD ☐ Hemo

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

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Donation charge to card \$ Billing Zip

Card#: Exp. Date: /

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(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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10th Annual

BEAT the ODDS



Celebrity Bingo & Texas Hold'Em Tournament

Save the Date!
Saturday, April 18, 2020



Congratulations Joe Marcel (kidney transplant recipient) who is the 1st Place winner of our 9th Annual Texas Hold'em Tournament. He is pictured with his living donor Mark Shulman.

How you can help:

The 10th 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 next April!

- Lori Hartwell

Visit RSNhope.org/poker for details



Come Create with Us! RSNhope.org/Studio

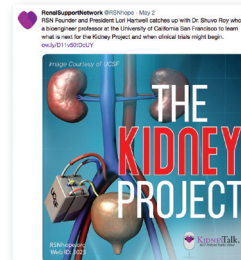


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RSN EVENT CALENDAR

Visit RSNhope.org for details

Monthly Support Group

4th Sunday of the Month

Visit RSNhope.org for details

Studio Hope Workshops

Visit RSNhope.org/Studio for details

26th Annual Patient Education Meeting

Sept 14, 2019

21st Annual Renal Teen Prom

Jan. 19, 2020

10th Annual Celebrity Bingo & Poker Tournament

April 18, 2020



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**FRESENIUS
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17th Annual Essay Contest

CALLING ALL STORYTELLERS WHO HAVE KIDNEY DISEASE:

Share your experience for your chance to win up to \$500!



People who live successfully with a chronic illness like kidney disease know firsthand the importance of having an innovative perspective not only toward their illness, but also toward life in general. There is an abundance of talent within the renal patient community and the RSN's 17th Annual Essay Contest provides people who have chronic kidney disease with a forum where they can share their experiences, strength, hope as well as inspire others with the story. How do you battle kidney disease and win?

- Lori Hartwell,
RSN President and Founder

**All participants receive a gift for entering the contest.
Submission deadline is August 10, 2019 and winners'
names will be announced after September 14, 2019.**

**Visit [RSNhope.org/Essay-contest](https://www.rsnhope.org/Essay-contest)
for details**