

Support Group

West Texas Support Group: Dialysis, Transplant (any Organ), Chronic Kidney Disease; Pre-Dialysis, Dialysis, pre/post Transplants & your supports!

The West Texas Dialysis & Transplant Support Group Meets Quarterly, the last Tuesday of that month from 5:30 to 7pm (unless otherwise announced). Please contact your Dialysis Center Social Worker or Amie at the South Plains Kidney Foundation.

Dialysis Centers:

- Angelo Kidney Care
- Davita Brownfield
- Fresenius Kidney Care
- Kidney Care Center
- US Renal Care

Transplant Centers serving Lubbock & West Texas Area:

- Covenant Transplant Center
- UMC Partnered with UTSW Transplant
- Baylor All Saints
- Methodist San Antonio

Resources

The Scientific Registry of Transplant Recipients SRTR reports on transplant programs and on organ procurement organizations. www.srtr.org

American Kidney Fund (AKF): www.kidneyfund.org
They also offer educational resources and While on Dialysis, the AKF Focuses on financial assistance programs for patients with kidney disease, including help with health insurance premiums, transportation, and prescription costs.

Center for Disease Control: www.cdc.gov/kidney-disease/index.html

National Institute of Health: www.niddk.nih.gov/health-information/kidney-disease

Medicare Parts A, B, C and D For people 65 and older, people under 65 with certain disabilities, people with end-stage renal disease. There are four parts of Medicare. Each one helps pay for different health care costs.

www.medicare.gov/basics/end-stage-renal-disease
www.SSA.Gov 1-800-772-1213

Texas Kidney HealthCare –The program is available to anyone who: Lives in Texas, has an income less than \$60,000 per year, diagnosis of end-stage renal disease, regular dialysis treatments or kidney transplant, and Isn't eligible for Medicaid. May help with medical, drug or travel benefits

**SOUTH PLAINS
KIDNEY
FOUNDATION**

LEARN • CHANGE • LIVE



www.SouthPlainsKidney.Org
SPKFDirector@yahoo.com
806-283-7357

We are your **only Lubbock Local, Non-Profit, 501c3**, helping bring education and awareness to kidney disease and financially helping those in need, dealing with kidney disease in the **Lubbock and West Texas Area**.

Support Groups, Fundraisers & Events

Donations welcome!

Visit Us

www.SouthPlainsKidney.org
Facebook: @SPKFWestTexas

The South Plains Kidney Foundation

The (SPKF) is committed to the prevention of kidney disease, improving the health and well-being of patients and families affected by kidney disease, providing resources to patients and professionals, and increasing awareness of organ donation.

Introduction to End Stage Kidney Disease Treatment Options

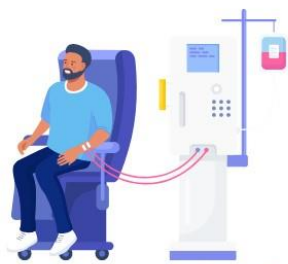
End-stage Renal Disease (ESRD), also known as **End-Stage Kidney Disease (ESKD)**, is a medical condition where the kidneys have permanently stopped functioning. You will need to have renal replacement therapy for the rest of your life.

There are options to fit your lifestyle!

Treatment Options

- Hemodialysis
- Home Hemodialysis
- Home Peritoneal Dialysis
- Transplant

The South Plains Kidney Foundation (SPKF) is Local & here to help you navigate through your kidney healthcare options.



You and your care team can discuss the best treatment option for you and your family.
Your Care Team consists of YOU, your Nephrologist, Dietitian, Nurse, and Social Worker to help you through the process.



Hemodialysis

A medical procedure that uses a machine to filter and clean the blood, replacing the function of your kidneys when they fail.

In-center Hemodialysis is done at a local center and **Home hemodialysis** is done at home, **with a support person** and often with more frequent and shorter sessions at your convenience.

How Hemodialysis works:

Access: A vascular access (fistula, graft, or catheter) is surgically created to provide a connection for blood flow to and from the dialysis machine.

Needles: Two needles are inserted into the vascular access. Every treatment

Blood flow: Blood flows from the body through one needle, into the dialysis machine (which contains a special filter called a dialyzer), where it is cleaned.

Cleaning: The dialyzer uses a solution called dialysate to remove waste and excess fluid from the blood.

Return: The cleaned blood is returned to the body through the second needle.

Time: A dialysis session typically lasts **3-4 hours** and is repeated **3 times a week**, depending on the individual's needs.

Peritoneal dialysis

A method of dialysis that uses the lining of your belly (peritoneum) to filter blood, replacing the function of your kidneys when they fail.

How Peritoneal Dialysis works:

Catheter Placement: A catheter is surgically inserted into the peritoneal cavity, the space within the abdomen. You will have a portion of the tube remain outside of your body.

Dialysate Introduction: Dialysate, a special cleansing fluid, is introduced into the peritoneal cavity through the catheter.

Dwell Time: The dialysate remains in the abdomen for a specific period (dwell time), usually 4-6 hours, allowing waste and excess fluid to move into the dialysate from the blood.

Draining: The dialysate, now containing waste, is drained out through the catheter, either using gravity (CAPD) or a cycler machine (CCPD).

Repetition: This process (fill, dwell, drain) is **repeated multiple times a day, either manually (CAPD) or by a machine (CCPD) that you use nightly.**

Transplant



A surgical procedure where a healthy kidney from a donor is placed into a recipient with end-stage kidney disease. The new kidney takes over the work of the failing kidneys, to eliminate the need for dialysis.

Evaluation and Matching: Potential recipient undergoes a thorough medical evaluation to determine their suitability for a transplant. Each Center has their own Criteria but can share results.

Surgical Procedure: The surgery is performed under general anesthesia, and a new kidney is placed in the lower abdomen, usually near the groin. Deceased donor (wait list) or Living Donor (planned).
Recovery: Following surgery, the recipient is monitored in the recovery room before being transferred to a hospital room. They will likely be discharged within a few days, depending on their recovery. **You may need to stay by your transplant center, with a Support person, for several weeks to several months** depending on your center.

Post-transplant Care: After surgery, the recipient will require regular **follow-up appointments** with the transplant team, and **labwork**, to monitor the new kidney's function, manage **medications**, and **address any potential complications**. This will be done for the **LIFE OF YOUR KIDNEY**.

With Home dialysis options, you will need to have a support person, a place to store boxes and a place to do your treatments

Transplant is another Treatment Option, not a cure for kidney disease.