



End Stage Renal Disease (ESRD) National Coordinating Center (NCC): Staying Healthy Inside and Outside the Dialysis Clinic

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Staying Healthy Inside and Outside the Dialysis Clinic



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Types of Infections in Dialysis Patients

Respiratory Infections:

- Cold
- Bronchitis

Bacterial Infections:

- Urinary tract
- Pneumonia

Dialysis patients may also experience serious infections related to their dialysis access. For hemodialysis patients, an arteriovenous fistula has the lowest likelihood of infection. A dialysis catheter carries the highest risk of infection.



Permanent Access

Nephrologists strongly suggest permanent accesses, such as a fistula or a graft, for patients who can maintain those accesses.



What Is a Dietitian?

A renal dietitian is an expert in nutrition for people on dialysis. He or she specializes in nutrition related to anyone with kidney disease. The dietitian helps improve the patient's overall quality of life by working together on things like diet, labs, fluid balance, and body weight.



Lab Values to Watch

Albumin measures protein in the blood. It is important for the body to have enough protein.

Potassium helps control heart and muscle function. High potassium can affect the way the heart beats.

Phosphorus can move from the bones to other areas, like the vessels and the heart. This can lead to heart disease and other health risks.

Salt is in everyone's body but, eating too much can raise blood pressure. It also increases thirst, which will lead to fluid overload.



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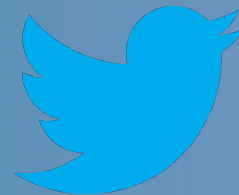
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