

## Helpful Resources

### End-Stage Renal Disease (ESRD) National Coordinating Center (NCC)

[www.esrdncc.org](http://www.esrdncc.org)

*Provides support and coordination at the national level for ESRD Networks*

### Home Dialysis Central

[www.homedialysis.org](http://www.homedialysis.org)

*A one-stop, online source of up-to-date information about home dialysis for people with kidney disease, their families, and the health care professionals who provide kidney disease care*

### Alliance for Home Dialysis

[www.homedialysisalliance.org](http://www.homedialysisalliance.org)

*Promotes activities and policies that facilitate treatment choice in dialysis care while identifying and addressing barriers that limit access for patients and their families to the many benefits of home dialysis therapy*

## Acknowledgements

*Most content from this brochure can be found on the ESRD National Coordinating Center website at [www.esrdncc.org](http://www.esrdncc.org).*



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[www.qirn4.org](http://www.qirn4.org)

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Why Should I Choose  
**HOMEDIALYSIS?**



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## Did You Know?

More than 90% of kidney professionals would choose home therapy as the initial treatment option if they were a dialysis patient.

Source: Schiller, B., Neizer, A., Doss, S. (2010). *Nephrology News Issues*. (24) 36-44.

## Peritoneal Dialysis (PD)

Why it may work for you:

- Needles are not used and your blood does not leave your body.
- PD allows more independence and control of treatment and life choices.
- Your own body, not a dialyzer, cleans your blood.
- You don't have to travel to a center to receive treatment. It could be performed at your home, school, or work.
- Many patients say they have more energy after these treatments compared to how they feel after in-center dialysis.
- Dialysis staff members are available to answer questions on the phone.
- You decide how to fit your exchanges into your day or night schedule.
- PD may make it easier to return to work or school.
- You may have less diet restrictions than with in-center dialysis.
- PD allows you to travel. Supplies can be shipped to you anywhere in the United States.

## Home Hemodialysis (HHD)

Why it may work for you:

- HHD uses your existing arterial fistula or graft site.
- HHD allows more independence and control of treatment and life choices.
- HHD permits more frequent or longer treatments than can be provided with in-center dialysis. This can lead to more waste products being removed and better lab results.
- You don't have to travel to a center to receive treatment.
- Many patients say they have more energy after treatments compared to how they feel after in-center dialysis.
- Dialysis staff members are available to answer questions on the phone.
- HHD may make it easier to return to work or school.
- HHD allows you to travel. Supplies can be shipped to you anywhere in the United States, and the machine can go on an airplane.