

Continuing the Journey

On July 21, 2017, I was blessed to receive a kidney transplant. Since that time I have become physically stronger each day. Just as importantly, I have stayed committed to supporting those enduring the challenges of End-Stage Renal Disease (ESRD).

I continue to offer my assistance to my local dialysis facility, the Network 4 regional office, and the Centers for Medicare & Medicaid Services (CMS) by attempting to positively impact the number of dialysis patients on the transplant waitlist and increase dialysis patient utilization for home-based modalities.

Educating patients, loved ones and caregivers about the options of dialysis modalities provides an opportunity for them to make an informed choice.

Involvement with these initiatives provides an opportunity for me to give back by helping others realize that with adherence to their prescription, maintaining a healthy lifestyle, planning desired activities, and openly coordinating life plans with other participants, dialysis does not inhibit life. In fact, it allows the continuation of living life.

Learn More

For more information about treatment options, please contact Quality Insights Renal Network 4.



Quality
Insights
Renal Network 4

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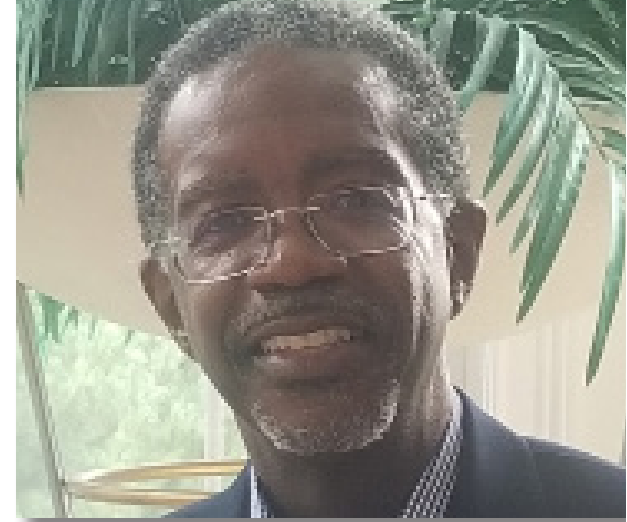
(610) 783-0374 (Fax)

(800) 548-9205 (Patient Toll-Free Line)

www.qirn4.org

To file a grievance, please contact Quality Insights Renal Network 4 at: Patient Toll Free Line: 1-800-548-9205, www.qirn4.org, 1586 Sumneytown Pike #1470, Kulpsville, PA 19443.

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PATIENTS HELPING PATIENTS

*My Journey to Better
Kidney Health:
Timmy's Story*



Quality
Insights
Renal Network 4

My Journey to Better Kidney Health

By *Timmy Nelson*

In January of 2013, after many years of reoccurring back pain, I decided to undergo surgery to resolve the issue.

The surgery and results could not have been better. After two days, my surgeon felt I would be able to go home as long as I committed to follow his instructions. My back was mended, but after reviewing the results of seemingly endless examinations, I was informed that my kidneys were not operating properly and once released (a week later) I needed to see a renal doctor.

After numerous renal appointments, blood work and examinations, I was informed that I may need to consider dialysis. By November of that same year, there was nothing to consider. I had to go on dialysis. My employment required extensive travel, many times via airplane. During a consultation with my renal doctor, he explained dialysis options and said I would be a good candidate for peritoneal dialysis (PD), provided I truly had the self-discipline that I seemed to demonstrate during my interactions with him. He explained the process and how it is totally manageable, even considering my

extensive travel schedule, and referred me to a dialysis nurse for more in-depth questions. After these consultations and training with the nurses, my supplies were ordered and cyclor delivered.

At home, I had great flexibility because I was able to place my cyclor at the most advantageous location allowing me the most access to my home. With some planning and proper placement of items needed, I was able to complete my dialysis process and still follow my daily routine at home. When traveling, I would complete my process in the evening and overnight in my hotel room.

Yes, even for short business trips it seemed that I was packing for many days due to the supplies I needed to carry. But with the exception of my cyclor, once I arrived at the airport everything was checked luggage. My travel schedule was calendared in advance, so once my plans were completed, I called Baxter to arrange solution deliveries to the city and hotel per my schedule. Hotels have been gracious and have always accepted my solution deliveries at least a day in advance of my arrival.

I followed this process with no issues until I decided to retire in March of 2015. Since retirement, I still travel. If it is by air, I call Baxter. Short automobile trips are also simple - I just load everything I need into my car. One

“I am such a supporter of peritoneal dialysis (PD) that I regularly and openly discuss it with anyone desiring to hear my story. During the conversation the response is always the same. People say they never would have guessed I was a dialysis patient.”

- **Timmy Nelson**

summer I took a five-day cruise and once again, no issues. My solution was planned to be delivered a day in advance and the cruise line placed the boxes of solution in my cabin.

As you can tell, I am a believer and supporter of PD. It does require discipline, maintaining a schedule, and some planning, but compared to a requirement of days throughout the week at a dialysis center (no matter how comfortable and friendly the atmosphere), this is my preferred option.