

# Living With Kidney Failure

## How will my lifestyle change ?

- ▶ **Diet :** It is important to balance nutrition with your new lifestyle. Poor diet can lead to depression, fatigue, infection, and poor rehabilitation

Diet and fluid intake is restricted for patients on haemodialysis. It is important to observe the intake of salt and water. If excessive salt is consumed, then you will be thirsty and have the urge to drink more water. If you drink a lot of water, your body will hold on to it until you dialyze it out.

Because you only dialyze a few times a week, you can expect to gain weight between sessions

Malnutrition is common in dialysis patient. However, the dietitian, a member of your health care team, is there to assist you on any special diet recommended by your physician, and can help you and your family select appropriate food choices

- ▶ **Sports :** You can do most sports and exercise. Many people walk, jog, bicycle, play tennis, or mow the lawn. Ask your physician about the activities that are right for you. Sports that involve lifting and abdominal pressure should be avoided

- ▶ **Activities :** People on dialysis lead very normal lifestyles. It is easy to adjust the treatment schedule according to work, school or travel plans because you are in charge of your own treatment. You do not have to limit your activities

You will be urged to pace yourself and do as much as you feel able to do, and keep busy with meaningful activities at work, at home, with friend and family, or within the community. This helps you both physically and emotionally

- ▶ **Travel :** You can pack your CAPD supplies in a suitcase or car for a short trips, and do your exchanges in and any clean area. If you are using a cycler machine, it can be packed for longer trips, and then set up at your destination. On shorter trips cycler user might opt to perform CAPD, which is taught to APD patient even if the cycler is typically used at home

For travel to a foreign country, for a short or long trip, your dialysis staff can help you with the names, address and telephone number of other dialysis units and doctors in the area you are travelling to. They will also provide records about your medical treatment to the dialysis unit at your destination

