

# TREATMENT OPTIONS

## HOW TO CHOOSE WHAT IS RIGHT FOR YOU



### TRANSPLANTATION

ADVANTAGES	DISADVANTAGES
<ul style="list-style-type: none"><li>• Is closest to having your own kidneys</li><li>• No dialysis treatments required once transplanted kidney starts working</li><li>• Longer life with a transplant than dialysis</li><li>• Fewer fluid and diet restrictions</li><li>• You may feel healthier and have more energy</li><li>• Work full-time without worrying about a dialysis schedule</li></ul>	<ul style="list-style-type: none"><li>• Stress of waiting for a match</li><li>• Risks associated with major surgery</li><li>• Risk of rejection—your transplant may not last a lifetime</li><li>• Daily medications required—which can cause side effects</li><li>• Susceptibility to infection</li><li>• Possible changes in your appearance due to medication side effects</li></ul>

### HOME HEMODIALYSIS

ADVANTAGES	DISADVANTAGES
<ul style="list-style-type: none"><li>• Control your dialysis schedule, with added flexibility over when you dialyze</li><li>• No travel to a clinic for treatments</li><li>• Be involved in your own care</li><li>• Same person always helps you perform treatment</li><li>• Cleans blood 5-6 times during the week, which is more like your natural kidney</li><li>• Less restricted dialysis diet</li><li>• May require fewer medications</li><li>• Patients typically have more energy and feel better between and following treatments</li></ul>	<ul style="list-style-type: none"><li>• Must have a trained partner to help you</li><li>• Training may take four weeks or more</li><li>• Permanent access to your blood required, typically in your arm</li><li>• Runs some risk of infection</li><li>• Need space in home for supplies and equipment</li><li>• Need to schedule treatments into daily routine</li><li>• Insertion of two needles for each treatment</li></ul>

### PERITONEAL DIALYSIS

ADVANTAGES	DISADVANTAGES
<ul style="list-style-type: none"><li>• Control your dialysis schedule</li><li>• A flexible lifestyle and independence</li><li>• Patients tend to have more energy and feel better</li><li>• Don't have to travel to dialysis unit for treatment</li><li>• Be involved in your own care</li><li>• Can provide continuous therapy, which is more like your natural kidney</li><li>• Doesn't use needles or blood for dialysis</li><li>• Dietitian may have more flexibility adjusting your diet</li><li>• May require fewer medications</li><li>• Can do therapy while sleeping (APD)</li><li>• Portable therapy, ease for travel</li><li>• No partner is required to perform treatment</li></ul>	<ul style="list-style-type: none"><li>• Need to schedule exchanges into your daily routine, seven days a week</li><li>• Requires a permanent catheter typically in the abdomen</li><li>• Runs some risk of infection</li><li>• May gain weight/have a larger waistline</li><li>• Training is needed to learn to perform treatment</li><li>• Need space in your home for supplies and equipment as well as space to perform treatment</li><li>• Must be committed to self care</li></ul>

### IN-CENTER HEMODIALYSIS

ADVANTAGES	DISADVANTAGES
<ul style="list-style-type: none"><li>• Nurses and technicians perform treatment for you</li><li>• Regular contact with other hemodialysis patients and staff</li><li>• Usually three treatments per week; four days off</li><li>• No equipment/supplies kept at home</li><li>• Medical help is available quickly in an emergency</li></ul>	<ul style="list-style-type: none"><li>• Travel to and from dialysis center three times a week on a fixed schedule</li><li>• Permanent access to your blood required, typically in your arm</li><li>• May feel tired or worn down because blood is cleaned only three times a week</li><li>• Insertion of two needles for each treatment by different members of dialysis staff</li><li>• Restricted diet/limited fluid intake</li><li>• Runs some risk of infection</li><li>• Possible discomfort like headache, cramping, nausea or tiredness</li></ul>

ALL OF THEM WORK — YOU AND YOUR DOCTOR JUST NEED TO DECIDE WHICH ONE IS BEST FOR YOU.