

# Improve your health. Be active in your healthcare.



When you learn more about your health and your treatment options, and take an active role as part of your healthcare team, you will live a fuller and healthier life on dialysis.

- 1. KNOW YOUR CARE PLAN.** It's your road map to better health.
- 2. ASK QUESTIONS.** Find out what your medications do for you, how well dialysis is cleaning your blood, why certain foods are bad for you, and what foods are best.
- 3. KNOW YOUR DIALYSIS OPTIONS.** Did you know there are different ways to dialyze?
- 4. KNOW YOUR NUMBERS.** Your lab values are an important indicator of your health. Know your Kt/V, hemoglobin, calcium, phosphorus and potassium levels.
- 5. EDUCATE YOURSELF.** Don't be shy or afraid to ask your care team to explain medical terms in words you can understand!

**You are the most  
important member of  
your healthcare team.**

**Work with your  
healthcare team to  
make sure that you  
live the healthiest life  
possible.**



For more information, or to file a grievance, please contact us:

IPRO End-Stage Renal Disease Network of New England

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