

To think about as relative and friend

As a patient's relative or friend you are an important part in the process that lies ahead. Your love, support and empathy might be needed more than ever. Having an open and sincere discussion is an important part of decision making.

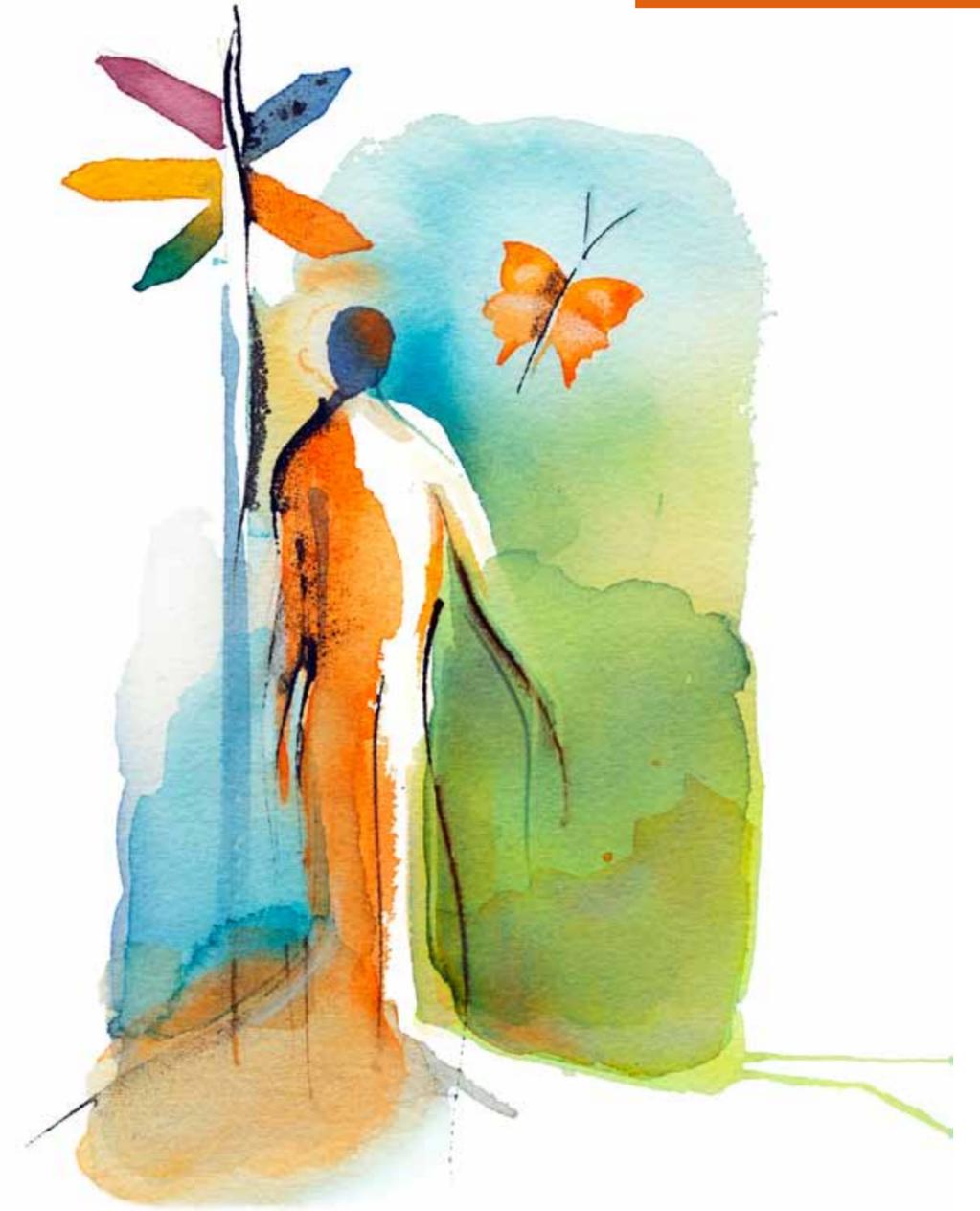
Being involved in the process states that your opinion is valuable. The final decision however has to be made by the patient. Put yourself in his or her shoes for a minute. Surely enough you would want to be the one deciding on your own life?



Patients in focus

Diaverum is Europe's largest product independent and one of the world's leading renal care service providers. The company has 20 years' experience in the area of dialysis, going back to its time as part of Gambro – a Swedish healthcare specialist. Swedish roots – international approach: The patient's quality of life is at the center of all activities. The integrated care approach, aligning medical quality, preventive care, management and the treatment of kidney disease, as well as its individual patient care focus, makes Diaverum unique. Today, 7,400 employees care for more than 23,000 patients in 19 countries in Europe, Latin America, Middle East, Australia and Eastern Europe. Diaverum has its roots in Lund, Sweden and a corporate office located in Munich, Germany.

www.diaverum.com



Deciding on dialysis

Your choice as a patient,
with support from relatives and friends.

A decision only you can make

When being diagnosed with chronic kidney disease, it is fair to say that the world turns upside down. It is natural that you worry about what the future holds, but it is also true that two patients don't have the exact similar experiences. Some patients are asymptomatic until they need to start dialysis, others have severe clinical symptoms which disrupt habits, hobbies and normal life.

As a patient it is your right to take an active role in deciding about the renal care treatment that matches your approach to life. Your values and desires are the two main fundamentals in guiding you to the appropriate modality.

Also remember that your doctor and Diaverum clinical staff always are at your disposal to clarify your doubts and concerns and to give the best possible support to you and your family. And, if you at any point would like to change your dialysis modality into another modality, and there is no medical contraindication you will always be able to do so.

Even if your future life seems clouded right now, bear in mind that for most people a fairly normal life with travelling, exercising and socializing awaits just around the corner.

Learning about your treatment options

Managing CKD means continuing a life worth living. A kidney transplant offers the best outcome and the best quality of life. However, not everyone is fit for a kidney transplant, and there is also a shortage of organs. A patient may have to wait for months, and even years, before getting a suitable transplant and will thereafter need lifelong medication. For this reason a living related donor transplantation may be another option for some patients. Dialysis is therefore the first treatment step in order to eliminate toxins from your body.



HD (Center Hemodialysis)

HD means that your blood is filtered through a dialysis machine with a filter, removing waste products and excess water from your body. In order to circulate your blood through this extra-corporeal system a vascular access, which is punctured before each treatment, is needed.

HD is mostly done in a dialysis center. You have to attend regular dialysis sessions. Each session takes 3–5 hours and needs to be performed 3–4 times a week.

Night-time dialysis is an option at some centers and means that you are dialysed during night time while sleeping.



CAPD (Continuous ambulatory peritoneal dialysis)

CAPD is a more autonomous and bloodless way of dialysis. It can be done at home – on your own or by the help of a relative.

Two liters of the so called exchange fluid is infused in your peritoneal cavity through a catheter. After 6–8 hours you dwell the fluid out of your abdomen, removing wastes and spare water within this process.

This procedure needs to be repeated every 6–8 hours. There is an average training period of one week.



APD (Automatic peritoneal dialysis)

With APD a machine is performing the removal of wastes and excess water from your body while you sleep.

As in CAPD you need to have a peritoneal catheter. But: The machine measures the fluids needed for each exchange and times the delivery of this carefully. The peritoneal cavity is filled with solution automatically, the waste solution is drained automatically.

There is a connection to the APD machine in the evening, the treatment happens all night while the patient sleeps and a disconnection from the APD machine occurs when the patient wakes up in the morning. Average training time is about 10 days and thereafter the patient will be able to perform the treatment at home

Deciding on dialysis: steps to take

Diaverum will be with you on your way of deciding on dialysis treatment. The process covers six important steps that do not only reflect your lifestyle, but also clarify all important details about different renal replacement treatment options. You make the decisions, but remember that you are not alone.

