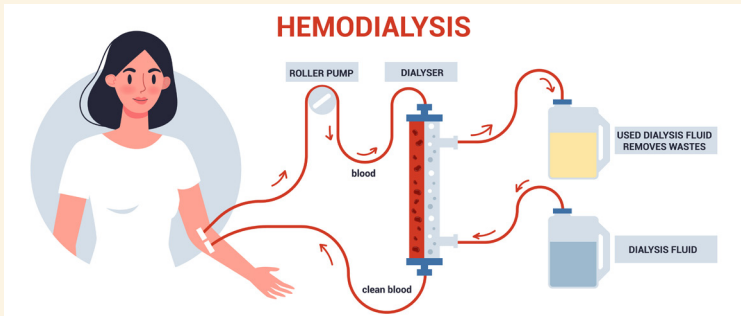


Dialysis



Bringing Dialysis to PHC

- Dialysis has consistently been a topic on the Community Health Needs Assessment as a need in Harper County. The closest location for Dialysis is Wichita, which is an hour away.
- There are 167 patients in Anthony, Harper and Attica who have Chronic Kidney Disease and may need dialysis in the future. At least five are in end stage renal disease.
- Those who travel to Wichita via public transportation will no longer have to be away from home all day for three days a week.



Patterson Health Center Dialysis Project Donation

Name: _____

Address: _____

City _____ State _____ Zip _____

Email Address _____

Donation Amount _____ Stay anonymous? _____

Please mail to the Harper County Health Foundation,
485 N. KS HWY 2, Anthony, KS 67003 or visit hcohf.org.



Why is
DIALYSIS
needed in Harper County?

A COLLABORATIVE EFFORT BETWEEN



Up to \$200,000 in donations will be MATCHED by the Health Foundation!

The Kidneys

an introduction to chronic kidney disease

What are they?



- There are 2 kidneys.
- There is one on either side of your back.
- Each kidney is about the size of your fist.

The systems of your body are connected!

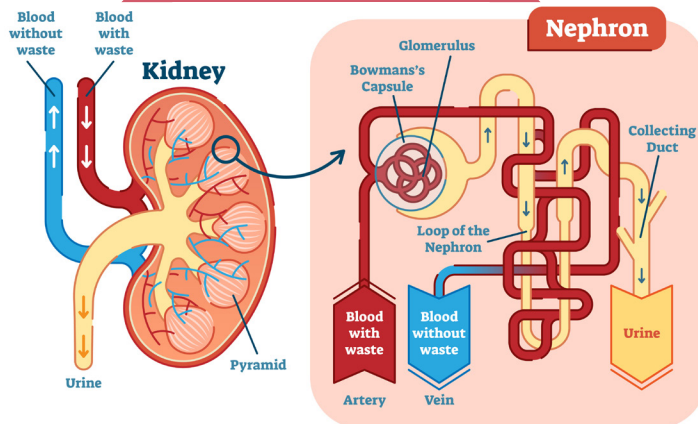
Your kidneys work with your brain, bones, heart and the rest of your body to make sure that your body gets everything it needs to live a healthy life. If your kidneys are not working, they might not be able to send or receive messages from the rest of your body.

What do they do?

Filter your blood
Remove extra water
Make hormones
Remove waste
Help control blood pressure

- Control Vitamin D for strong bones
- Tell your body to make red blood cells
- Get rid of drugs/medicines
- Get rid of acid and fluid
- Get rid of waste
- Make hormones to control blood pressure
- Balance salt, potassium (a nutrient found in food), and phosphorus (another nutrient)

Parts of the kidney



Chronic Kidney Disease

What is it?

Chronic Kidney Disease, or CKD, is a problem with the kidneys that gets worse over time, but it can be managed or slowed down!

You can be born with kidney problems or they can start when you're older.

Causes of CKD

High Blood Pressure
Diabetes
High Cholesterol
Kidney Infections
Glomerulonephritis
(kidney infection)
Polycystic Kidney Disease
Blockages in Urine Flow
Long-Term Medication Use

Stages of CKD

Stages 1 & 2

- You might not feel anything different!
- Your doctor will make sure you eat the right things & keep an eye on your blood pressure.
- You may need to take medications.

Stage 3

- You might feel tired or have trouble sleeping.
- You may have swelling or pain in your lower back where your kidneys are.
- You may need to follow a specific diet & take medications.

Stage 4

- You might feel the same things from stage 3, as well as feeling sick to your stomach (nausea) and vomiting.
- You might have a hard time staying focused.
- You might need many blood tests and could possibly start dialysis.

Stage 5 - "End Stage Kidney Disease"

- Same feelings from 3 and 4, as well as headaches.
- Your body may make less urine.
- You will probably start dialysis and get put on a waiting list for a kidney transplant.