



Dino, DaVita PD patient

## Spend More Time Doing What You Love

Find the Treatment Option that Fits Your Lifestyle

### Home Dialysis Options

Home dialysis patients control how to best arrange their treatment schedules, leaving more time for themselves, their families, their jobs and the activities they enjoyed before starting dialysis.

#### Peritoneal Dialysis (PD)

PD is a needle-free dialysis treatment that you can perform at home or even at work. Because PD exchanges can be performed several times a day, it is the treatment option most similar to your natural kidney function.

#### Home Hemodialysis (HHD)

HHD uses a machine with a filter to remove fluid and waste from the blood. With the help of a care partner you perform HHD treatments on your own schedule and in the comfort and privacy of your home.

### In-Center Dialysis Options

In-center dialysis patients receive their hemodialysis treatments in one of our clean, friendly dialysis centers from a certified DaVita caregiver.

#### In-Center Hemodialysis

In-center hemodialysis patients generally visit a dialysis center to receive treatments three times each week. Many patients socialize, read, watch TV or nap during treatments.

#### In-Center Nocturnal Hemodialysis

In-center nocturnal hemodialysis patients receive overnight hemodialysis treatments in a center three nights per week while they sleep. This allows you to keep your days open if you work or attend other activities.

To learn more about your treatment options, speak with your doctor or call us today at **1-800-244-0582**.

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## Explore Your Dialysis Treatment Options

One size does not fit all when it comes to treating end stage renal disease. Discover the treatment option that is right for your lifestyle by weighing the potential benefits below.

Health Benefits May Include	Home		In-Center	
	PD	HHD	Nocturnal	Hemo
More likely to receive a kidney transplant <sup>1</sup>	X	X		
Fewer infections requiring hospitalization <sup>2</sup>	X			
Shorter recovery time after treatments <sup>3</sup>	X	X	X	
Improved appetites reported <sup>4</sup>		X	X	
Fewer medications required <sup>5</sup>	X	X	X	
Better blood pressure control <sup>6</sup>	X	X	X	
Improved sleep reported <sup>7</sup>	X	X	X	
More closely matches the work of natural kidneys <sup>8</sup>	X			
Preservation of remaining kidney function <sup>9</sup>	X			
Protection of vascular access <sup>10</sup>	X			
Lifestyle Benefits May Include	Home		In-Center	
	PD	HHD	Nocturnal	Hemo
Convenience and flexibility	X	X		
Needle-free treatments	X			
Less restricted diet <sup>11</sup>	X	X		
Greater ability to travel	X	X		
Avoids 10+ trips to the dialysis center each month	X	X		
Free days (by dialyzing at night)	X	X	X	
No supplies to store at home			X	X
Minimized weight gain <sup>12</sup>		X	X	X
No care partner required	X		X	X
More social time with other dialysis patients				X

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<sup>1</sup>PD: Snyder J et al. *Kidney International*. 2002;62:1423-1430. HHD: Weinhandl E et al. *J Am Soc Nephrol*. 2012 May;23(5):895-904. <sup>2</sup>Fried L et al. *Am J Kidney Dis*. 1999 May;33(5):927-33. <sup>3</sup>PD: Renal Resource Center. An Introduction to Peritoneal Dialysis. [www.renalresource.com](http://www.renalresource.com). HHD: Jaber BL et al. *Am J Kidney Dis*. 2010;56:531-539. Nocturnal: Bugeja A et al. *Clin J Am Soc Nephrol*. 2009 Apr;4(4):778-783. <sup>4</sup>HHD: Galland R et al. *Kidney International*. 2001;60:1555-1560. Nocturnal: Bugeja A et al. *Clin J Am Soc Nephrol*. 2009 Apr;4(4):778-783. <sup>5</sup>PD & HHD: Parker K et al. *Kidney J*. 2014;7:557-561. Nocturnal: Ok E et al. *Nephrol Dial Transplant*. 2011;26(4):1287-1295. <sup>6</sup>PD: St Peter WL et al. *BMC Nephrol*. 2013; 14:249. HHD: FHN Trial Group. *N Engl J Med*. 2010 Dec;363(24):2287-2300. Nocturnal: Ranganathan D et al. *Indian J Nephrol*. 2012 Sep-Oct;22(5):323-332. <sup>7</sup>PD: Theofilou P. *J Clin Med Res*. 2011 May 19;3(3):132-8. HHD: Jaber BL et al. *Clin J Am Soc Nephrol*. 2011;6(5):1049-1056. Nocturnal: Bugeja A et al. *Clin J Am Soc Nephrol*. 2009 Apr;4(4):778-783. <sup>8</sup>Perl J et al. *Am J Kidney Dis*. 2009; 53(6):1068-1081. <sup>9</sup>Perl J and Bargman J. *Am J Kidney Dis*. 2009;53(6):1068-1081. <sup>10</sup>Use of needles to access veins and arteries are not needed for PD treatment. <sup>11</sup>PD: Burkart J and Golper T. [www.update.com](http://www.update.com). Patient information: Peritoneal dialysis (Beyond the Basics). HHD: Galland R et al. *Kidney International*. 2001;60:155-1560. <sup>12</sup>HHD, Nocturnal & ICHD: Diaz-Buxo JA et al. *Adv Perit Dial*. 1992;8:334-9.



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