



Northwest Renal Network

Helping Navigate Kidney Disease

Patient Bulletin



Our mission is to promote optimal dialysis and transplant care for kidney patients in Alaska, Idaho, Montana, Oregon and Washington

We Can Help With:

Care concerns

Patient rights

Transplant

Treatment options

Travel and dialysis

Questions about employment

Access to our library of resources



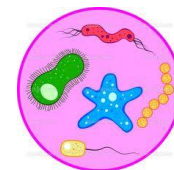
Support Your Local Microbes

It's not always true that a Microbe (germ) is a Microbe. On our bodies we have a huge population of microbes from our first day forward. Mostly they live in a good balance with one another, but occasionally they get rowdy and out of balance. When that happens you may end up with an infection caused by one of the now out of balance microbes. And now that you are a dialysis patient, your immune system does not fight these off as efficiently as it used to do. So, consider some of these thoughts:

- ☹️ Don't pressure your doctor to give you antibiotics. Sometimes they cause more harm than good.
- ☹️ "Probiotics" may be useful in some circumstances.
- ☹️ Don't go overboard with hand sanitizers. They're useful in health-care settings, but hand washing is a better option in most situations.
- ☹️ Know when to wash your hands- like, when preparing food and before eating and after the bathroom.
- ☹️ Don't use antibacterial products you don't need. Antibacterial soaps have little or no health benefit. Antibacterial versions of things like phones and staplers have not been shown to reduce your risk of infection.
- ☹️ Experiment with different skin moisturizers to see which work best for you. Dry cracked skin will allow for germs to enter easily.
- ☹️ Always wash your access before sitting down in your dialysis chair.

To learn more visit - www.cdc.gov/handwashing

It's Good Clean Fun!



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