



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

How Depression Affects Dialysis

Depression can happen to anyone, but is quite common in dialysis patients. Without treatment for depression, your health can be in danger. Studies have shown that a number of health issues are linked to depression that is not treated, such as:

- More hospital stays
- A higher number of deaths
- Missed or shortened dialysis treatments
- Not taking medicines as ordered by the doctor



Is it Depression or Sadness?

Depression	Sadness
I feel like I am no good to anybody	I feel like nothing matters today but I like myself
I want to stay in bed all day	I feel tired
I can't see caring about anything else again	I hope things will get better for me

Some Signs of Depression

Feeling like nothing will ever get better and there is nothing you can do to make your life better	Having more body complaints such as headaches or stomach pains
No interest in the things you used to do	Trouble staying focused or making decisions
Sleeping too much or not being able to sleep	Eating more or not eating as much as you have in the past
Feeling stressed, angry or easily irritated	Feeling tired all the time

Depression can make it hard for you to do the things you know you should be doing. If you think you are depressed, it is important that you talk with someone about your feelings. **Your social worker or kidney doctor can work with you on a plan to feel better.**

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