

ISSUE #11
September 1 , 2026
WHFI/AKT Maverick

MY JOURNEY

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Hemodialysis vs. Peritoneal Dialysis: Pros and Cons

When the kidneys can no longer filter waste and excess fluid from the body, dialysis becomes a life-saving treatment. Two main types of dialysis exist: hemodialysis and peritoneal dialysis. Each has unique advantages and challenges. Understanding the differences can help patients and families make informed choices with their healthcare team.

💉 Hemodialysis

Pros
- ✔️ Less frequent sessions (3x weekly)
- ✔️ Professional supervision by staff
- ✔️ No equipment or supplies needed at home
- ✔️ Social interaction with other patients

Cons
- ✘ Travel to clinic required 🚗
- ✘ Fixed schedule limits flexibility ⏰
- ✘ Fatigue after sessions 😴
- ✘ Strict fluid and diet limits 🍔🚫
- ✘ Risk of fistula/graft infections or clots 🩸

🏡 Peritoneal Dialysis

Pros
- ✔️ Home-based and portable 🛋️
- ✔️ Flexible scheduling (day or night) 🌙☀️
- ✔️ Gentler, more continuous process 🌊
- ✔️ Fewer dietary and fluid restrictions 🍎
- ✔️ Greater independence and freedom ✨





Main Article Cont. on Pg 3

💬 Kidney Health Corner





💙 Maveric's Tip of the Month

"Don't wait until you feel bad to take care of yourself."

Stay consistent with your medications, appointments, labs, and healthy habits. Kidney disease can progress without obvious symptoms, so sticking to your care plan is one of the best ways to protect your health.

Recipe Theme

Comfort Foods Made Kidney-Friendly

Fresh, Simple & Kidney-Conscious

September is a great time for lighter meals that taste great without a lot of salt.

Try meals built around





- Grilled chicken or fish
- Fresh herbs, garlic, and lemon for flavor
- Cabbage, cauliflower, bell peppers, or green beans
- Controlled portions of carbohydrates
- Homemade sauces and seasonings instead of heavily processed foods





September Recipe Idea

🍋 Garlic-Herb Grilled Chicken with Roasted Green Beans & Cauliflower
Low Carb • Low Sodium • High Protein

💡 Your individual potassium, phosphorus, protein, and fluid needs may be different, so follow the meal plan recommended by your kidney care team.

✨ Ask Maveric: Real Questions, Real Answers



Q: What are some numbers I should know?

A: Depending on your condition, your healthcare team may monitor your eGFR, creatinine, urine albumin, potassium, blood pressure, and blood sugar. If you're on dialysis or have a transplant, there may be additional labs your team wants you to follow.

🧡 SMALL STEPS, BIG WINS: CELEBRATE YOUR PROGRESS THIS MONTH:



Give yourself credit if you:

- ✔️ Took your medications as prescribed
- ✔️ Kept your medical appointments
- ✔️ Checked your blood pressure
- ✔️ Looked at your latest lab results
- ✔️ Prepared a lower-sodium meal
- ✔️ Asked your healthcare team a question
- ✔️ Made one healthier choice than you did last month



You don't have to change everything at once. Consistency with the small things can become one of your biggest victories.

INSPIRATIONAL Thought Of The Month

YOUR PROGRESS DOESN'T HAVE TO BE PERFECT— IT JUST HAS TO KEEP MOVING FORWARD.

Main Article Conti.

Cons

- ✘ Must be done daily (commitment) 📅
- ✘ Catheter requires strict hygiene 🧼
- ✘ Large storage space needed for supplies 📦📦📦
- ✘ Body image concerns (visible catheter) 👕
- ✘ Not suitable for everyone (scar tissue, hernias, obesity) 🚫



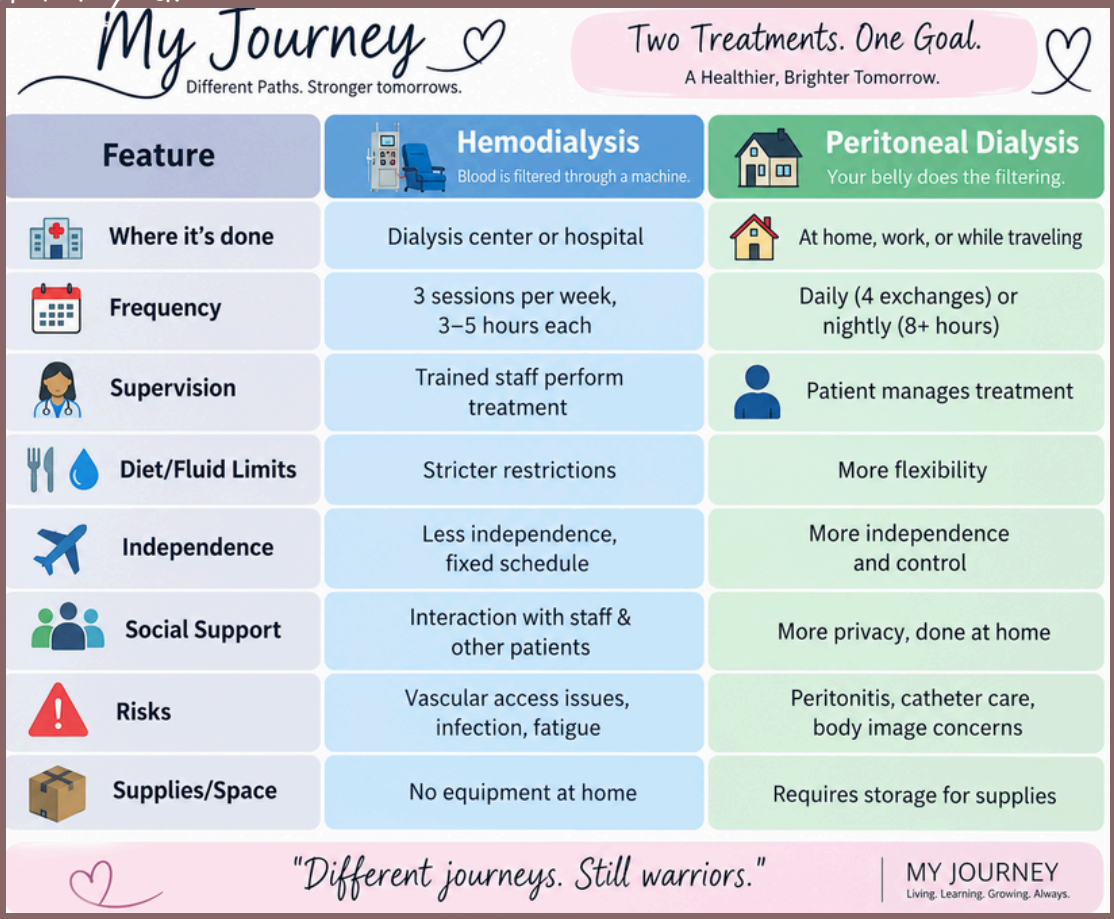
✅ The Bottom Line

Both hemodialysis and peritoneal dialysis are life-saving treatments, but the best option depends on your lifestyle, health, and personal preference. Hemodialysis may suit those who want professional oversight and less frequent sessions, while peritoneal dialysis works well for people who value independence and flexibility.

📌 Tip: Always talk with your nephrologist and care team before deciding which dialysis type is right for you.







MY LIFE ON DIALYSIS- HEMODIALYSIS & PERITONEAL

💙 6½ Years of Hemodialysis — and 2 Weeks of Peritoneal Dialysis

Dialysis became a major part of my life for about 6½ years. I knew from my blood work that kidney failure was coming, but knowing something may happen and actually living through it are two completely different things.



🩸 My First Experience With Hemodialysis

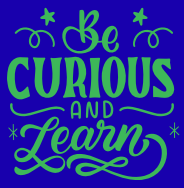
I was dropped off at the dialysis center for what was supposed to be my first treatment. I remember looking around at all the people connected to machines. The constant beeping made everything suddenly feel real.

Then my technician brought over the two large needles needed for my treatment. While opening them, one fell on the floor. She picked it up and continued toward me as though she was going to use it. I immediately spoke up.

I gathered my belongings and left the center. It was raining, and I started walking toward home. Before I could call my boyfriend, my doctor called.
I explained what happened and told her I didn't feel the center was clean. After a brief pause, she told me something I will never forget: without dialysis, **I would be dead within 30 to 90 days.**
That's when the reality of kidney failure truly hit me. I cried as I walked in the rain, knowing my life was forever changed.

The next morning, my doctor arranged for me to begin treatment at a completely different dialysis center.



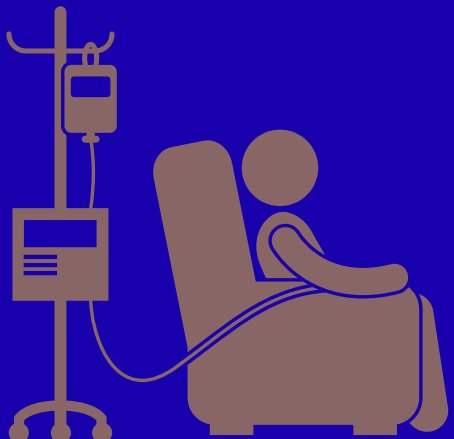


⏰ Dialysis Became My New Normal

Hemodialysis wasn't just a medical treatment — it became a schedule around which much of my life had to revolve.

There were:

- Two needles at each treatment through my fistula
- Hours connected to the dialysis machine
- Fluid and dietary restrictions
- Days when treatment left me exhausted
- Constant attention to my dialysis access
- Doctor visits, medications, and lab work



Over time, I learned the routine.

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🏠 Then I Had To Try Peritoneal Dialysis

After a couple of years of hemodialysis, I eventually had to do peritoneal dialysis (PD).

My experience with PD lasted only about two weeks. **My fistula** kept clotting on both arms and wrists, plus my chest catheter. My doctor's solution was peritoneal dialysis. Instead of needles being placed into my fistula for each treatment, I had a catheter surgically placed in my abdomen. **The tube STAYED in my abdomen and was used to perform dialysis.**

The nurses trained me to do peritoneal dialysis so I could do it by myself, which offered a different kind of independence. But PD came with its own responsibilities.



My treatments lasted 8 hours or more, generally overnight, and had to be done **EVERY DAY.** I remained connected to the machine during treatment. Because of the risk of infection, keeping everything extremely clean was essential.

However, for me, **it became a leash**. I was still working and had to wake up at 5am, which meant I hooked myself to the machine by 5pm. I used a cooler to bring food and drinks I might need for the night. I also received an extension tube long enough to reach the other room to look out the window. **After 2 weeks, I decided this was not the quality of life I wanted.** However, peritoneal dialysis works for most people; they travel and have the freedom they desire. I asked the doctor to remove the tube and find the reason I kept clotting. Finally, a diagnosis: a hereditary **blood-clotting disorder** called **Factor V Leiden**. I started **blood thinners** right away.







Good Food Recipes

🥗 GARLIC-HERB TURKEY LETTUCE WRAPS WITH CUCUMBER SLAW

LOW CARB · HIGH PROTEIN · LOW SODIUM· KIDNEY FRIENDLY

A PERFECT KIDNEY-FRIENDLY, DIABETIC-FRIENDLY, AND KIDNEY TRANSPLANT-FRIENDLY RECIPE







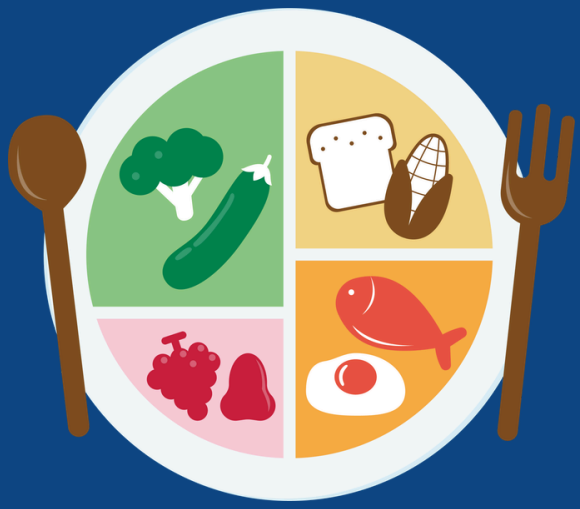




🛒 Ingredients (Serves 4)

Ingredients — Serves 4

Turkey filling



- 1 lb lean ground turkey, preferably no-salt-added
- 1 tablespoon olive oil
- ½ cup diced red bell pepper
- ¼ cup diced onion
- 2 cloves garlic, minced
- 1 teaspoon Italian seasoning
- ½ teaspoon smoked paprika
- ¼ teaspoon black pepper
- 1 tablespoon fresh lemon juice
- 8 large butter-lettuce leaves

Cucumber slaw

- 1 medium cucumber, thinly sliced
- 1 cup shredded green cabbage
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh parsley
- ¼ teaspoon black pepper





Instructions

1. **MAKE THE SLAW:**

COMBINE CUCUMBER AND CABBAGE. TOSS WITH OLIVE OIL, LEMON JUICE, PARSLEY, AND BLACK PEPPER. REFRIGERATE WHILE PREPARING THE TURKEY.

2. **COOK THE TURKEY:**

HEAT 1 TABLESPOON OLIVE OIL IN A SKILLET OVER MEDIUM HEAT. ADD TURKEY AND COOK UNTIL BROWNED, BREAKING IT INTO CRUMBS.

3. **ADD VEGETABLES:**

STIR IN BELL PEPPER, ONION, AND GARLIC. COOK UNTIL THE VEGETABLES SOFTEN AND THE TURKEY REACHES 165°F.

4. **SEASON:**

ADD ITALIAN SEASONING, PAPRIKA, BLACK PEPPER, AND LEMON JUICE. NO ADDED SALT IS NECESSARY.

5. **ASSEMBLE:**

SPOON THE TURKEY MIXTURE INTO LETTUCE LEAVES AND SERVE WITH CUCUMBER SLAW.

📊 APPROXIMATE NUTRITION

PER SERVING:
250–300 CALORIES • 28–30G PROTEIN • 8–10G CARBOHYDRATES. SODIUM DEPENDS MAINLY ON THE TURKEY PURCHASED, SO USING FRESH UNSEASONED GROUND TURKEY HELPS KEEP IT LOW.

WEBSITE NOTE: FOR PEOPLE WITH CKD, DIALYSIS, OR A KIDNEY TRANSPLANT, INDIVIDUAL PROTEIN, POTASSIUM, PHOSPHORUS, SODIUM, AND FLUID NEEDS VARY. A RENAL DIETITIAN CAN HELP DETERMINE APPROPRIATE PORTIONS.

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Dove Sensitive Skin Beauty Bar

Why I Use This Product:

While using immunosuppressants, I started having reactions to certain soaps. This product is gentle, fragrance-free cleansing & supports sensitive skin as part of my daily routine.

Shop on Amazon



Lysol Disinfecting Wipes

Why I Use This Product:

I use this everywhere. It's important to keep all surfaces clean to avoid getting sick from contamination.

Shop on Amazon

Trusted Products & Tools I Use

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Mrs. Dash Salt-Free Seasonings

Why I Use This Product:

Using this products helps me stay away from sodium.

Shop on Amazon



NIVEA Cocoa Butter Body Cream

Why I Use This Product:

My Medications causes dry skin. This products helps with that- and it smells good.

Shop on Amazon

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Palmer's Cocoa Butter Formula Daily

Why I Use This Product:

This keeps my body super soft.

Shop on Amazon



Jergens Original Scent Dry Skin Body

Why I Use This Product:

Sometimes I need to switch up. This product smells good.

Shop on Amazon

Trusted Products & Tools I Use

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Blood Pressure Monitor- Adjustable

Why I Use This Product:

I have to take my BP at least 2x a day.

Shop on Amazon



Smart Scale for Body Weight

Why I Use This Product:

Weighing yourself daily is very important after a kidney transplant.

Shop on Amazon

Trusted Products & Tools I Use

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Nitrile Gloves, Latex/Powder Free

Why I Use This Product:

I use gloves when I touch anything that can contaminate.

Shop on Amazon



Diabetes Travel Case with 2 Ice Packs

Why I Use This Product:

This product makes it easy to transport my insulin

Shop on Amazon

Trusted Products & Tools I Use

Purchases made through links will support our nonprofit, Winnies House Foundation INC, at no extra cost to you.



Lunch Box Double Deck Leakproof Insulated Soft

Why I Use This Product:

This is a must have. I used this for dialysis and when I was traveling.

Shop on Amazon



Lunch Bag Insulated Leakproof Lunch Cooler Bag with Side Pockets and Adjustable

Why I Use This Product:

This is convenient to carry because it's also a back pack

Shop on Amazon

Trusted Products & Tools I Use

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Twin Blanket- Soft & Warm Fleece

Why I Use This Product:

It's is very cold at dialysis centers. This blanket kept me warm!

Shop on Amazon



Bluetooth Headphones- Wireless 40 Hours Playtime Foldable

Why I Use This Product:

I use this brand of headphones when I'm exercising or watching movies when I was on dialysis.

Shop on Amazon

Upcoming Events

Nephrology Night Series: A Practical Approach to C3G/IC-MPGN in the Era of Targeted Therapeutics
Sep 9, 2026, 5:30 PM to Sep 9, 2026, 7:30 PM
Wilson's Orchard & Farm
4823 Dingleberry Rd NE, Iowa City, IA 52240
Phone: 800.596.7943
Register Now

First Steps to Transplant - CO
Sep 10, 2026 4:30 PM to Sep 10, 2026 6:30 PM
Contact: Danielle Percival
Lowry Conference Center
1061 Akron Way, Denver, CO 80230
Phone: 720-748-9991
Register Now

First Steps to Transplant - CO
Sep 10, 2026 4:30 PM to Sep 10, 2026 6:30 PM
Contact: Danielle Percival
Lowry Conference Center
1061 Akron Way, Denver, CO 80230
Register Now
*Presented in Español

Renal Roundtable: Achieving and Sustaining Remission in Severe ANCA-Vasculitis
Sep 10, 2026, 5:30 PM to Sep 10, 2026, 8:30 PM
Contact: Lilian Jarvinen
Cola's Restaurant
1215 Assembly Street, Columbia, SC 29201
Phone: 803.799.3870
Register Now

2026 Atlanta Kidney Walk
Sep 12, 2026, 8:00 AM
Contact: Christin Cerda
The Battery Atlanta
800 Battery Ave SE, Atlanta, GA 30339
Phone: 770.452.1539
Register Now

Finding a Living Donor - NC
Sep 12, 2026 1:00 PM to Sep 12, 2026 3:00 PM
Contact: Melissa Rubio
HonorBridge
7000 Millhouse Rd., Chapel Hill, NC 27516
Register Now

2026 Cincinnati Kidney Walk
Sep 13, 2026 8:00 AM
Contact: Perry Hall
Washington Park (Cincinnati)
1230 Elm St, Cincinnati, OH 45202
Phone: 513.961.8105
Register Now

2026 Mid MO (Columbia) Kidney Walk
Sep 13, 2026 10:00 AM
Contact: Jeff Hardin
Riechmann Indoor Pavilion
2300 E Walnut St, Columbia, MO 65201
Register Now

Finding a Living Donor - MD
Sep 13, 2026 12:00 PM to Sep 13, 2026 5:00 PM
Contact: Nicole Scharf
Johns Hopkins University
1795 Orleans Street, Baltimore, MD 21231
Register Now

NKF Golf Classic at TPC Boston
Sep 14, 2026 1:00 PM
TPC Boston
400 Arnold Palmer Blvd, Norton, MA 02766
Register Now

Kidney Disease Education: CKD and Medication Management
Sep 14, 2026, 6:00 PM
Virtual Program
Streaming via Zoom Webinar, Virtual MO 64108
Click Here to Register
Register Now

2026 New York City Kidney Walk - Event Rally
Sep 17, 2026 5:30 PM to Sep 17, 2026 8:30 PM
Contact: Susanne Igneri
West Side YMCA
5 W 63rd Street, New York NY 10023
Register Now

2026 Delaware Kidney Walk
Sep 20, 2026 10:00 AM
Contact: April Stup
Cape Henlopen State Park
15099 Cape Henlopen Dr, Lewes DE 19958
Phone: april.stup@kidney.org
Register Now

Renal Roundtable- C3G and IC-MPGN
Sep 24, 2026 5:30 PM
Vincenzo's Italian Restaurant
150 South Fifth St., Louisville KY 40202
Register Now

2026 Toledo Kidney Walk
Sep 26, 2026 9:00 AM
Contact: Josephine Redfern
Glass City Riverwalk
1001 Front Street, Toledo OH 43605
Phone: 212.726.5392
Register Now

2026 Oklahoma City Kidney Walk
Sep 26, 2026 9:00 AM
Contact: Beth Hallock
Chickasaw Bricktown Ballpark
2 S Mickey Mantle Dr, Oklahoma City OK 73104
Phone: 813.600.7585
Register Now

2026 Southern Colorado Kidney Walk
Sep 27, 2026 8:30 AM
Contact: Jackie Hahn
Memorial Park
1605 E Pikes Peak Ave, Colorado Springs CO 80910
Phone: 720.938.6529
Register Now

2026 St. Louis Kidney Walk
Sep 27, 2026 9:00 AM
Contact: Jeff Hardin
Westport Plaza
111 W Port Plaza Dr, Saint Louis, MO 63146
Register Now

2026 Upstate and Western NY Kidney Walk
Sep 27, 2026 9:30 AM to Sep 27, 2026 1:00 PM
Contact: Kristen West Ryan, Development Director
Ontario Beach Park
50 Beach Avenue, Rochester NY 14612
Phone: 585.598.3963 x373
Register Now

NKF Golf Classic at Magnolia Green Golf Club
Sep 28, 2026 8:30 AM
Magnolia Green Golf Club
7001 Awesome Dr, Moseley, VA 23120
Register Now

Fall 2026 Council on Renal Nutrition of New England Conference
Sep 30, 2026, 7:00 AM to Sep 30, 2026, 2:30 PM
Warren Conference Center
529 Chestnut St., Ashland, MA 01721
Phone: 800.622.9010
Register Now

Fall 2026 Council on Renal Nutrition of New England Conference
Sep 30, 2026, 7:00 AM to Sep 30, 2026, 2:30 PM
Warren Conference Center
529 Chestnut St., Ashland, MA 01721
Phone: 800.622.9010
Register Now

Trusted Products & Tools I Use

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Lysol Disinfectant Spray

Why I Use This Product:

This is a must have. I use this to clean bathrooms when I'm not at home

Shop on Amazon



Mini Backpack, Stylish, Waterproof

Why I Use This Product:

I use this to transport my wallet, cleaning supplies, & medicines.

Shop on Amazon