

## Renal Patients Speak:

There are moments when I feel like I have no control of my health and it's not easy knowing what I want, where I'm going and why I do certain things. At a time like this I remember why am I here, and so I realize it when I look around my dialysis facility and see the many patients like myself whom I've been able to help during my 20 years on dialysis. - **Ken N.**

I often catch myself evaluating my life and the choices I've made as if they were all bad. I try not to find any regrets or think of dialysis as a burden when I know that I have the comfort and support of my family, the staff and patients at my facility. With them by my side I feel like I've been given a second chance in life. - **Manuel M.**

Although it has been challenging, I have accepted the fact that dialysis is now a part of my life. Learning about my care and becoming engaged has helped me adapt to my lifestyle changes. - **Eliz Y. M.**



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# Coping with the Emotional Challenges of Dialysis



**Advice From  
Patient to Patient**

**Chronic Kidney Failure is life changing! As a dialysis patient you may be dealing with these feelings:**



Anxiety

Confusion

Guilt

Depression

Fear

Anger

Denial

Stress

**Patients often cope with these Challenges:**

- Changes in lifestyle
- Dietary limitations
- Acceptance of one's own mortality
- Treatment time demands
- Functional limitations
- Changes in employment
- Family/Friendship dynamics
- Medication effects

**The main challenge for most patients is comparing their lives "before" dialysis and their lives "on" dialysis.**

**Remember, being on dialysis does not mean that your life is at an end. Dialysis has given you a second chance in life. Take advantage of this opportunity and make the best of it!**

### Set Goals for Yourself

**Sort out your new life's priorities and set some goals such as:**

- Building new friendships.
- Helping someone else.
- Attending a special event.
- Making amends with a family member so that you may share more time together.
- Learning something new every week.

**If you are not sure what it is you want, then make it a goal to figure it out. Everyone can have a goal and work towards it every day.**

### Seek Peer / Professional Support

**Asking for help is not a sign of weakness on your part. Indeed, it takes courage to acknowledge it and share your feelings.**

- Your facility may have a patients' peer support group willing to help you, listen to you, support you, and provide you with words of

encouragement; reach out to them!

- You may reach out to the staff at your dialysis facility for help; especially your Social Worker who may help you cope with your emotions.

### Take Care of Yourself

- Learn about your medical care and become engaged in self-care activities with the staff at your facility. This knowledge will allow you to gain control over your treatment and your life.
- Be flexible, learn to adjust and accept new changes in your life.
- As a dialysis patient you have gained an opportunity to extend your life and may appreciate some of the every day things many people overlook.
- Your positive attitude and focus on the good things of life will take you a long way!

**You Are the Key to Your Own Happiness and Success!**

