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Renal Therapy State of Mind

Presented at
The Boston Kidney Health Series
October 20, 2012



*What is a..
“Renal Therapy
State of Mind?”*

It means....

Waking up in the morning and planning
my day the way I always did...

*...only this time I add my renal therapy to
my list of things to do.*



It means....

Knowing that when therapy is over, I can
continue with my day...

*...Maybe I can garden, go shopping, eat
out, or visit with family and friends*





No down time!

It means....

Feeling in control of my life again..

...Regaining my self-esteem



It means....

Looking forward to each
new day.



When I think about how I arrived
at my “renal therapy state of
mind”.....



I remember a journey that began with
chronic kidney failure.....

and many questions....

about how to live well
on renal replacement therapy



- ▶ Could I control my diet so that I would begin to feel better?
- ▶ Could I improve my monthly labs?
- ▶ Could I research renal replacement therapies?
 - in-center hemodialysis
 - peritoneal dialysis
 - home hemodialysis (short daily and nocturnal)
 - transplant
- ▶ Could I choose the best therapy for me?
- ▶ Would my condition worsen if I did nothing?

” YES !”

was the only answer to these questions when I decided to take responsibility for my own health.



In partnership with renal medical professionals, I

- ▶ achieved diet control and weight loss

with diet plans supplied by my renal dietitian

- ▶ improved monthly lab results

with monitoring and feedback from my nephrologist

- ▶ researched renal therapy options

▶ visited with numerous renal medical professionals

*clinic nephrologists
transplant nephrologists
home hemodialysis nurses
renal dietitians
social workers
vascular surgeons
transplant surgeons*

I participated actively
in decision-making
with renal medical professionals
to choose and implement
the therapy best for me



Why did I choose Home Hemodialysis?

With help from renal medical professionals I learned that home hemodialysis is the best therapy for me for now because it is.....



- ▶ a therapy performed at home or at a travel destination
- ▶ a therapy alternative to in-center hemodialysis that employs a painless buttonhole procedure

buttonhole sites are long-lasting when correctly developed and properly cared for

- ▶ a therapy option that makes me feel good without any down time, giving me the best quality of life

How did I **partner** with renal medical professionals
for **optimal renal health**?

TEAMWORK!

Everyone has a job !



I value the input of my.....

- ▶ Nephrologist: monitors my progress through monthly labs
- ▶ HHD Nurse: teaches buttonhole technique and NxStage System One operation
- ▶ Renal Dietitian: supervises my diet
- ▶ Social Worker: facilitates my travel plans with NxStage System One
- ▶ Vascular Surgeon: performs fistula surgery and maintains its health
- ▶ Me: implement treatment, diet, and medication schedule
- ▶ Care Partner: assists me with treatment, diet, and medications
- ▶ NxStage Technician: troubleshoots and solves technical problems 24/7

Going Home



One day, after several months of therapy
at home with

NxStage System One,

I remembered enjoying my coffee
in the morning looking out at the ocean....

*Then I remembered enjoying a ride along the beach
on a glorious day.....*

.....the smell of newly-cut grass

.....a wild Celtics' win

.....and loss

.....outrageous calamari

.....Papa Gino's with my grandson

I was remembering many enjoyable things.....

..until it occurred to me
that maybe I had achieved a new life...









Kidney Disease Screening and Awareness Program
Proudly Presents:

Boston Kidney Health Series 2012

Learn about kidney disease and your options for treatment, support, and prevention

October 20, 2012
10:00 am-2:00 pm

- 10:00 - 10:30 Sign-in
- 10:30 - 11:00 **Kidney Disease 101: How do your kidneys function, what causes kidney disease?**
--Carmel Khaz, M.D.
- 11:00 - 11:30 **Food and Nutrition: What should you eat if you have kidney disease?**
--Harwood Han, Ph.D.
- 11:30 - 12:00 **Finding Resources: Health Insurance and Social Support**
--Adriana Anello, L.L.M.
- 12:00 - 12:30 Lunch Break
- 12:30 - 1:00 **Treatment Options: What do you do when your kidneys fail?**
--Li-Li Hsiao, M.D., Ph.D.
- 1:00 - 1:30 **Living with Dialysis: A Patient's Story**
--Richard Scurella
- 1:30 - 2:00 Panel Discussion: Q&A



....and a life worth enjoying!