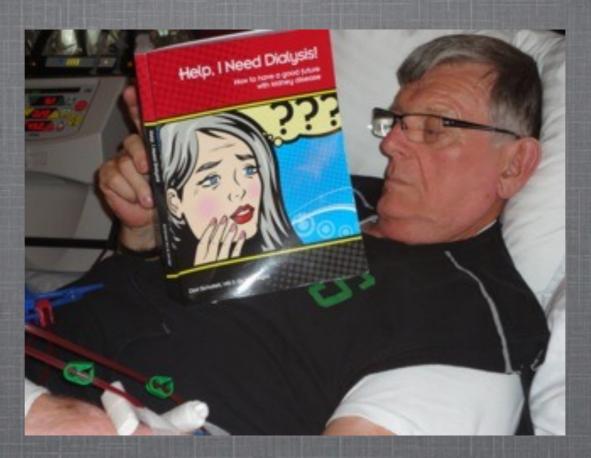
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HOME DIALYZOR AND
USER OF
NXSTAGE SYSTEM ONE

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WIFE/CARE PARTNER



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

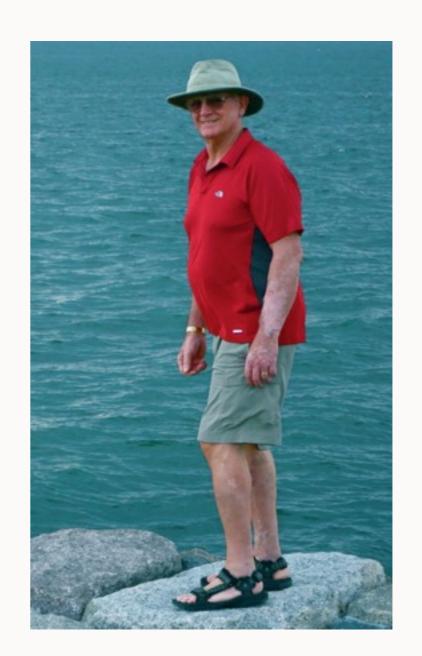


It means....

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)

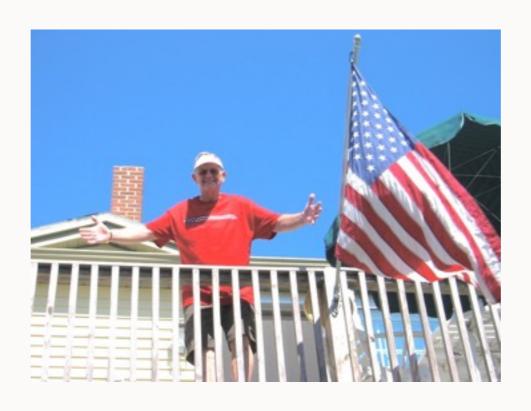
transplant

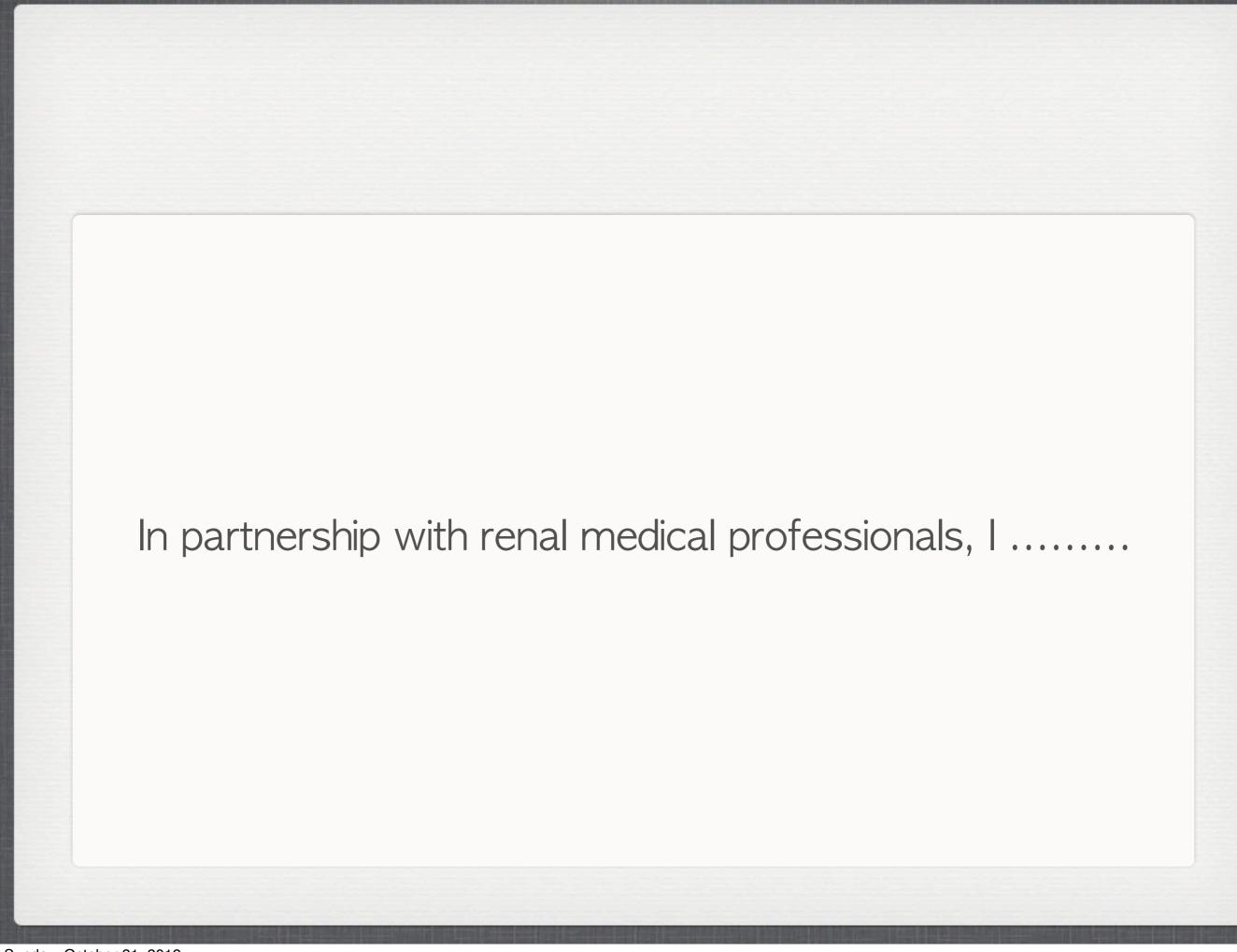
Could I choose the best therapy for me?

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.





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

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......

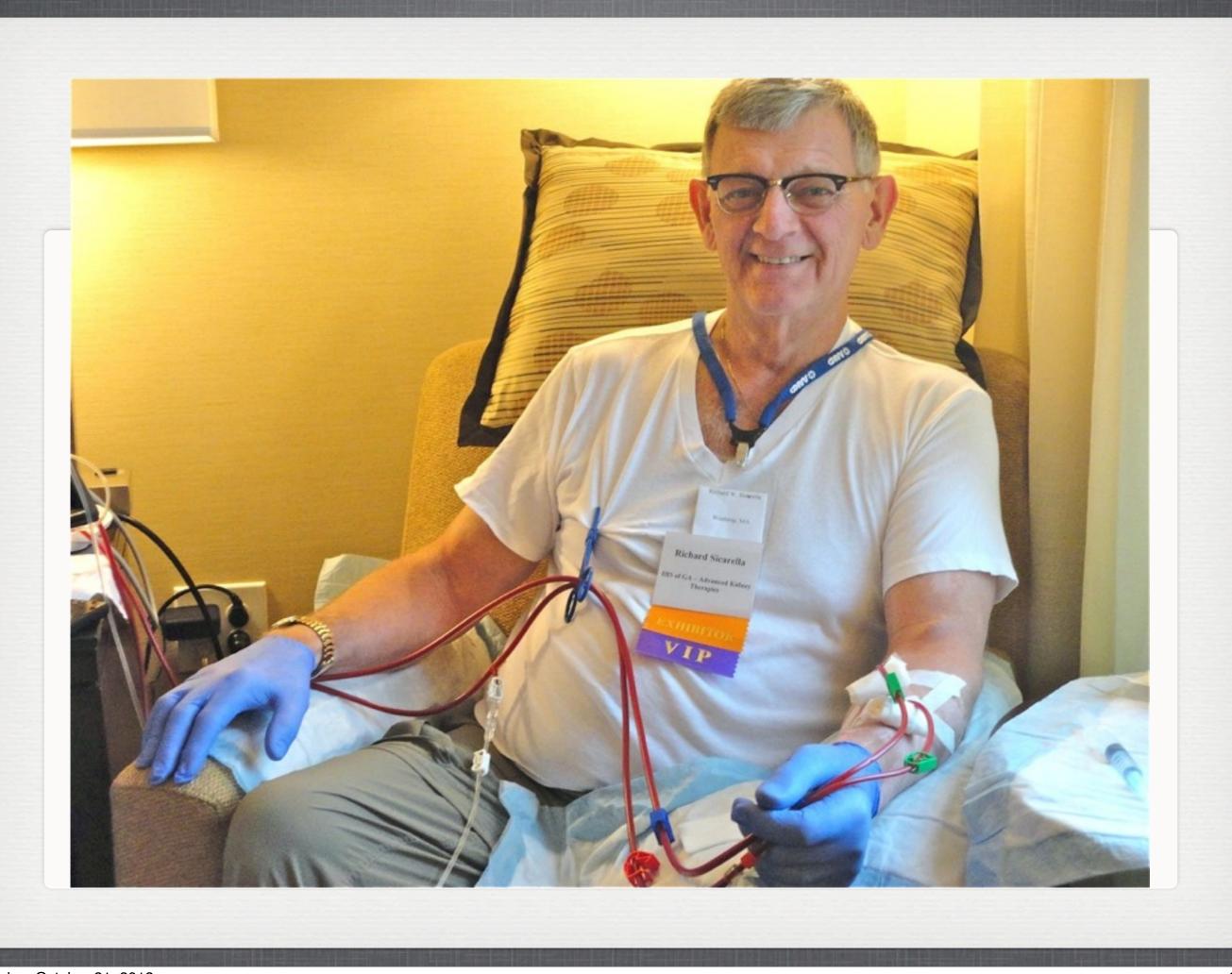
..until it occurred to me

that maybe I had achieved a new life...





Sunday, October 21, 2012 26



Sunday, October 21, 2012 27





....and a life worth enjoying!

Sunday, October 21, 2012 29