

July 2025



Newsletter

We need your Insurance Cards!!

* **WE ASK FOR THEM EVERY 3 MONTHS**

* Even if you gave us your new ones in April

* Even if you have had the insurance card for 10 years

We are just like any other medical office we need to
verify that it is still current.

**PLEASE SEE ANGELA, MELISSA OR KIM SO
THEY CAN MAKE A COPY OF YOUR
INSURANCE CARD/S.**



Summertime is for Vacations - even if you are on Dialysis

Get tips on how and where to dialyze when traveling or on vacation.

Summertime is here and if you are like most people, you are ready for a break from the hustle and bustle of your daily routine. Vacation anyone? But what if you are on dialysis? Can you still take a vacation? The answer is an absolute, positive, without a doubt yes! All it takes is a little planning and preparation:

Make a plan

People on dialysis can travel just about anywhere. How about a cruise? Do you like beach vacations, or road trips to visit family or friends? Are you a history buff wanting to visit a historic site, or do you like a laid-back type of vacation?

People on in-center hemodialysis: Once you have set your vacation plans, ask your social worker for help finding a dialysis center that is close to your destination. Plan your "vacation" dialysis center early - at least eight weeks ahead of your trip - and remember some destinations are very popular, so be flexible with your plans. Check with your vacation center a week before you leave to make sure you are scheduled for your dialysis treatments as planned. Many websites can also help you with this part of the planning process. People I work with who are on dialysis have traveled on cruises, and I recently had someone dialyze in Jamaica. Check with your social worker if you have questions about how payments occur for the vacation dialysis center.

People on home dialysis: If you normally do your own [hemodialysis treatments at home](#), you may choose to take your home dialysis machine with you on your trip, or you may dialyze at a center in your destination. One home dialyzer I work with takes his dialysis machine on an RV and travels all over the United States. His dialysis supplies are delivered to various destinations along his route. People on [peritoneal dialysis \(PD\)](#) have the most freedom and flexibility when traveling. People on PD do not require planning for a center — your supplies can be taken with you or delivered to your destination. I have worked with people on PD who have traveled overseas to Romania, India and Italy to name a few countries.

Take it slow: No matter what type of dialysis you do, if you have not traveled for a while, avoid the temptation to do it all on your first trip. This is especially true if you go up in elevation (like from sea level to the mountains), where the air is thinner and you can become more tired. Plan for some down time during your vacation so you come back home relaxed and not needing a vacation from your vacation.



Summertime is for Vacations - even if you are on Dialysis

Be prepared when you travel

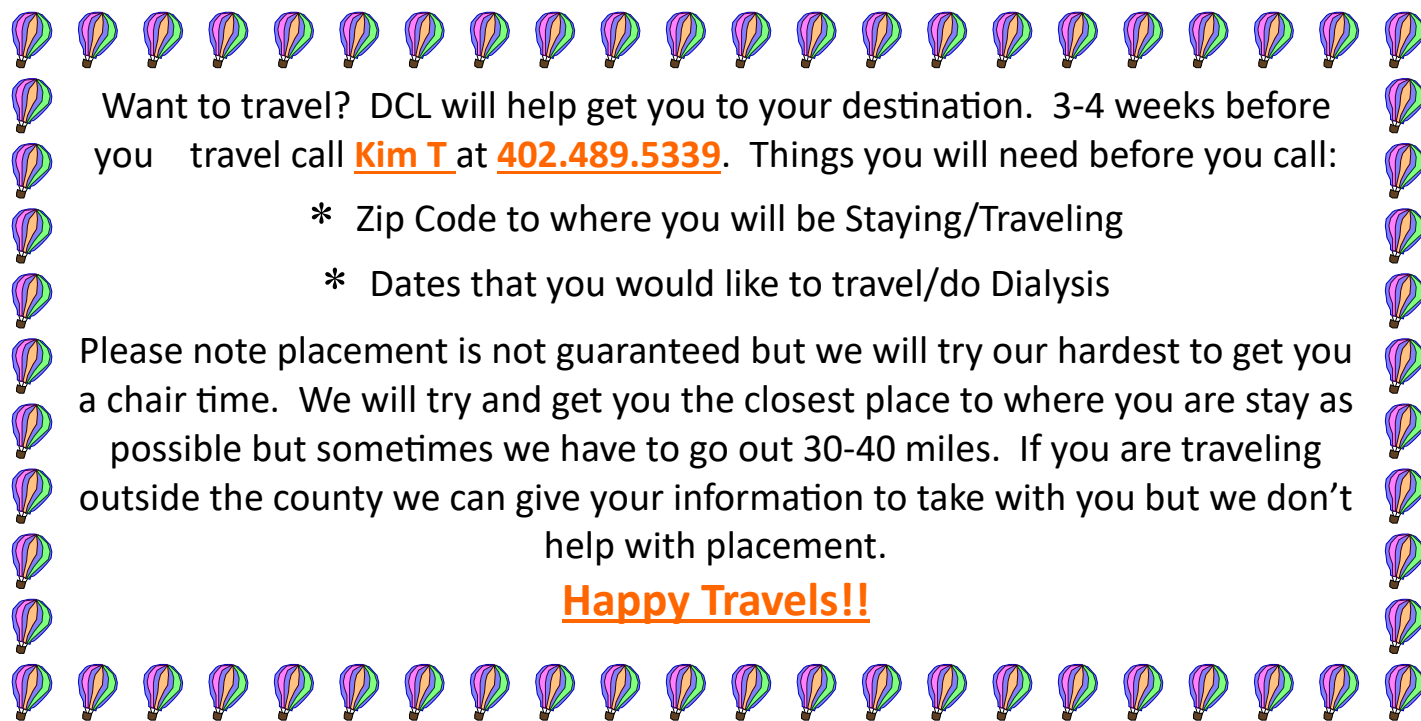
Make sure to carry an up-to-date list of all your medicines and supplements with you when you travel. Since delays are always possible when traveling, make sure to have enough medicine with you to last a few extra days.

If you are traveling by plane, do not be afraid to ask for assistance while boarding, and carry your medicines with you in your carry-on bag in case your checked baggage gets lost. If you are taking a road trip, pack some [healthy, kidney-friendly snacks](#) to have in the car so you will not be tempted by fast food and rest or truck stop snacks.

However you travel, take a copy of your most recent labs and medical record in case you need medical attention while away. You should also take a list of important phone numbers, such as for your doctor and dialysis center, or make sure these numbers are stored in your mobile phone.

Once you reach your destination, make sure to follow the [kidney-friendly food and fluid plan](#) you have discussed with your doctor and dietitian. Nothing ruins a vacation faster than having to make a trip to the ER.

Everyone needs a break, especially people living with a chronic disease. Do not let kidney disease keep you from enjoying what is important to you. If traveling is important to you, make it happen with a little planning and preparation. Happy trails to you!



Want to travel? DCL will help get you to your destination. 3-4 weeks before you travel call [Kim T](#) at [402.489.5339](#). Things you will need before you call:

- * Zip Code to where you will be Staying/Traveling
- * Dates that you would like to travel/do Dialysis

Please note placement is not guaranteed but we will try our hardest to get you a chair time. We will try and get you the closest place to where you are stay as possible but sometimes we have to go out 30-40 miles. If you are traveling outside the county we can give your information to take with you but we don't help with placement.

Happy Travels!!

Heart Healthy Habits

Welcome to summer! This article will focus on a few heart healthy habits guided by the [American Heart Association's Life's Essential 8](#) recommendations.



Physical Activity

Although anytime of the year is a good time to focus on heart health, the longer and warmer summer days offer more opportunities to be physically active outdoors. That said, it is always important to check with your healthcare provider (HCP) [doctor, nurse practitioner, physician assistant] to make sure the physical activity you want to do is appropriate for **you**. Ideas might include walking, biking, golfing, fishing, swimming, gardening, yardwork, etc. It is also important to take the time of day into consideration. For example, it might be better for you to be physically active outdoors during the cooler times of day, like the mornings and/or evenings.

The American Heart Association recommends **a minimum** of 150 minutes of physical activity each week. This equals a minimum of 20 minutes daily, increasing as tolerated. The American Heart Association also recommends **a minimum** of 2 days of muscle activity. It is important to maintain muscle mass as we age to help with balance and flexibility. Examples may include gentle yoga, stretching, chair activities that include using weights (2-pound handheld weights or more, canned food, bottled water, etc.) See attachment to view a variety of chair activities from QSource.

Some benefits of maintaining flexibility include having better range of motion with your arms and legs, along with reducing the risk of injuries. When starting an activity for the first time, or a new activity routine, remember that starting slow and increasing as tolerated is the best practice. Doing a variety of activities throughout the week can make physical activity fun!

Heart Healthy Habits

Controlling Diabetes, Hyperglycemia (high blood sugar), and High Blood Pressure

Diabetes, hyperglycemia, and high blood pressure can be controlled many ways. Certainly, taking medications is one important way to control these conditions. It is always important to take medications as prescribed. Your HCPs prescribe medications based on your health care needs.

Being physically active also helps to control blood sugar and blood pressure levels. Our muscles use blood sugar as food (i.e. energy). When we are up moving around, the right amount of blood sugar leaves the blood stream and enters into the muscle cells. The blood sugar then provides the muscles with the energy they need to do the work required of them.

Being physically active routinely can also make the heart stronger. When the heart is stronger, it may pump the blood throughout the body with less effort. This, in turn, lowers the force of blood on the blood vessel walls, and can lower the blood pressure. The blood going to our muscles is oxygen-rich and contains the nutrients (i.e. energy) needed to do the work required of them.

Next month, we will continue to investigate heart healthy habits and the American Heart Association's Life's Essential 8 recommendations. In the meantime, ask your DCL team if you have questions on other ways to keep your heart healthy.

References:

American Heart Association (2024, October 8). How much physical activity do you need?

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-infographic>

American Heart Association (2022, June 29). Professional Heart Daily: Life's Essential Eight: Updating and enhancing the American Heart Association's cardiovascular health construct:

<https://professional.heart.org/en/science-news/lifes-essential-8>

Mayo Clinic (2024, December 14). Exercise: A drug-free approach to lowering blood pressure.

<https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20045206>

Eating Out Guide for Kidney Disease

Introduction Having kidney disease should not prevent you from eating out at your favorite restaurants. But eating out can be a challenge if you need to limit certain foods. To help you follow your diet, try these tips when dining out:

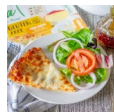
General Tips

- Plan ahead:
 - Look up the restaurant menu online to find lower sodium options or ask your registered dietitian nutritionist (RDN) to help.
 - Cut back on sodium and potassium earlier in the day or weekend.
 - Ask your RDN if meals with beans, lentils,
- Restaurant portions can be large. Share with a friend or take half of it home.
- You can make the following special requests about the way food is prepared and served:
 - Ask that your food be prepared without salt. Do not salt your food when it arrives.
 - Request gravies, sauces, or salad dressing on the side.
 - If you need to limit fluids, ask your server to fill your glass full of ice and to remove your empty glass.

If you take phosphate binders, bring these along and take them during your meal.

American

- **Good breakfast choices** include eggs (no cheese), French toast, English muffin, hot cereal, bagel, or toast. Limit salty meats such as ham, sausage, and bacon.
- **Appetizer:** Choose plain wings or tossed salad instead of salted fried foods or potatoes.
- **Main Course:** Select unsalted, lean beef, pork, chicken, turkey, fish, or seafood that are baked, broiled, roasted, or grilled.
- **Side Dish:** Order asparagus, green beans, corn, cooked cauliflower or carrots, coleslaw, macaroni salad, rice or a dinner roll. Skip potatoes or sweet potatoes, if limiting potassium.
- **Dessert:** Choose sherbet, apple or blueberry pie, angel food cake, or a cookie without nuts or chocolate.



Italian

- **Appetizer:** Choose salad or unsalted bread. Soups and antipasto can be high in sodium.
- **Main Course:** If you need to limit potassium, choose pasta with pesto, garlic and butter, or olive oil sauces on the side, instead of tomato-based sauces.
 - Choose unsalted beef, veal, chicken, fish, and shellfish. Prosciutto, Italian sausage, and pepperoni are high in sodium
 - If you order pizza, a slice without meat may be best along with a side salad.
- **Side Dish:** If you need to limit potassium, beware of tomatoes, cooked spinach, squash, potatoes or nuts.
- **Dessert:** Choose biscotti, Italian ice, almond cake, fruit tart, or a plain pastry instead of desserts made with custard, milk, or nuts.

Fast Food

Most options are high in sodium, potassium, and phosphorus, so you will need to make careful food choices the rest of the day or weekend.

- Choose a plain hamburger, grilled chicken sandwich, or fish sandwich (without cheese or sauce) or a salad.
- Ask for a vegetable, fruit, or side salad, instead of French fries.
- Order a small non-cola beverage, if any. Do not get refills



Eating Out Guide for Kidney Disease

Greek

- **Appetizer:** Limit olives, anchovies, fried calamari, and cheese or spinach filled pastries.
- **Main Course:** Choose unsalted, grilled fish, chicken, lamb, or beef. Gyros, souvlaki, moussaka, or pastitsio may be high in sodium.
- **Side Dish:** Ask for a Greek salad but limit the tomatoes, feta cheese, olives, and capers.
- **Dessert:** Try diples (pastries with honey), sponge or lemon cake, or butter cookies, instead of those made with custard, milk, or nuts



Mexican

- **Appetizer:** Request unsalted tortilla chips. Salsa, guacamole, bean, and cheese dips are very high in sodium and potassium.
- **Main Course:** Choose beef, chicken, seafood, or vegetarian tacos, burritos, enchiladas, tostadas, taquitos/flautas, or fajitas. Ask for beans and toppings on the side.
- **Side Dish:** Choose white rice, lettuce, sautéed onions and bell peppers, and flour tortillas. Limit beans, refried beans, cheese, and Spanish/Mexican Rice.

Asian

Most Asian foods and sauces are high in sodium. Request that all sauces be on the side and no MSG is used. Choose ginger, hot pepper, or chili oil for added flavor instead of soy sauce or fish sauce.

- **Appetizer:** Choose a tossed salad, pot stickers, chicken wings, or spring rolls. Skip the soups since they are often high in sodium.
- **Main Course:** Choose grilled meats and vegetables or tempura fried foods, but limit the high-sodium sauces.
- Order meats, fish or shellfish that are cooked. Sushi and sashimi includes raw fish or seafood which increases your risk of food-borne illness.
- **Side Dish:**
 - White rice is a better choice than fried rice.
 - If you need to limit potassium, choose vegetables such as green beans, cabbage, carrots, onions, peppers, snow peas, and water chestnuts.
- **Dessert:** Fortune cookies.



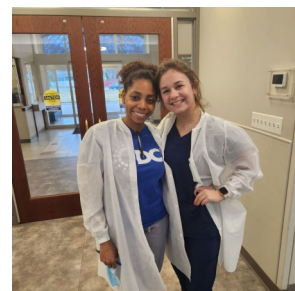
Ask your registered dietitian nutritionist for other tips on how to enjoy your favorite foods.



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Dialysis Center of Lincoln

Learn: What Dialysis Events are coming up
What the staff is up to
Staff and Patient achievements
And much much more!



July 2025

Newsletter

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independence
uncle sam
fireworks



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