



How to Talk to a Loved One about Kidney Disease

Not everyone feels comfortable talking about their personal health. If you have a friend or loved one struggling with kidney disease, you may feel it is not your place to ask about their illness or current treatment plan. However, many patients feel better when they are able to talk to someone about what they are going through. They may actually feel very alone and isolated because of their illness and welcome you starting the conversation.

Don't assume that your friend or loved one is aware of all treatment options for kidney disease. If you have heard about home hemodialysis and wonder if this may be an effective therapy option, start by learning about it yourself. You can find answers to most questions about home hemodialysis throughout our web site at www.nxstage.com and in our Frequently Asked Questions section. Share with them what you have discovered about the therapy and why you feel it may be a great option for them.

They may have questions, such as:

- What makes home hemodialysis different than other treatments?
- Is home hemodialysis safe?
- Will they have to treat alone?
- How do they get started?

Use your best judgment on how much information to provide and how and when to continue the conversation. (You may need to give them a little time to let the idea sink in and then return to it later.) If they are open to the idea of home hemodialysis, you can suggest they talk to their doctor about their options. You can download a copy of Questions to Ask Your Doctor, and leave it with them.

For more information on home hemodialysis and the System One, visit
www.nxstage.com