

Both PD and HD

Bloating

Limit fluid intake, follow guidelines for fluid, and speak to your dietitian and doctor about your fluid restrictions if you are unsure of how much you should be drinking.

Exercise

Talk to your doctor about what exercises you can do to help limit weight gain.

Posture

Stand up straight. When you slouch, your shoulders roll forward making you look shorter and causing the appearance of more weight in the belly area. Think about pulling your body up with a string from the neck all the way to the ankles. Look in a mirror to check your posture. Practice makes perfect.



If you are struggling with body image, talk to your social worker or other patients to get a new perspective.

For more information or to file a grievance, please contact:

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How Do You See Yourself?

Tips For a Healthy Body Image During Dialysis



Peritoneal Dialysis (PD)

If you frequently gain excess fluids, your doctor may prescribe a solution with more sugar (dextrose) in it that can cause you to gain weight.

A PD catheter is thin and most likely will not show underneath clothing.



Avoid high salt intake and excess fluids.



You may want to use a PD Belt to keep the catheter out of the way and protected.

Starting dialysis can be hard for many patients. A lot of things change, and coping with that change can be difficult, especially when it comes to how you feel and how you see yourself. Having a healthy body image is important.

Hemodialysis (HD)

Catheter

If you have a central venous catheter for hemodialysis, you will have a tube hanging from your chest which may be noticeable under certain clothing, such as a V-neck shirt. Catheters are not the ideal access for hemodialysis and are associated with many health risks.

If you are dialyzing with a catheter, you should ask your healthcare team about a better access option.

Arteriovenous (AV) Fistula or Graft

If you have an AV Fistula or Graft, you will likely have scars on your arm from the surgery. Sometimes these scars can be bigger than you expected and some patients have negative feelings about how their arm looks.

If you do not properly care for your access, or you do not rotate needle sites, you may get lumps on your arm that could require more surgery to repair.



Talk to your doctor about how to care for your access.

Think about your access as your lifeline. You may want to use it as a way to talk about kidney disease to your family members or friends.



You can usually cover up your access with a shirt sleeve when you are not at your treatment.

