



Kidney Q&A

0-3 months

Life Options Rehabilitation Program
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Q: Will I ever feel less _____ than I do now?

A: No matter how you fill in this blank, chances are that some of the things that bother you now will bother you less with time, if you do what you can to take care of yourself. In a few weeks on dialysis, you should feel physically better.

If you have a health setback, you may feel worse for a while. Believing that you can feel better will help you to do what you need to improve your health. Getting your anemia treated will help you have more energy. And learning all you can will help you to feel more in control.

You also have more control over your feelings than you may think. You know who will cheer you up when you're sad, and who you only want to talk to when you're in a good mood. If you want to feel better, the trick is to find those things or people that will help you get in the mood you want to be in.

Sometimes listening to music can help change your mood. Getting out in the garden and helping things grow can help. Talking with people who care about you and support you will almost always make you feel better.

What *I* can do to feel better:

- Tell my doctor or nurse any symptoms I have and follow their advice.
- Ask my healthcare team for help.
- Ask other patients what they did to cope with this feeling.
- Join a support group: call the National Kidney Foundation (800-622-9010) or the American Association of Kidney Patients (800-749-2257) to see if there is a chapter near me.
- Visit module 5 of Kidney School™: *Coping with Kidney Failure*, at www.kidneyschool.org to learn more.

Will I ever feel less _____ than I do now?