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## **Learn About Home Dialysis During National Kidney Month (March 2008)**

**Madison, Wisconsin**—Most people with kidney failure don't know they can get life-saving dialysis in the comfort of their own homes. Currently, fewer than 8% of U.S. dialysis patients do home treatments—but change is underway. (For facts and figures about home dialysis, visit <http://www.homedialysis.org/press/#lnk3>).

In recent years, the number of programs offering nocturnal hemodialysis (done during sleep) have grown by 178%, from 73 in 2004, to 203 today. Daily home hemodialysis (done 5-7 days per week for 2-3 hours) had an astounding 530% increase, from 37 programs to 233. Each program site serves a radius of 120 miles or more. Peritoneal dialysis, which cleanses the blood using the membrane that lines the abdomen, increased about 10% in the same period.

March 2008, National Kidney Month, is a time to focus on the expanding options for dialysis at home. Patient-friendly home treatment options improve the lives of people with kidney failure. Home treatments are more convenient, and studies show that they are more effective. Patients report feeling better and having more energy. Home treatments are also more work-friendly.

### **Learn about Home Dialysis**

To learn more about the five home dialysis options and meet people who use them, visit the non-profit Medical Education Institute's *Home Dialysis Central* website (<http://www.homedialysis.org>). To see an insider's perspective on home dialysis, order our DVD, *Home Dialysis: Your Life, Your Choice*, to view stories from home patients and their families, and three nephrologists (<http://shop.homedialysis.org>).

### **About National Kidney Month**

National Kidney Month and World Kidney Day (March 13, 2008) were started to alert people in the U.S. and across the globe to the alarming increase in chronic kidney disease, with events to publicize facts about kidney disease. For more information about National Kidney Month, visit the National Kidney Foundation website at <http://www.kidney.org> or the National Kidney Disease Education Program (NKDEP) website at <http://nkdep.nih.gov/kidneymonth/>. To learn about World Kidney Day, visit <http://www.worldkidneyday.org/pages/2008.php?countryID=United%20States#down>.

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