

Kidney Disease and Dialysis

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DAVITA DIALYSIS

Kidney disease remains one of the most elusive diseases in modern medicine primarily because most patients have no symptoms at the time of diagnosis. Biochemical testing remains the cornerstone for diagnosing Kidney disease. In spite of the early diagnosis, less than one third of patients actually see a nephrologist (kidney doctor). Awareness among patients of having the early stages of kidney disease is less than 10 percent in the U.S.

As a nephrologist, when I see patients in my clinic for the first time with this diagnosis, I am often met with feelings of surprise from patients. It is hard for them to believe they have kidney disease, as overall, they feel good. Kidney disease is not uncommon in elderly with at least one in four having some form of the disease. Diabetes, high blood pressure, and heart disease are common risk factors for developing kidney disease. Adequate control of these risk factors with medications, dietary changes, and lifestyle modifications can decrease the progression of kidney disease.

LAB TESTING

Measurement of Creatinine and estimated GFR (Glomerular Filtration Rate) in blood are simple tests to identify kidney disease. Elevated levels of creatinine along with low eGFR may imply kidney disease and may necessitate a referral to a nephrologist. It is very important to discuss these lab values with your primary doctor. Kidney disease is divided into stages 1 to 5 with stage 5 (with eGFR <15) being the most severe disease.

ESRD (END STAGE RENAL DISEASE)

Stage 5 Kidney disease or ESRD (End Stage Renal Disease) can be life threatening and calls for renal replacement therapy or dialysis, a procedure by which blood is cleansed of toxins and excessive fluids. At this advanced stage, kidneys lack the ability to clear toxins and fluids adequately. Accumulation of these toxins lead to some of the symptoms

patients experience including poor appetite, weight loss, itching, nausea, poor sleep, and fatigue. Patients and their loved ones are often faced with numerous choices at this stage in terms of treatment options and selection of dialysis modality. There are two main types of dialysis that are offered: home dialysis (which can be done through the stomach or blood) or in-center dialysis (blood dialysis).

Some patients are eligible for Kidney Transplantation and referral for transplantation can be made even before patients reach the dialysis stage. Your nephrologist can help you in deciding the modality, based on your individual health care needs and social situation. As a practice, our utmost goal is to educate the patients and family about the nature of the procedure and implications of it on their social life.

KIDNEY SMART PROGRAM

We work closely with DaVita in Lake Barrington where we have a dedicated team of nurses, dietitians, and social workers. They work closely with patients to help them achieve a balance between life and dialysis treatments. Even before a patient reaches Stage 5, they are encouraged to go to Kidney Smart classes where they are educated on the practical aspects of dialysis and its implications on their day to day life. Dietitians help them formulate a diet plan best-suited to the level of kidney disease and other health issues. Social workers can educate the patient and families on any insurance needs or questions. For patients interested in home dialysis, home visits are done to ensure that their homes are well-equipped to handle needs of home therapy.

Our practice, Nephrology Associates of Northern Illinois (NANI), specializes in treatment of Kidney disease, Hypertension and Dialysis. Our clinical and non-clinical staff is highly trained to meet the high expectations of patients. Kidney disease is a complicated disease, but with a dedicated team and open communication, excellent outcomes can be achieved making patients live longer with better quality of life.



Dr. Sumit Bector is a Board-Certified Nephrologist specializing in treatment of Kidney diseases, Hypertension, and Dialysis. He is part of Nephrology Associates of Northern Illinois (NANI). He is also the Medical Director of the DaVita Dialysis Facility in Lake Barrington, DaVita operates 2,318 outpatient dialysis centers nationwide serving approximately 186,000 patients, has been recognized throughout the country for its clinical quality, positive teammate culture, and community service. The company also operates 139 outpatient dialysis centers located in 11 countries outside the United States.

CONTACT INFORMATION:

Nephrology services are offered through multiple office locations including Crystal Lake, McHenry, Algonquin, Huntley, Elgin, South Elgin, Carpentersville, and Sycamore. Appointments can be made in any of the offices by calling 815-301-1001. Visit www.nephdocs.com for more information.

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The DaVita Dialysis Barrington Creek location in Lake Barrington.