

## LIVING WELL ON DIALYSIS

---



### STAYING ACTIVE

Regular physical activity is important for staying physically and mentally strong while on dialysis. Activity is essential to provide your body the best conditions for dialysis, maintain a positive outlook throughout your treatment, and keep you inspired to make the most out of life on dialysis.

---



### EATING AND DRINKING RIGHT

Being on dialysis requires special dietary considerations. Adopting a kidney friendly diet will probably require that you make adjustments to your normal routines, and your healthcare team or dietician can help you make a plan to make you feel comfortable.

---



### TRAVELING

Whether you need to travel for work or go abroad for a summer holiday, if you make proper arrangements you should be able to stay on your treatment plan while you're away from home. Traveling may help you retain a sense of independence while you're on dialysis.

---



### TALKING ABOUT KIDNEY DISEASE

Talking to family, friends and other people on dialysis about your experience might make it easier for you, and them, to cope with the physical and emotional difficulties of your diagnosis. Sharing with others can tune you into your own emotions and make them feel less overwhelming.

---



### COPING WITH YOUR EMOTIONS

Whether you've just been diagnosed or you're well into treatment, it's likely that you and those around you have experienced a wide range of emotions. Coping with these feelings is not always easy, but sharing and recognising them is essential for your mental and physical health.

---



### INTIMACY

With a busy treatment schedule, concerns about how chronic kidney disease is affecting your desire for intimacy may fall to the wayside. But your sexual well-being can be an important part of your physical and emotional health, and understanding how and why it might change can make you and your partner feel more comfortable.