

# SLUDGE in the BLOOD



Do you want to swim in this water? It is clean and well treated. It is good for the body on a hot, steamy day.

*Cool, clear, refreshing water in a pool.* Just what the body needs during the hot summer months to feel energized and revitalized. Ahhh, that's the life.

*What happens to clear and clean water when not treated with the proper chemicals? What happens if the filter breaks and it can no longer filter the water?*

The water will get dirty and less appealing! It will turn to an ugly green. Nobody wants to swim in a dirty sludgy pool! To bring back that clear water it will need to be filtered and get properly treated, a test will be done to determine the "cleanness" level of the water.

**Achieve Adequate Dialysis with  $KtV \geq 1.2$  OR  $URR \geq 65\%$**



Do you want to swim in this water? Neither do your cells! Your heart doesn't want this sludge being pumped through it either!

Your body creates toxins (sludge) and it is transported throughout the body in your blood. If it is not filtered and cleaned, it will become as unappealing and unhealthy as the sludge in this pool. Blood has to be filtered and treated adequately.

*What happens when your blood is not filtered adequately?*

The sludge begins to build up in your blood. Just like a pool that requires extra chemicals and filtering to return to clear water, your body will require dialysis to clean up the sludge. When missing or shortening dialysis treatments, you are not getting adequate filtration of your blood. Like the test for the pool, dialysis patients are given a test to determine the "cleanness" level of their blood. The results are measured in  $KtV$  or  $URR$ . A reading of 1.2 or above for  $KtV$  or 65% or above for  $URR$  means your blood has been adequately cleared of the sludge. If blood is cleaned adequately: you will have more energy, your appetite will improve, you will spend less time in the hospital and studies show you will live longer. You will just feel better!

*What can you do?* Clean up your act! Give yourself the gift! You deserve it! Proper dialysis is a gift you can give yourself each time you dialyze.