



# Every Minute Counts

## It is not worth the risk!

- Missing or shortening dialysis treatments can lead to:
  - Heart problems—heart attack or death may occur due to high potassium levels
  - Increased risk of stroke
  - Fluid overload—increases risk for heart failure, lungs filling with fluid, tiredness/fatigue, or even death
  - Anemia and bone disease from missing medications given during dialysis
  - Low blood pressure and cramping due to removing built-up fluid

## By the numbers

- Losing 15 minutes each treatment is the same as losing 39 hours per year!
- Missing 1 treatment a week is the same as losing 52 treatments a year—this is the same as missing 4 months of treatment!

## You need every minute of dialysis

- Arrange a make up treatment with your dialysis unit if you need to miss dialysis
- Talk to your care team if you have trouble coming to dialysis such as transportation, schedule issues, etc.

### Time lost for each 4 hour treatment

Minutes Per Day	Minutes Per Week	Minutes Per Month	Minutes Per Year
5	15	65	780 (13 hours)
15	45	195	2340 (39 hours)
30	90	390	4680 (78 hours)

**Make every minute count...you are worth it!**