

# 5 Things a Nephrologist Wants You to Know

Here are five things to keep in mind and discuss with your kidney doctor, known as a nephrologist:

## 1. You are still in control of your own care.

While having kidney disease and being on dialysis may make you feel like you have lost control, that's not entirely true. You can still take charge of your health and play an active role in your care. If you're not sure about something or you have questions about medications, how you're feeling or anything else related to your health, don't be afraid to ask your care team about it. They are there to support you! Together, you can find solutions to help you lead your best life.

## 2. Taking care of yourself goes beyond your physical health.

While it's important to care for your body, it's also important to take care of your mental or spiritual health. The way we feel emotionally can impact the way we feel physically. Staying connected to your friends, family, or faith community can go a long way in helping you feel your best.

## 3. Transplantation is a treatment option.

If you are interested in a kidney transplant, the first thing you should do is talk to your doctor. You can use these **Top 8 Questions to Ask Your Doctor About Kidney Transplants** to guide your conversation.

## 4. Home dialysis is also a treatment option.

If you currently dialyze in-center, dialyzing at home may be an option for you. Up to 25 percent of people with kidney disease in other countries dialyze at home. So, talk to your doctor if you're interested in exploring home dialysis.

## 5. Set goals for your care.

It's important to set health goals for yourself and share them with your care team. Here are some things to consider:

- What are your goals for your everyday treatment?
- What are some activities or events you'd like to be able to do or attend?