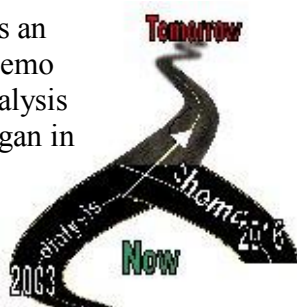




A Beginning

Any new undertaking calls for a plan of action; each path must be thoroughly mapped out so all goals, objectives, and points of interest are established and planned for in meeting the planner's purpose in creating this publication. Since this is a newspaper of sorts, the format and layout has to be determined to insure that the topic being written about are easy to read. Now considering that the subject matter being written about within these pages deals mainly with my health and the medical treatment that I'm receiving, I will not be too detailed in what I am medically undergoing, besides I am not a doctor, just a patient and I of course don't speak Doctor.

This figure to the right represents an illustration of my dialysis and chemo treatment. As you can see my dialysis began in 2003 and my chemo began in 2016



Below I have separated the dialysis treatment from the chemo treatment, giving you a little background on what each entails.

Dialysis Background

My life has always been one of action that called on me to face and meet the enemy at the gate; but that concept has changed. Which it did back in the latter part of 2003, when I found myself being confronted with a RENAL problem that called for me to receive dialysis treatments three times a week. And now, after thirteen years of being on a dialysis regimentation, which saw me at various clinic in and around Boulder, Lafayette, and Longmont and as a patient who is part of the treatment process you just have to learn and become aware of what the treatment is all about. Now the more you become involved in your treatment, it is only logical that you can be part of the decision making process, and you can make informed decision on how your treatment should be handled.

Now if you will, considering that I'm fully invested in my treatment process, I took it upon myself to only submit to dialysis twice a week rather than the three times prescribed by

Dialysis Background, continued on pg-2

Chemo Background

In Issue #1 that I published last month I provided somewhat of a general review of my experience on my newly required trip on chemotherapy, so this area will be short and to the point.

The middle of November is approaching as I write this and upon the arrival of Monday, the 21st, which for me means I will be beginning my fourth cycle of chemotherapy. Now what does this mean, well as dialysis patients we know what such a treatment means? However, for my chemotherapy, might be different than other people therapy, since, I as I explain in the last issue was for 2.5 hours of a slow drip of the treatment formula, after that is completed I will be hooked up to a mechanical pump that will administer to me over a 46 hour period more of the chemo formula, after which the pump will be removed and stored until the next scheduled time for my treatment. These treatments are scheduled for every other week on Monday. I am happy to report that I suffer from no adverse effects body or mind wise from my exposure to the chemotherapy formula.



Dialysis Background, continued from pg-1

my doctor. Of course my decision for reducing my treatment schedule to twice a week didn't make the doctor happy. However, as it was demonstrated by my monthly lab results, which have proven over the year or so that I have only been going twice a week that my labs continued to reflect that my reduced treatments were meeting the necessary dialysis cleaning of my blood.

Now for some additional information, I started dialysis treatments during December of 2003 at a Davita Kidney Center in Boulder, which lasted two years or so. Having found fault with how the clinic was being run, I chose to relocate to a new clinic that had just opened up in Lafayette area.

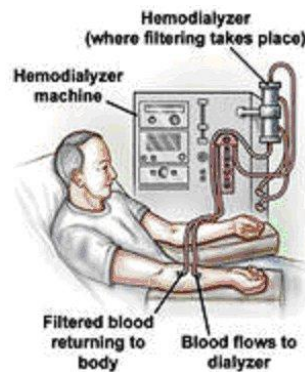
At the beginning of my tenure at the ARA Lafayette Kidney Center, which was pretty good, I found the staff friendly and competent and that they made my stay and treatment in their clinic very enjoyable and comfortable. However, times change and people as well, the clinic's manager moved out of state because her husband was transferred to Texas; therefore a new manager came in to replace her, now as it was, the new manager's management style left much to be desired, and it was how she treated her staff that forced me to look for another clinic that would provide me the same comfort zone I needed as I received my dialysis treatments. So in search of such a clinic I decided to relocate to the ARA clinic on the south side of Longmont; which for a number of years proved to be what I had been looking for in the way of having a comfortable environment for my treatments as a patient.

Well as all things go, things change no matter how good they were at the beginning.

My stay at the Longmont Clinic came to an end when I was told I did not have the right to decide which tech would be putting me on; now this is what I had been doing since I began my treatment at that facility. So as you can imagine, I was again looking for another clinic for my dialysis treatments, since the Longmont Clinic pretty much said in so many words 'I had no say about my treatment,' which was not acceptable to me. So always on the search, I checked with the Lafayette Clinic, I knew they had gotten a new facility manager, who was arriving as I was leaving; so I touched base to see if they had any chairs open in a time frame that would suit my needs. However, as it turned out they didn't currently but did anticipate having one in a few months.

I had already made contact with the ARA Northridge Clinic, who gave me the go ahead for me to become a patient at their new clinic. Of course I told them up front that I was actually waiting for a chair to become available at the ARA Lafayette Clinic, which was closer to my home.

So to make this story a littler shorter but accurate, I was a patient at the ARA Northridge Clinic for a few months, well until the Lafayette Clinic contacted me to let me know that a chair was now available for me to use.



Dialysis Background, continued from pg-2

Well as you can imagine, I got the call letting me know that Lafayette Clinic had a chair for me, and my time schedule was during a time that was most convenient to my family and me. So I made the move, however, I had been thinking of making changes to my treatment schedule, so once my move was complete, I moved forward with my thoughts and limited my treatments to just two days a week, which I have continued to adhere to until my wife died of cancer and I learned that I also had cancer. So having learned that I had cancer and would be undergoing both dialysis and chemo treatments, which made for me very busy weeks. So being the bright person I am, well I think I am, I opted for dialysis three times a week, so I would be fully invested in not only my dialysis but my chemo treatments, looking for a cure or remission in my cancer; however I don't look for any changes as to a cure for my RENAL problem, it is what it is and I am not interested in getting a transplant, because as I see it I have lived a full life and there are many young people on dialysis who would benefit more than me with a transplant.



Care Givers

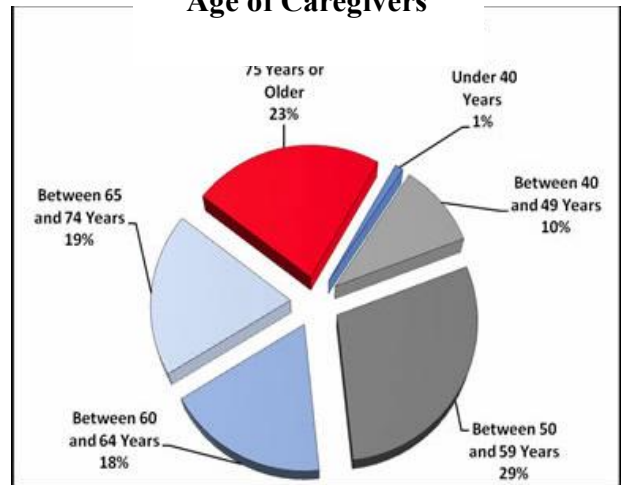
It is my intentions to add a column to this newsletter talking about the importance of caregivers in our lives. Care Givers are those that do things for other people and for the most part go unnoticed by the people they perform such giving service for, not to mention the world as a whole, meaning our society.

I hope to explore who and what caregivers are, some as you might know are also patients suffering from their own ills as well, but willing give service to another.



To provide some background information about caregivers that might be of interest to you the reader, hopefully it will serve a purpose until my next issue where I hope to cover care giving in some detail. In the meantime, the items below will give you some insight into the caregiving experience.

Age of Caregivers



Are you a Caregiver?

Self-identification as a caregiver is an essential first step towards overcoming the overwhelming responsibilities your role entails. Are you caring for a loved one who belongs to one of the categories below?

- ◊ People with disabilities
- ◊ People with mental illness
- ◊ People who are chronically ill (e.g. diabetes, renal failure)
- ◊ Older persons who have difficulty coping with daily living
- ◊ People who are terminally ill or suffering from life limiting illnesses

If your answer is 'Yes' to any of the above, that makes you a caregiver.

Caregiving involves time, commitment and sacrifice. While the role as a caregiver seems intimidating, you are not alone and there is always help and support available to walk you through the journey.

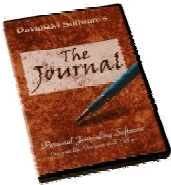


Notices & Tips

I have decided to add a notice and tips page, where I will post items or links to websites that may be of interest to the readers of this news letter. Now should you want me to add such an item or notice please feel free to pass it on to me, of course please know that I will check it out before I post the requested notice.

As a patient it is better to be looked at as a patient rather than just a treatment sheet, and this calls for you the patient, to become involved in the treatment process.

Tip



I have always kept a Journal, and in the beginning it was paper and pen, but so many of them got destroyed because of the life I led, which found me knee deep in mud and water. So to keep a more permanent journal or log, I searched for a digital one and found one that was user friendly and very economical, which you can find at this, website: <http://www.davidrm.com>

A little note:
I have opened this newsletter for others to make meaningful submission to its articles, by anyone who might want to share their own personal experiences as a patient or a caregiver, or even a third party observer of a situation that they are currently facing in their own day-to-day lives and feel that sharing such an event would be beneficial to our readership.

I record all treatments, regardless of whether it is a dialysis one or a chemotherapy treatment in a day planner, listing, needle size, sharp or buttonhole, plus what Tech put me on. I also record if I saw a doctor on that scheduled day and who it was that saw me, along with whether I received a shot or any medication through the machine such iron, etc.



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