

Home at Last

A Quarterly Publication for the NxStage® Home HD Community

June 2007

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Planes, Trains & Automobiles

Traveling with the NxStage System One™



Michael L. of Hampshire, IL on a fishing trip

It's the beginning of summer and everyone is excited about planning their summer vacation or getaway. With the NxStage System One, travel is an option that is available to you.

The innovative design of the NxStage System One – its small size relative to other hemodialysis systems, the use of standard electrical connections, and no water processing requirements – make it uniquely portable to support NxStage patients' ability to take their therapy with them when they travel (as prescribed by their doctor). With some planning, many NxStage patients have enjoyed **weekend getaways, motor home excursions, ocean cruises**, and even **airplane trips** with their therapy.

As you prepare for your travel plans, we ask that you just keep a few items in mind:

1. Please contact your doctor and center at least one month in advance of your trip. You will need a prescription okaying your travel plans before we can ship travel supplies. This will also ensure that the center staff and NxStage can provide you with important traveling information and prepare appropriately for your trip.
2. Upon receipt of a prescription from your doctor authorizing travel, NxStage will assist you with extended trips (4 planned days of therapy or longer) by shipping your fluids and cartridges to the travel destination.
3. For trips of 3 days or less, you will be responsible for transporting your cartridges and fluid bags.
4. You will also be responsible for transporting your equipment (such as the System One Cycler, Warmer, IV pole and stand, and blood pressure cuff) and basic treatment supplies (such as saline, heparin, and vascular access supplies).

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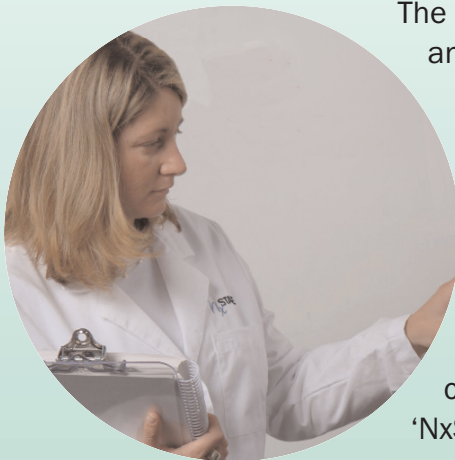
In the News: NxStage FREEDOM Study

Did you know that NxStage is sponsoring an observational study called the **FREEDOM** (Following Rehabilitation, Economics, and Every-day Dialysis Outcome Measurements) study? The primary objective of the **FREEDOM** study is to show that patients who do daily HD have fewer hospitalization visits and medical costs when compared to a similar group of patients who receive in-center HD three times a week. The study also hopes to demonstrate that patients receiving daily HD with the NxStage System One experience improved quality of life and health benefits such as:

- *Better blood pressure control*
- *Reduced fatigue and nausea*
- *Reduced need for medications*
- *Increased diet flexibility*

The first patient was enrolled in the **FREEDOM** study in January of 2006 and it will involve up to 70 centers (clinical sites) with a total enrollment of up to 500 patients. The study will be open to patient enrollment for approximately three years, and will include a one-year follow up (at a minimum).

Participants are patients with kidney failure who are also suitable candidates for daily HD (6 times per week) with the NxStage System One, and have Medicare as their primary payer. For more information on the **FREEDOM** study and a list of participating centers, please visit www.clinicaltrials.gov and use the word 'NxStage' as your search criteria.



Home Hemo Heroes

Indiana University Hospital Reaches Milestone

WOW! Indiana University (IU) Hospital, a member of Clarian Health Partners, recently reached a major milestone—fifty (50) NxStage home hemodialysis patients!

IU offers a wide-range of dialysis treatment options, and was one of the first NxStage chronic clinical trial sites. They started their daily dialysis program in November 2004. Dr. Michael Kraus, Professor of Clinical Medicine and Clinical Chief, Division of Nephrology at IU, was the study's Principal Investigator and gained the commitment of his staff right away.

Cathy Cox, Home Training Manager at IU, shared her key beliefs for a successful home program. "First the staff has to believe that the patient will succeed, and then we get the patient to believe." She continues, "We also had tremendous support from all of the physicians and in-center staff, which is really necessary in order to run a successful program. No one felt like we were 'stealing' patients from the center. Everyone wanted what's best for the patient."

NxStage is excited to recognize Dr. Kraus, Cathy and the entire home hemodialysis training team at IU on this great achievement!



Back Row, L to R: Sandy Wood, Rita Blevens, Cathy Cox, Karen Summers
From Row, L to R: Connie Summitt, Sharon Meyers, Patti Christ

Planes, Trains & Automobiles (continued from cover) A travel packet is available from NxStage to assist you when planning for trips. The packet consists of a travel guidelines document, handy travel checklist, samples of a travel prescription and physician letter, labels for your IV pole and a great reference sheet from the US Department of Transportation entitled Nondiscrimination on the Basis of Disability in Air Travel. To request a travel packet, please contact your Customer Support Specialist at 1-866-NXSTAGE (697-8243). Also included in your travel packet is a brochure on the following travel accessories:

- A soft-sided roller case that is lightly padded with wheels enables patients to easily transport the System One cyclor during short car or RV trips, and an aluminum travel case, designed for use when checking the cyclor as domestic airline baggage. Cases are available for purchase through NxStage and may be available to borrow from your center; please check with them regarding availability.

As always, please remember that two people are required to lift the cyclor.

So, what are you waiting for? Start planning your trip **today!**

Patient Travel Tips

PLANES

Gloria A was the first patient from the Dialysis Center of Lincoln (Nebraska) to travel by plane with the NxStage System. In November 2006, she and her husband Gene flew from Omaha, NE to Sacramento, CA. Here are their tips for traveling by plane:

1. Put all of the supplies you are taking in one suitcase and check it.
2. Carry your doctor's prescription and letter showing the medical necessity of the machine.
3. Be cautious of airline employees telling you that you have to pay extra because the cyclor is oversized or overweight. If you are forced to pay an extra fee, call the airline's Disability Coordinator after your vacation and explain the situation. Have a receipt available if needed and insist on credit...it is your right!
4. Discuss with your nurse which center will be your backup dialysis center (and contact) at your destination, in case you lose luggage/supplies.
5. Plan your dialysis schedule ahead, making the outbound air travel and the return trip off days.



Gloria A relaxing at home



Erich D and his children, Antonia and Jacob, on one of their recent car trips

TRAINS & AUTOMOBILES:

Erich D, a patient at DaVita - Ballenger at Home, traveled via automobile from East Lansing, MI to Lancaster, PA with his family last fall and took in all the sites along the way. They even rode the Strasburg train at the Railroad Museum of Pennsylvania! Erich came up with several recommendations for travel:

1. Before your road trip you'll need to decide if you want to take your cyclor in its original corrugated case or the soft-sided travel case. We just love traveling with our handy soft-sided case.

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2. Your cycler still weighs 75 pounds (more if packed inside the corrugated case), so you will need two people to lift it in and out of your vehicle.
3. If you'll be staying in hotels and/or motels, make sure you prepare/protect the area you are going to dialyze in so that it is clean for you and left clean for others.
4. Remember that the chair in your hotel is not the same as at home so you may have to adjust your cannulation angle.
5. Take time to 'smell the roses'...traveling with your family beats everything.



Rick N with his friends at port

AND CRUISE SHIPS!

Rick N of Tarpon Springs, FL, and a patient of RAI Palm Harbor went on his first cruise last November, visiting six Caribbean islands. Rick shares his tips for cruise travel:

1. Notify the cruise ship of your dialysis requirements and have your dialysis center ship saline ahead (just as NxStage sends bagged dialysate, etc).
2. If applicable, ensure tours at ports are handicap-accessible.
3. If you plan to do your treatment in your stateroom, book a handicapped room, as they tend to be approximately 1/3 larger (better for storage and to do your therapy).
4. When dialyzing, read about the next port and plan your adventure!
5. I was surprised to see how big the ship was. Consider getting a scooter chair, if needed, to get you around easier.

Patient Spotlight – Jake's Story

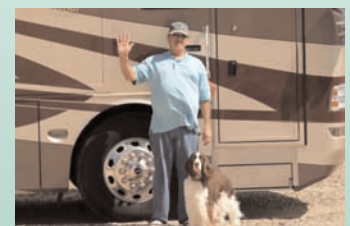


Jake C dialyzes in his RV

Jake C of Clayton, CA who is a patient of WellBound, Menlo Park found that traditional in-center (three times a week) hemodialysis did not match his lifestyle. He and his wife loved to travel in their RV to dog shows and classic car events, and found that traditional therapy was limiting. Scheduling traditional therapy with other dialysis centers for weekends, holidays, and other popular days while traveling was difficult. These centers were always full with their own patients as well as other travelers.

Then, his doctor told him about the new, portable NxStage system. Jake was one of the first patients to participate in our home IDE clinical study and use the NxStage System One. In April 2004 he was able to go home with his NxStage system. Jake felt better physically and, important for him, was able to start traveling the way he really wanted to.

Now, three years later, Jake is still enjoying the freedom he experiences with the NxStage System One. He estimates that he takes 8 to 10 trips per year in his RV and recently expanded to air travel with a visit to Washington DC. Jake is proud to say that his life isn't scheduled around his dialysis treatments anymore; the dialysis is scheduled around his life!



Jake on the road with Casey

Please Note: When traveling with their system, patients should always continue to follow their doctor's prescription and perform their therapies as outlined in the instructions provided by NxStage (User's Guide and Quick Start Notes). Patients should also talk to their center before traveling about how to maintain a clean area for dialysis and manage cartridge waste.

NxStage Calendar Photo Contest

Send us your favorite high-resolution picture of you with your NxStage system and tell us how NxStage therapy has enhanced your life.

You could be selected to appear in our 2008 Calendar!

Photos will be chosen from all entries received.

Deadline: Friday, July 6th

Image Requirements:

TIFF or EPS format

10mb or less - can send via email (see email instructions below)

Greater than 10mb - must send on a CD (see mail instructions below)

Via Mail

Complete the information form below.
Sign and date the Release Form on the opposite side.
Send this sheet (completed), the Release Form and your image on CD to:

NxStage Medical, Inc.
Attn: Marketing
439 South Union Street
5th Floor
Lawrence, MA 01843-2800

Via Email (10mb or less in size)

Include ALL of the information from the form below in your email message.
Attach your TIFF or EPS image.
Email to newsletter@nxstage.com
Sign and date the Release Form on the opposite side and fax it to:

(978) 687-4800,
Attn: Marketing

If you have any trouble emailing your image, please call Mary Peña at (978) 687-4822 for assistance.

INFORMATION FORM

First Name: _____ Last Name: _____ Suffix: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Age: _____ How long have you been on NxStage? _____

Please give us a one or two sentence description of your photo and how HHD has impacted your life. Please note that, even if your photo is not selected, NxStage retains the rights to use the photo elsewhere.

PHOTOGRAPHIC AND QUOTATION RELEASE

I, _____, hereby give NxStage Medical, Inc. and its agents, employees and affiliates thereof ("the Company") permission to use, display, reproduce or publish, in whole or in part, my photograph(s) (as defined below) and quote included herewith forevermore and for all purposes, including but not limited to, dissemination to employees, clients, health professionals, customers and members of the public for educational, research, scientific, public relations, marketing, and any other bona fide business purposes, and that such dissemination may be accomplished in any manner deemed appropriate by the Company.

The undersigned, and his or her successors or assigns hereby hold the Company, its employees, agents and affiliates harmless from and against any and all claims, demands, and actions, and any liabilities, damages, or expenses resulting therefrom arising directly or indirectly from the activities authorized by this Consent.

The term "photograph" as used in this Consent shall mean still photography or motion picture in any print or media format, as well as videotape, audiotape, video disc, digital and any other mechanical or electronic means of recording and reproducing images. If these photographs, films, illustrations, audio recordings, web sites or videotapes are registered for copyright, I hereby assign said copyright to the Company.

Signature

Date

Technical Support Spotlight: Brian Tomasetti



Brian Tomasetti

Brian Tomasetti joined the NxStage Technical Support Team in November of 2004. In his role as Senior Technical Support Specialist, Brian speaks daily with our patients and provides technical expertise on the NxStage product

line. “Helping patients with NxStage equipment is such a rewarding experience—because I actually hear firsthand how this therapy is improving their quality of life.”

Prior to joining NxStage, Brian was a Senior Technical Support Specialist for a maker of artificial heart pumps as well as a biomedical coordinator for an engineering firm that contracted services to a New England based medical center.

Outside of work, Brian keeps busy with his two daughters, Grace, age 7 and Emma, age 5. One of their favorite weekend activities is to go geocaching, which is a fun filled GPS-based treasure hunt.

Customer Service Spotlight: Jessica Castaño



Jessica Castaño

Jessica Castaño joined the NxStage team in October 2004, and she’s been an invaluable asset to the company, her coworkers, and customers ever since. Serving patients, caregivers, and nurses on the West Coast, Jessica

continually goes above and beyond to make sure all of their needs are met.

“What I like most is that I’m able to talk to the patients. They become friends. I’m so happy for them when travel arrangements come together and they can take the vacations they deserve, or when patients tell me how great they’re feeling.”

Jessica is based out of her home office in Florida, and everyone at NxStage headquarters loves to see her when she visits. We all look forward to her warm smile and the delicious empanadas she routinely brings us.

BBQ Time!

Dialysis-Healthy Food Perfect for Summer Cookouts

Chicken and Summer Vegetable Kabobs (Thanks to DaVita.com!)

Ingredients: 1 pound boneless, skinless chicken thighs (6 total); 1 medium zucchini; 1 medium onion; 1 red bell pepper

For marinade: 1 tablespoon peach jam; 2 tablespoons olive oil; 2 tablespoons lemon juice; 1 teaspoon Mrs. Dash® herb seasoning; dash salt

1. Make marinade. Microwave jam in a microwave-safe bowl for 10 to 15 seconds (will liquefy). Add olive oil, lemon juice, Mrs. Dash and salt, stir well to blend.
2. Rinse chicken and pat dry with paper towel. Cut each thigh into four pieces and place into sealable plastic bag.
3. Add 3 tablespoons of the marinade to the bag, reserving 2 tablespoons for the vegetables). Seal bag and refrigerate.
4. Cut vegetables into bite-size pieces. Place pieces in a medium bowl, add reserved marinade.
5. Thread vegetable and chicken pieces onto skewers (4 large or 8 small).
6. Heat grill to medium heat. Place skewers on grill and cook, covered, for 12 to 15 minutes. Turn skewers 2 or 3 times to ensure even cooking.



Nutrition Information

Calories: 275; Protein: 24 g; Carbohydrate: 10 g; Fat: 15 g; Cholesterol: 79 mg; Sodium: 226 mg; Potassium: 405 mg; Phosphorous: 183 mg; Calcium: 28 mg; Fiber: 1.6 mg; Renal and Renal Diabetic Food Choices: 3 meat; 2 vegetables, low potassium; 1 fat

Answers to Previous Issue's Brain Boggle

(Thanks to Wellspan, York, PA for contributing the crossword)

Crossword:

Across: 5. CAP; 10. SILVER CONNECTOR; 13. AIR; 16. ARTERIAL LINE;
18. TWENTY THREE; 19. FALSE; 20. EIGHTS; 21. DOOR

Down: 1. HANDS; 2. VENOUS; 3. BACK PRIME; 4. TWELVE; 6. FLUID;
7. AROUND; 8. BREAK; 9. VENOUS LINE; 11. CARTRIDGE;
12. BUCKET; 14. TIGHTEN; 15. SPIKE; 17. RECIRCULATION

Jumble:

EFFLUENT; HANDLE; DIALYSATE; THERAPY; ACCESS; FILTRATION;
SAMPLE; Answer: SYSTEM ONE

Home at Last is published quarterly for dialysis centers and their patients by NxStage Medical, Inc.

Disclaimer: This newsletter was developed to provide an interactive forum for the NxStage chronic community. It is not intended to replace the NxStage System One Users Guide nor Cartridge Instructions for Use.

Home at Last provides general information and is not intended to serve as a treatment guide. Home daily therapies are not for everyone. They require a patient and a partner who are committed to being trained on and following the guidelines for proper system operation, as well as their dialysis prescription, which may require treatments up to six days per week. The NxStage System One is a prescription device and, like all medical devices, involves some risks. Patients should consult with their doctor to understand the risks and responsibilities of home and/or daily hemodialysis using the NxStage System One.

Home at Last Editorial Staff

Mary Peña
Brenda Powell
Mary Scourick
Mary Lou Stroumbos

WE WANT TO HEAR FROM YOU!

Please send us your feedback.

email: newsletter@nxstage.com
or

Lawrence Headquarters
NxStage Medical, Inc.
Attn: Marketing
439 South Union Street, 5th Floor
Lawrence, MA 01843-2800

Phone: 866-NXSTAGE
Fax: 978-687-4800

www.nxstage.com