



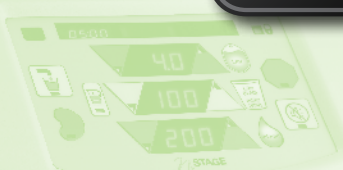
Winter 2010

A Quarterly Newsletter for the NxStage® Home HD Community


**Special Extreme Pastimes Edition**

## Experiencing the Benefits of Home Hemodialysis – Far from Home

Daily home hemodialysis is not only practical, but patients report – and studies confirm – that it may also provide many health and quality of life benefits. Still, the ultimate measure of any technology is how people translate its promise into actual and meaningful real-world lifestyle benefits. Judging from the experiences and adventures of these NxStagers, things are going very, very well.



## For Bill and Dan, life is good. It's also quite wet.



The Rogue River in Oregon is known for salmon runs, rugged scenery, and some of the best known whitewater rafting runs in the United States. So that's exactly where NxStagers Bill P. (from Seattle) and Dan L. (from the Salt Lake City area) headed this July – not to sit on the banks and relax, but to shoot the rapids on a four-day trip out of Merlin, Oregon, with several other adventurers.

It took a little planning, some careful packing, and a bit of coordination. **The trip was a 100% success, with full dialysis treatments done along the way with the NxStage System One™.**

Starting down the river on a Monday morning with four inflatable kayaks, four rafts, and four guides from Rogue Wilderness Adventures, Bill and Dan quickly discovered that river rafting is every bit as exciting as advertised – and they have the video to prove it. “There will be video of me going over backwards in the first rapid we came to...an easy rapid that I found a way to make a lot harder,” Bill exclaims with a smile. But the two quickly got the hang of it, smoothly running the Blossom, the biggest rapid of the trip.

With careful coordination, bagged dialysate solution was shipped ahead to Paradise Lodge, a classic rustic camp where the rafters spent two nights along the route. With the System One cyclers in metal travel cases and all the cartridges, saline, warmer bags, and access items well secured, treatment supplies were ready for use. Dialyzing at the Paradise Lodge after the Blossom run, Bill and Dan were amused to discover an empty conference room with long couches, a long table, and even recliners that seemed made for treatment. **“I couldn't have been more comfortable,”** Dan said.

In addition to discovering that even a whitewater expedition can go off without a hitch for someone who dialyzes, Bill discovered two of the less obvious joys of river rafting. One was floating smoothly down the river on life jackets in the gentle sections of the river. The other was being able to kick back and relax without any electronic communication. “I wondered if our highly connected group would miss 24/7 email access,” Bill mused, “but after the first rapid, I don't think anyone gave email another thought.”

To top off the adventure, Bill and Dan decided to extend their itinerary to include a buggy trip on the Oregon dunes. Both river and dunes provided rides of a lifetime!



## Some ride rivers. Zach rides bulls.



Zach A. of St. Charles, Missouri, is another NxStager finding that the biggest benefits of home treatment come outside the home. For Zach, it's in the rodeo ring where he rides bulls – the big kind. Sometimes he's in the ring competing as often as two or three times a week. Prior to NxStage, Zach was on peritoneal dialysis (PD) for two years; unfortunately, he experienced peritonitis several times and had to change therapies. He then spent almost a year doing in-center hemodialysis three times a week, but found he lacked the energy for the lifestyle he wanted. Home hemodialysis with the NxStage system was something he was eager to try. With his brother as care partner, Zach does his own cannulation, then the two take in a sporting event or movie on TV during his treatment.

One of his favorite benefits is an increased energy level that lets him work ten-hour days. Unable to swim while on PD, he is now looking forward to doing that as well. But let's face it: it's the bull riding that really got our attention.



## Your Feedback Leads to Change

In order to continuously improve, **we rely on feedback from you!** Our product managers regularly monitor and track the reasons that you call Technical Support, as well as the feedback gathered through patient meetings, nurse meetings, surveys, and “voice of customer” sessions. If you have an issue or product improvement recommendation, be sure to contact Technical Support with the details.

In the last several months, NxStage has introduced product changes designed to improve the product performance and user experience – most based on feedback from users like you!

- A longer, stiffer cartridge priming spike that makes spiking saline bags easier!
- A cartridge outer-wrap bag that is perforated on the side for reuse as a trash bag.
- A new cartridge (CAR-172) that has injection ports for medication administration during dialysis. *Speak with your center if you see a need for this cartridge.*



“Everyone is different. . . but anyone who can do it, should.”

—Brad, reflecting on his switch to home treatment

Who would have imagined the NxStage System One could be part of a triathlete’s training regimen? But for Brad D., the shorter treatment time, faster recovery, and the flexibility of treating at home allow him more training time.

The 29-year-old Pittsburgh native finds that home treatment has been life-changing. Previously, he treated in-center three days a week for four hours at a time. This therapy left him feeling sick and extremely fatigued – to the point where he needed to sleep for three to four hours after dialysis before going to the gym. Additionally, the rigid schedule of dialysis center time slots made scheduling workout time difficult. **He now dialyzes at home five days a week for three hours per session. “I would never go back,” he says.**

In addition to providing greater time flexibility, more frequent dialysis with the NxStage System One has also helped him maintain the energy level he needs to compete in triathlons, which are grueling endurance tests that combine running, biking, and swimming. His appetite and sleep have both improved – essential factors for a triathlete in training.

His training has paid off. Brad competed in the “Escape to Miami” triathlon on September 27, 2009, placing 372<sup>nd</sup> and finishing the sprint race in 1:57:32.

For Brad, running was the most difficult part of the race, and staying hydrated was essential. Most patients on in-center dialysis need to limit their fluid intake. Since he now performs more frequent treatments at home, Brad does not need to limit his fluid intake as much and can drink before, during, and after the race, ensuring peak performance.



- An enhanced PureFlow™ SL SAK 300 series with modifications designed to:
  - Eliminate the potential crushing of the 0.2 micron filter by the control panel door.
  - Reduce kinking or denting of the water inlet line.
  - Minimize loose or disconnected line segments of the connector assembly on the water inlet line.

- A more robust treatment logging capability from the System One’s computer, which will help with technical support in some situations.

If you have any questions about these changes, please speak to your center’s home training nurse for details

**Please keep talking – we hear you!**



Some adventures are extreme.

Others are inspiring.

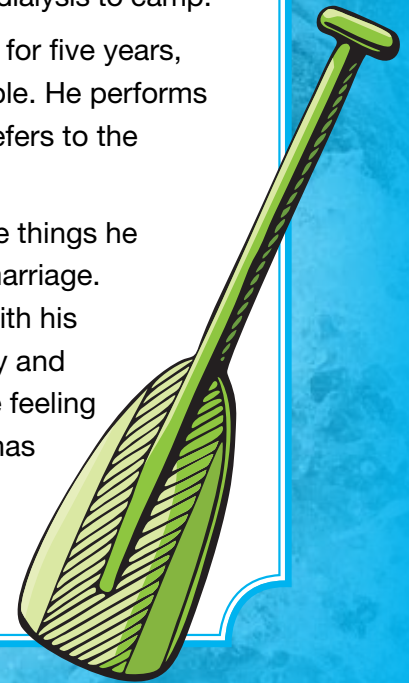


## Enjoying the river of life with Erich

Calling the beauty and flow of Michigan's Chippewa and Grand Rivers "liquid soul," Erich D. from Grand Rapids is the ultimate canoeist and river enthusiast. Together with a passion for the natural world, Erich has a passion for life. To mark his tenth year on dialysis, he decided to get in shape by canoeing 225 miles with the Grand River Expedition. He joined 60 other paddlers for this 13-day canoe trip in July. "The first two days were the toughest. After that, you get into a nice rhythm," he explained. He also turned his passion into dollars by seeking to raise \$20,000 for the National Kidney Foundation of Michigan. As of mid-October, he had raised nearly \$13,000 and is still going strong. The funds will be used to support kidney disease research, promote prevention, and send children on dialysis to camp.

After two failed transplants, Erich has been using the NxStage System One for five years, dialyzing six times a week. His philosophy is to make it as routine as possible. He performs the process by himself (with his wife and care partner present), and wryly refers to the process as a "very complicated trip to the bathroom."

Erich also affirms that home hemodialysis has "changed his life." One of the things he values most is the positive effect it has had on his family and even on his marriage. Spending less time doing dialysis means he can be with his family more. With his increased energy, the time he does spend is more active. Both the flexibility and effects of the treatment have removed a lot of stress and added a welcome feeling of stability to his life. It has also helped the rivers, as his newfound energy has enabled him to assist in river restoration work for an engineering firm. For Erich, "Any day on a river is a good day."





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The patients in this newsletter have given NxStage permission to share their experiences with daily home therapy using the NxStage System One. The experiences reported by these patients will not necessarily be experienced by another patient. All patients differ and their experiences will vary.

Patients on NxStage typically treat 5-6 days per week at 2½ to 3 hours per treatment. Daily home hemodialysis patients experience many of the same risks associated with three-times-weekly in-center hemodialysis. In addition, there are certain risks unique to the home environment. Treatments at home are done without the presence of medical personnel and on-site technical support. Patients and their partners must be trained on what to do and how to get medical or technical help if needed. Talk to your doctor to understand the risks and responsibilities associated with home and/or daily hemodialysis, and to see if daily home hemodialysis with NxStage is right for you.

Home and daily therapies are not for everyone. They require a patient and partner who are both committed to being trained on and following the guidelines for proper system operation.

While the patient's doctor, clinic staff, and NxStage customer service and technical support are available to provide support, home and/or daily therapy require a patient and partner who are committed to taking on the responsibilities of self-care.

*Home at Last* is published quarterly for dialysis centers and their patients by NxStage Medical, Inc. *Home at Last* provides general information and is not intended to replace the NxStage *System One User Guide* nor *Cartridge Instructions for Use*.

## home AT last

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**WE WANT TO HEAR FROM YOU!**

Please send us your feedback!

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