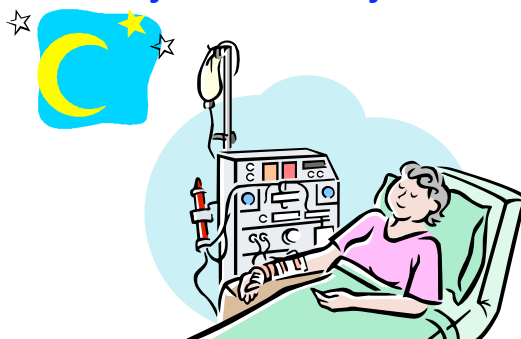


OVERNIGHT HOME HEMODIALYSIS RESEARCH STUDY

Do your hemodialysis at home!



Frequent Hemodialysis Network

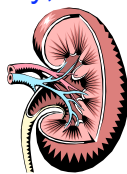
This study is sponsored by the:
National Institutes of Health (NIH) and the
Centers for Medicare and Medicaid Services (CMS)



Why Frequent Dialysis?

Healthy kidneys work 7 days a week, 24 hours a day. Standard hemodialysis is usually performed 3 times a week, 3 to 4 hours per treatment. In between treatments, waste products and fluids tend to build up. With more frequent dialysis, performed six times per week, waste products and fluids are removed more frequently, more like healthy kidneys.

Some patients in the United States, Canada and Australia are receiving their dialysis at home at night, while they sleep. By possible to provide a longer time on more toxins compared to standard night also allows patients to have more time during the day and evening for non-dialysis activities.



and Australia are receiving their dialysis doing hemodialysis during sleep, it is dialysis, which results in the removal of hemodialysis. Performing dialysis at

The National Institutes of Health (NIH) has organized a study to see if hemodialysis done in the home, six nights a week, (called nocturnal or nightly hemodialysis) can improve the health of patients on dialysis.

Why would you want to do this? Because you might:



- Help others with kidney disease
- Feel better
- Eat more of the foods you like
- Have better control of your blood pressure
- Take less medication – including phosphate binders

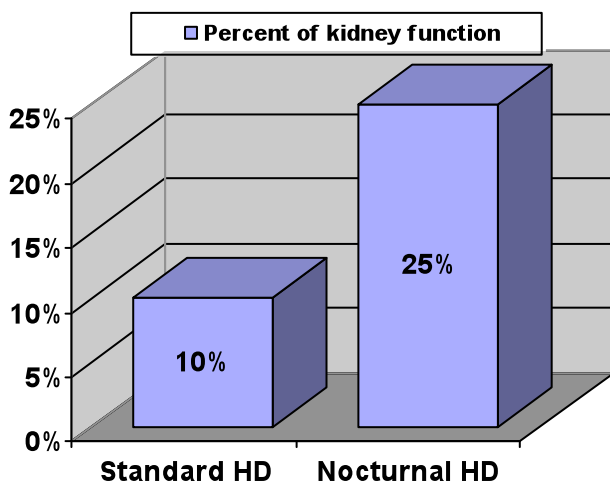
- Spend less time traveling to and from dialysis



- Have more time to do the things you like to do

Dr. Michael Rocco, the physician at Wake Forest University School of Medicine who is heading this research study, stated that the key question to be addressed by the study is whether more dialysis is better for patients. “Hemodialysis provided for 36 or more hours per week will result in the removal of much more toxins than standard hemodialysis which is performed for only 9 to 12 hours per week. This research study will help determine if removal of more toxins is beneficial to patients on dialysis.

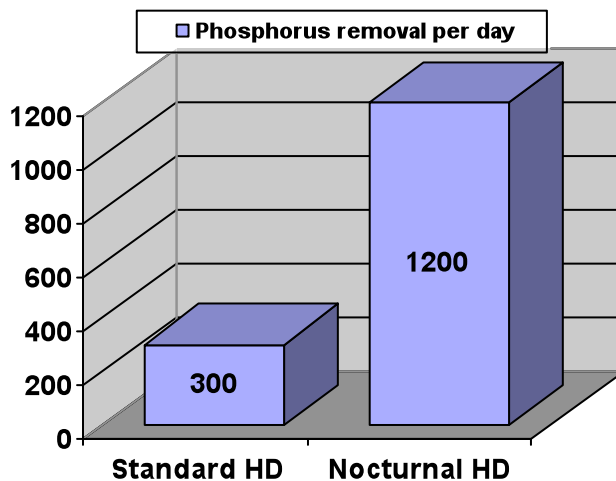
Percent of normal kidney function provided by standard and nocturnal hemodialysis:



Removal of phosphorus by standard and nocturnal hemodialysis

The average adult consumes 800 to 1200 milligrams of phosphorus per day. If phosphorus is not removed by dialysis, then the patient will need to take phosphate binders so that phosphorus does not build up in the body.

As the graph shows, on average the phosphorus removal for standard hemodialysis is 300 mg per day versus nocturnal hemodialysis which is 1200 mg per day.



Since patients on nocturnal HD receive 36 hours of dialysis per week compared to 10 – 15 hours for standard HD, more phosphorus is removed by nocturnal HD than standard HD. Most patients on nocturnal HD will not need to take phosphate binders.

This study will help determine whether the higher dose of dialysis provided by nocturnal hemodialysis will reduce heart enlargement, improve quality of life, lower blood pressure, and improve physical activity, mental functioning and blood chemistry values.

If you choose to be a part of this study:

- Someone from the home dialysis unit will evaluate you and your home to determine if you are eligible to participate.
- You will be trained to perform your hemodialysis treatments at home. This training will take about 4 - 6 weeks to complete
- Next, you would be randomly assigned (similar to a coin toss) to overnight hemodialysis or standard hemodialysis at home.
- You would then be closely followed by a special medical team for the next 12 months.



In most cases, you will continue to receive your dialysis care from your current kidney doctor.

The special dialysis unit where you can join this research study is the Piedmont Dialysis Center in Winston-Salem, North Carolina

So please call and talk to us about this exciting possibility!
Study coordinator: Shahab Moossavi, M.D.: 336 – 721 - 1360

*Your help may pave the way to a better and brighter future
 for hemodialysis patients like yourself!*

You can learn more about overnight home hemodialysis at these websites:

National Kidney Foundation: <http://www.kidney.org/atoz/atozItem.cfm?id=74>

Home Dialysis Central: www.homedialysis.org

Study physicians at Wake Forest University School of Medicine:
Michael Rocco, M.D.
John Burkart, M.D.

Wake Forest University School of Medicine IRB number 00001169