

Home dialysis means a better quality of life

BY CAMILLE SPERRAZZA

The Rogosin Institute offers home dialysis treatments. Chris Olsen was trained for home dialysis at Rogosin and discusses its advantages.

Why did you come to the Rogosin Institute for care?

During Christmas, in 1994, I had my first kidney transplant. I remember waking up in the hospital, and there was a volunteer in a Santa Claus suit. That transplant lasted 12 ½ years. In 2005, I had my second transplant, when my brother, Mike, donated a kidney. That lasted 13 years. It was then that I was introduced to Rogosin by my doctors, and learned about home dialysis. It is far superior to having dialysis at a center because there is less restrictive diet. My dialysis takes places 8 hours a day while sleeping, four times a week.

How would you describe

home dialysis versus in-center hemodialysis?

For me quality of life was the deciding factor in choosing home dialysis. I did dialysis in-center 30 years ago, and after a while, you feel lifeless and weary. I had a fuzzy brain all the time, and was on disability. Now, I go to work and run my own business. This would not be possible without home dialysis. Time and frequency are your friends, so home dialysis provides much better results. In-center is very hard on the body, pulling huge amounts of fluid in a shorter span of time. This can cause cramping in legs, and an accelerated heart rate. I used to take blood pressure medication, but no longer have to do so. Living longer also goes up four times when doing home dialysis versus in-center dialysis.

Describe the training for home dialysis.

The Rogosin Institute pro-



Chris Olsen

vides training all over Manhattan, Brooklyn, and Queens. I don't even live near there, but arrangements were made for me to be trained. The nurses are extraordinary and explained how the machine is set up, and went over possible issues, and how to deal with

them. Once a month I have a medical appointment, some over Zoom, to review chemistries. I am monitored and watched during the dialysis. There is 24/7 live text support, and I can also call directly for support.

Why don't you think more people have home dialysis?

I have spoken to other patients, and I think most of it is fear-based. People are afraid to stick themselves with needles, but it is not as bad as I thought. More people living with end stage renal disease should choose home dialysis as their first option for dialysis.

Did you need to make large renovations to your home to do home dialysis?

I built my house ten years ago, and created an upstairs for everything connected with dialysis. I have a big, comfortable chair, and put in a giant screen TV. You do not need to

have a separate room or do major renovations. Most people do dialysis at night while they sleep in bed. Minor electric or plumbing modifications may be needed, depending on the machine type. Supplies can be sent in small amounts to save space.

What is your opinion regarding the quality of care you receive at Rogosin Institute from the medical staff, including the nurses?

I receive excellent quality care. They are the best of the best. There is real-time monitoring, so I am monitored and watched. I can even text anytime with questions.

How can Rogosin help others who are interested in home dialysis?

To learn more about home dialysis, call 646-317-0564, to make an appointment. A member of the staff is always happy to discuss options.

Visit rogosin.org.