

SAMPLE Tashia M * DCBS

From: BECK Douglas * DCBS
Sent: Tuesday, October 27, 2015 2:09 PM
To: SAMPLE Tashia M * DCBS
Subject: FW: Oregon Dialysis Patients

From: Amanda Sundby [<mailto:Amanda.Sundby@davita.com>]
Sent: Monday, October 26, 2015 5:50 PM
To: BECK Douglas * DCBS
Cc: FORDHAM Brian J * DCBS; CALI Laura N * DCBS
Subject: Oregon Dialysis Patients

Dear Mr. Beck, Mr. Fordham and Ms. Cali,

I am a dietitian working at a DaVita in NE Portland and Vancouver, WA. Patients who are on dialysis face struggles daily that the average person hopefully will never face. Since I am a dietitian I want to share about their diet but keep in mind dialysis is like a part time job that keeps you chained to a dialysis machine leaving you exhausted. The pill burden is horrible with the average patient taking greater than 20 pills daily and we all know the cost of medications is very high. But for now let's focus on the diet.

Imagine yourself a dialysis patient and try to feel their financial burden from diet alone. A dialysis patient is on one of, if not the most, challenging diet to follow- the renal diet. This diet is high protein, low potassium, low phosphorus, low sodium and fluid restricted. As we all are aware the cost of healthy foods can be very high. When it comes to protein this is very true. Now, many people will say there are lots of inexpensive healthy protein sources like beans/legumes, peanut butter, canned tuna or chicken and yogurt. Sadly, all of these foods are not recommended for a dialysis patient. Canned meats are too high in sodium and the rest are high in potassium and/or phosphorus. That really leaves meat, poultry, fish and eggs. As a dietitian I am always encouraging more and more protein for my patients each month when I review labs with them. I frequently hear the same thing over and over- "money is tight and meat is just too expensive." In order for a patient to get adequate nutrition they have to frequently buy more expensive food that do not have additives. The words 'natural' or 'no added...' can also translate to "more money."

When I hear there are health plans that are trying to push the financial burden off them and to the dialysis patient it makes me very sad. I think it is discrimination against people who struggle daily. People who already have to spend more than the average person on food costs, medication and transportation. Please do not support discrimination of the dialysis patient.

Thank you for your time and your care for the patients who suffer enough from the disease alone.

Sincerely,

Amanda Sundby RD, CD

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