You may not immediately experience any problems, but studies show that inadequate dialysis will shorten your life expectancy.

Is it worth the risk?

Skipping treatments and shortening dialysis time carry risks and complications—including:

Worsening of **ANEMIA** and **BONE DISEASE** as a result of not receiving scheduled intravenous medications at dialysis.

**CARDIAC COMPLICATIONS** – cardiac arrhythmia, cardiac arrest and death, due to high potassium levels.

**CEREBROVASCULAR COMPLICATIONS** i.e. stroke that could lead to disability and death

**CRAMPING** and **LOW BLOOD PRESSURE** during next dialysis session due to removing the extra, built-up fluid caused by missing treatment.

**FLUID OVERLOAD** – shortness of breath from fluid in lungs that may require an emergency room visit and emergency dialysis.

It is extremely important that you receive your full treatments as prescribed by your doctor. Please call the dialysis facility when you are unable to keep your appointment. They may be able to re-schedule your treatment.

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Word Search—Health Risks of Missing Dialysis

Find these words:

- anemia
- bone disease
- fluid overload
- cramping
- low blood pressure
- cardiac
- death
- cerebrovascular illness
- swelling
- nausea
- infection
- weakness