

TAKE ACTION

Have You Considered an AV Fistula?
It's The Best Choice!

The **ABC's Of Fistula Placement**

Access Planning

Be Ready for Surgery

Care after fistula placement

Development of the Fistula

What Does An **AV Fistula** Mean For You?

- Improved quality of life
- Better dialysis treatment
- Lower chance of death
- Dramatically reduced change of infection
- Fewer trips to the hospital
- Most reliable and durable type of access

Talk to Your Health Care Team!

Fistula First, Your Access to Success



For more information, please visit the Network Website at www.heartlandkidney.org
or call for information at **1-800-444-9965**.

Visit the Fistula First website at www.fistulafirst.org

Patient Voices of Experience and Expertise with AV fistula placement.

"A fistula is the BEST lifeline! I am thankful I have one." – Fanita

"If you want to live longer, get it & use it, it's not that complicated." – Betty

"Take care of your arm. Do what the staff ask of you. Watch your diet; take your medicine as you are expected to do." – Lloyd

"With my fistula & dialysis I feel my life style has vastly improved; my energy & my outlook in dealing with dialysis means I can live and enjoy a good life span." – Ruth

"I had no pain when it was placed. Clearances are much higher than perm cath which means less time on the machine." – Gary

"Fistulas are better. Catheters have a better chance for infection." – Mildred

"Run, don't walk to Vascular Surgeon- Get it done!" – C.A.

"That it is no fun... BUT WORTH IT!" – Velta

"Get a fistula as soon as possible." – Bob

"I'd never have another catheter. I couldn't even breathe when I'd lay down." – Dorothy

"Before the fistula I had a "catheter" in my shoulder. I tried everything when I showered, nothing worked, I was lucky I didn't get any infections. I don't worry now!" – Rockie

"Protect it; it is your life line." – Doran

"I notice since I've had my fistula I don't stay sick as much." – Candace

"Do it!" – Mickie

*"Be patient it takes time to develop. Make sure to exercise it."
– Lon*

"Work it a lot. Exercising it will do wonders." – Jody

"Have it done early before you need to start dialysis – it will make your access easier for you and staff." – Donald

"I would recommend a fistula." – Merle

"You get better dialysis and less chance for serious blood infections." – Robert

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