



LIVE BETTER

with more frequent home hemodialysis

An overview of Home Hemodialysis
with NxStage® systems.



LIVING WITH KIDNEY DISEASE?

Learn Your Options

Whether you have just been diagnosed with kidney disease or have been struggling on dialysis for years, you owe it to yourself to learn all you can about your available therapy options. When you discuss these options with your doctor, care team, and family, you can make the most informed decision about your own care and select the treatment that is best for you. By educating yourself, you'll enjoy a better sense of control¹ over your disease and the opportunity to live the best life possible. You'll also be prepared to change direction with your treatment, if necessary, as the circumstances of your disease and life change.



“Don't let dialysis dictate your life.
Dictate your dialysis.”

— **Tangela**, former more frequent home hemodialysis patient and NxStage user, received a transplant in 2012

Learn Your Options

KIDNEY TRANSPLANT

For many patients with kidney failure, a kidney transplant is considered the best, and often ultimate, treatment solution. Kidney transplantation is a surgical procedure that places a healthy kidney into your body, which comes from either a living or deceased donor.

IN-CENTER HEMODIALYSIS

Hemodialysis—a process that uses a machine to remove blood from your body, clean it, and return it to your body—has traditionally been performed at a hospital or a dialysis center. This in-center therapy option is usually performed 3 times a week, for about 4 hours per session.

HOME HEMODIALYSIS

Home hemodialysis (HHD) follows the same treatment procedure as in-center hemodialysis, but can be accomplished in the comfort of your home, during the day or overnight while you and your care partner sleep. It is usually done 5 or 6 days a week for 2 ½ to 3 hours per session.



PERITONEAL DIALYSIS

Peritoneal dialysis cleans the blood within your body instead of through a machine, using the peritoneal membrane covering your abdomen to act as a filter to remove toxins and extra fluid from your blood. You can perform the therapy alone, almost anywhere.

TREAT KIDNEY DISEASE AT HOME

With advances in technology, HHD has become the preference of thousands of people like you, who enjoy the health and quality-of-life benefits of more frequent hemodialysis treatments, when and where they wish.

Since no medical personnel or onsite technical support is required, you can tailor your home hemodialysis treatment schedule to your specific health needs. HHD gives you the flexibility to perform treatments more frequently for shorter periods of time.

NXSTAGE IS THE
SMART, SIMPLE SOLUTION
FOR HOME HEMODIALYSIS PATIENTS



FREQUENCY MATTERS

With traditional in-center hemodialysis, your treatments are usually scheduled 3 times per week. With 2 days between treatments, you can experience large fluctuations in body weight due to water retention, accumulation of wastes, and electrolyte imbalances. Even a hemodialysis patient who follows their diet restrictions and limits fluid intake can build up an average of an extra three liters of fluid in the two-day skip with standard in-center treatments, which has a direct impact on heart health.²

More frequent hemodialysis more closely mimics the fluid and toxin removal of a healthy kidney, which works 24 hours a day, 7 days a week. With more frequent HHD, in addition to experiencing less toxin and water build-up, you may have a quicker recovery time after treatment, more energy, and more time to spend with family. Activities that may have seemed impossible before, including work and travel, may become possible again.

GET THE FACTS ON HEART HEALTH

More Frequent Dialysis May be Better for Your Heart

- **40%** of patients with end-stage renal disease (ESRD) die from heart-related complications³
- Up to **75%** of patients with chronic kidney disease (CKD) suffer from a heart complication called left ventricular hypertrophy (LVH), a thickening of the heart^{4,5}
 - LVH can develop as a result of the heart having to work harder, and puts patients at a higher risk of a heart attack or stroke
- Hemodialysis patients who treat more frequently experience **11%** fewer heart-related hospitalizations compared to those who treat 3x/week⁶



LIVE HEALTHIER WITH MORE FREQUENT HOME HEMODIALYSIS

(compared to traditional 3-times per week hemodialysis)



IMPROVED HEART HEALTH⁷

With fewer ups and downs in fluid levels, more frequent HHD users have as much as an **12%** reduction in a condition called LVH, which means less stress on their hearts.



REDUCED NEED FOR BLOOD PRESSURE MEDICATIONS⁸

Less fluid buildup helps control blood pressure and reduces the need for blood pressure medications. One study showed HHD users who dialyzed more frequently for 12 months reduced their number of prescribed blood pressure medications by an average of almost **50%**, and some no longer needed those medications at all.



INCREASED CHANCE OF RECEIVING A KIDNEY TRANSPLANT⁹

Because of their ability to maintain better overall health, more frequent HHD users have a higher incidence of receiving a kidney transplant than those who do their hemodialysis three times per week.



LIVE HEALTHIER WITH MORE FREQUENT HOME HEMODIALYSIS

(compared to traditional 3-times per week hemodialysis)



IMPROVED SURVIVAL^{10,11}

With fewer heart and blood pressure issues and less stress on the body, users show a significantly improved 5-year survival rate for more frequent HHD (58%) vs. 3 times per week in-center (40%).



IMPROVED ENERGY¹²

Unlike many people on dialysis who can no longer work, go to school, or enjoy the activities they love, more frequent HHD users have reported having more energy to do the things they enjoy, with improved vitality and overall quality of life.



BETTER SLEEP¹⁶

Poor sleep quality is associated with lower quality of life, higher use of medications and antidepressants, and an increased risk of death. More frequent HHD users have reported improvements in sleep quality and fewer problems like sleep apnea and daytime sleepiness.



LOWER RATES OF DEPRESSION¹³

More frequent HHD has been associated with significant reductions in symptoms of depression. With improvements in energy, appetite, sleep, and the ability to enjoy everyday activities, many HHD users say they feel less depressed.



FASTER RECOVERY AFTER TREATMENT¹³

A standard in-center dialysis treatment can take up to 8 hours to fully recover from. With more frequent HHD, users can experience up to an 87% improvement in recovery time. This means less post-dialysis fatigue and feeling ready to resume normal daily activities in 60 minutes or less after finishing treatment.



FEWER RESTRICTIONS ON FLUID AND DIET^{17,18}

Because more frequent HHD results in less buildup of fluid, toxins, and electrolytes, users may need fewer restrictions on their diet and fluid intake. Many report they experience less thirst and an improved appetite compared to when they were treating three times per week.



MORE SATISFYING SEX LIFE^{14,15}

With better health and more energy, more frequent HHD users have improved libidos and greater satisfaction with physical intimacy.



BETTER CHANCE OF WORKING¹⁹

With more energy and the flexibility to schedule treatments when and where they want, more frequent HHD users have an improved chance of continuing to work or returning to work.



A REAL SENSE OF CONTROL¹

HHD users don't need to depend on in-center staff to manage their treatment. Trained to manage their treatment completely, they enjoy a liberating feeling of control over their therapy and their lives.



LIVE A BETTER LIFE

NxStage Home Hemodialysis

NxStage systems are the first and only truly portable HHD machines cleared for home hemodialysis in the United States. They are made with you in mind, designed to provide simplicity, flexibility, and portability without compromising safety. Like thousands of people living with kidney failure who use NxStage systems, you may benefit from the promise of a more normal, flexible, and meaningful life.

Set Your Own Schedule

When you select a NxStage system, together with your doctor, you choose the schedule that fits with your own lifestyle.

Daytime hemodialysis: If you want to perform treatments during waking hours, you have the option of doing it with or without a care partner. Patients who choose solo* therapy are trained on how to safely perform treatments alone, and what to do in case of an emergency. Solo home hemodialysis allows you to perform your treatments alone during waking hours, allowing for greater schedule flexibility and less reliability on others.

Nocturnal hemodialysis: This nighttime option is performed while you're asleep.* It is different because you need to have a care partner with you, even though once it is set up both you and your care partner can sleep. It removes some of the burden of therapy by freeing up days for work or other obligations. Nocturnal home hemodialysis can be a safe alternative and may help with scheduling conflicts or work hours.

*Additional training or supplies may be needed for solo or nocturnal therapy. Check with your doctor and care team for details.



UNDERSTANDING THE NXSTAGE DIFFERENCE

NxStage systems do a big job with just four components:

- 1. Cyclor:** The heart of the system that contains the fluid pumps and system controls. A simple interface that is easy to understand and use.
- 2. Cartridge:** The easy-to-use drop-in cartridge allows for easy setup and consists of a disposable dialyzer (filter) with pre-attached tubing sets.
- 3. Dialysate:** PureFlow™ SL dialysate preparation system creates dialysate using a combination of purified tap water and concentrated dialysate. Users can also use pre-mixed dialysate bags as an alternative, or when traveling.
- 4. Nx2me®:** A connected health app that collects and shares your treatment information with your care team.

NxStage systems performs functions similar to traditional in-center hemodialysis machines. You will have the option of accessing your blood through a fistula, graft, or catheter, and learn to cannulate during training if you do not already know how. During treatment, the cartridge tubing is attached to your blood access and the NxStage system removes blood from your body, filters it, and returns the cleaned blood back to your body.



Unique Among Dialysis Therapies

Designed specifically to be used at home by patients and their care partners, NxStage systems offer convenient features that make it easy to integrate hemodialysis into your lifestyle:

- **Simplicity:** The interface is designed to be easy to use and understand.
- **Portability:** The system allows you to dialyze anywhere in your home or on the road.
- **Accessibility:** The machine plugs into any standard grounded outlet and requires no special electrical connections or plumbing modifications. You can use a simple faucet or under-sink connection and drain fluids into any sink, toilet, or drain.
- **Cleanability:** Single-use supplies can be disposed of in accordance with your local waste guidelines and as instructed by your center. The cyclor is simply wiped down after each use.

You and your care partner (if you have one) will be trained using a program called NxSTEPS that includes printed and online training, as well as helpful videos. This training program will help you understand what to expect and how to effectively manage your treatments.



TAKE NXSTAGE ON THE ROAD

Traveling while on HHD is possible with NxStage systems

If traveling has been an important part of your life, the portability of the system, combined with the NxStage travel program, Nxpeditions, can help make your next trip happen. You can bring your cyclor with you to dialyze when and where you want. NxStage helps you with:

Preparation: Working with you, your doctor, and care team, NxStage can help organize and plan the logistics of taking hemodialysis equipment in a car, plane, or boat. No matter how far from home you plan to go, contact Customer Service ahead of time for supplies, packing tips, and assistance.

Packing: For quick road trips you may pack your own supplies and take your machine with you. For longer trips that require airlines, hotels, cruises, and more complex planning, NxStage will work with you and your center to organize the details, such as getting supplies shipped to your destination (if within the United States), so you can focus on enjoying your trip.

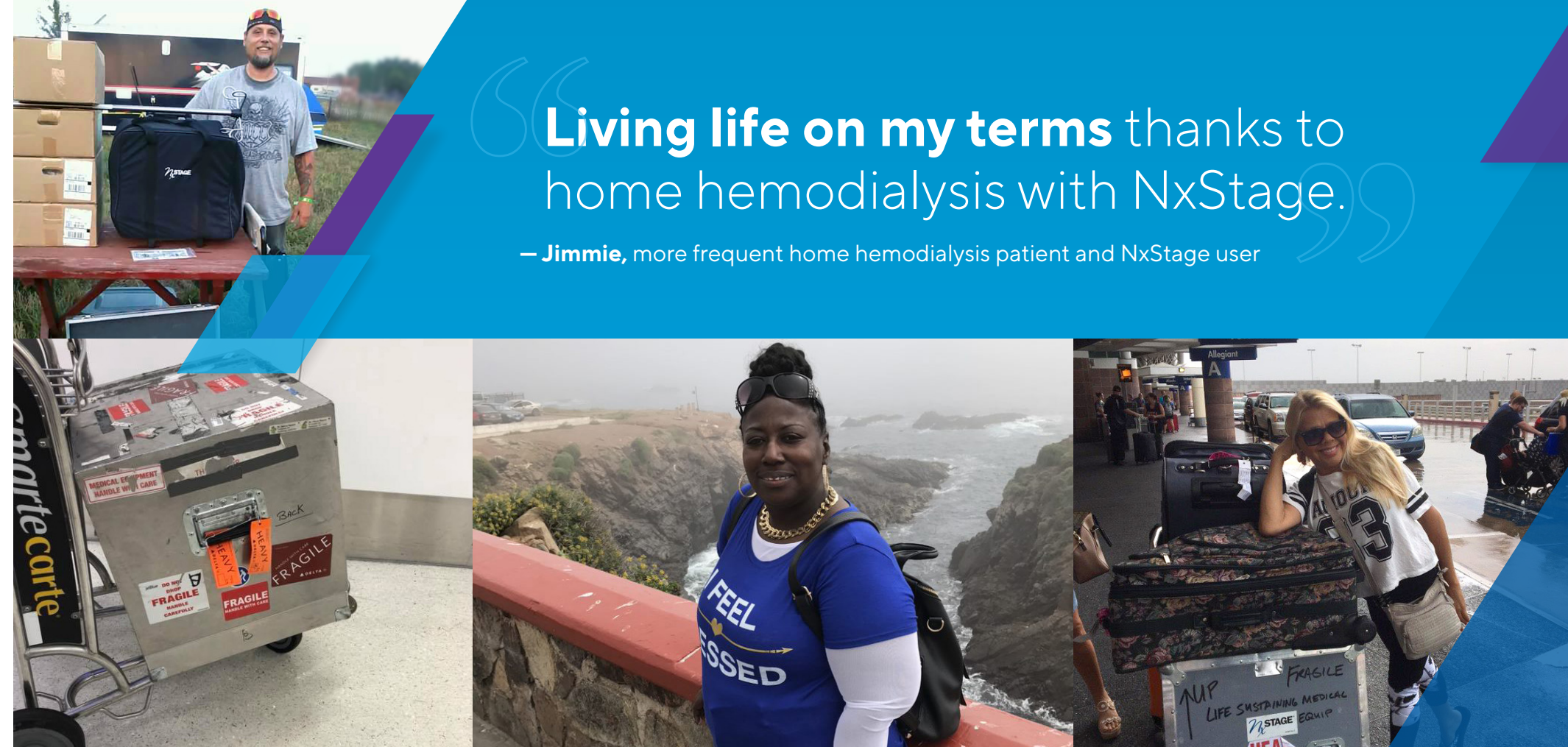
Care Management: In the event of an emergency, our NxStage Customer Service team will give you the locations of dialysis centers at your destination(s) and help arrange an appointment.

For specific information on destinations or other travel details, contact NxStage Customer Service at

1-866-NXSTAGE - Option 3

“Living life on my terms thanks to home hemodialysis with NxStage.”

— Jimmie, more frequent home hemodialysis patient and NxStage user



SUPPORT WHEREVER YOU GO

Traveling with a hemodialysis machine may feel intimidating the first time you try it. But with NxStage Technical Support, you can get help with any system problems or questions 24 hours a day, 7 days a week, 365 days a year.

You'll have direct access to highly trained specialists with an average of 15 years of experience to help resolve any problems you may have. In addition, if a system requires repair or maintenance, replacement equipment will be delivered to your home within 24 hours of the Technical Support team being notified (within the contiguous United States).



“I feel that all the pain and adversity that I have survived have given me the gift of knowledge. I hope to share that knowledge and give others the strength and hope to not only survive with renal failure; but to **live a life that is still full of possibilities.**”

— **Michael**, more frequent home hemodialysis patient and NxStage user



TALK TO YOUR DOCTOR

Is Home Hemodialysis for You?

If home hemodialysis with a NxStage system is a therapy option you want to consider, talk to your doctor about whether you are a good candidate for it and what risks or benefits you can expect. Here are some specific questions to help get the conversation started.

- How will I benefit from more frequent home hemodialysis?
- How often would I need to do treatments to experience these benefits?
- What are the risks of home hemodialysis? How safe is it for me?
- Will my insurance cover home hemodialysis?
- What therapy would you choose for yourself if you had kidney failure?



Interested in home hemodialysis but not ready to talk to your doctor?

Talk to a NxStage Patient Consultant who will help answer your questions about the therapy. Our consultants are current or former NxStage patients who can walk you through what to expect with home hemodialysis.

Call **1-888-200-6456** to talk to a NxStage Patient Consultant.



Want to learn more?

Talk to a **Patient Consultant** today who will help answer your questions about home hemodialysis. Our Consultants are experienced current or former patients who are here to help you.

Talk to a Patient Consultant:

Call **888-200-6456** or visit:
www.nxstage.com/learnmore

TAKE THE FIRST STEP TOWARD A BETTER LIFE.

Tear off this page, fill out the information below, fold this page in half and seal the glue strip, then drop in the mailbox.

PLEASE SEND NXSTAGE INFORMATION TO:

NAME: _____

ADDRESS: _____

ADDRESS 2: _____

CITY: _____

STATE: _____ ZIP: _____

PHONE: _____

EMAIL: _____

I am exploring home hemodialysis for myself. If so, at which dialysis center do you receive treatment?

Who is your nephrologist?

I am investigating home hemodialysis for a friend or family member.

I am pre-dialysis but want to understand my options.

We respect your privacy, please refer to **www.NxStage.com** to view our Privacy Policy.

I am a soldier
and I will always
be a warrior;
**we must fight
and advocate
for one another.**

— Anthony, Veteran and former more frequent home hemodialysis patient and NxStage user received a transplant in 2017



BUSINESS REPLY MAIL

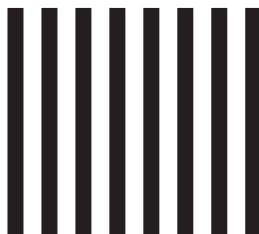
FIRST-CLASS MAIL PERMIT NO. 151 LAWRENCE MA

POSTAGE WILL BE PAID BY ADDRESSEE

NxStage Medical
350 Merrimack St
Lawrence, MA 01843



NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES



FREQUENTLY ASKED QUESTIONS

HOW IS NXSTAGE THERAPY PRESCRIBED?

Patients are prescribed the dialysis therapy that is best for them. Based on your needs, your doctor will decide how frequently you will need to perform therapy, how much and what kind of dialysate you will use, how long the treatment will last, and what your weight at the end of each treatment should be. Treatment times will vary based on your body size and your prescription. More frequent treatment typically uses 20 to 30 liters of dialysate and takes 2 ½ to 3 hours to complete, including setup and tear-down.

HOW MUCH SPACE DOES THE NXSTAGE SYSTEM ONE TAKE UP?

The NxStage system cyclor is just over a foot tall, measuring approximately 15 inches high by 15 inches wide by 18 inches deep. It easily fits into any room without any home modifications needed and can also be packed into a car or checked (with the appropriate preliminary steps and protective case) for airplane travel. The system plugs into a standard 110V electrical outlet. The PureFlow™ SL dialysate purification system is about the size of an end table, and the System One cyclor sits on top of it. The PureFlow SL is not portable for travel. Storage space is required for the disposable supplies, such as cartridges, sacks of concentrated dialysate, and bags of premixed dialysate (for backup and travel), as well as access-related supplies and saline bags.



HOW WILL I BE TRAINED?

Your dialysis center will train you, and a care partner, if required, on home hemodialysis therapy. During training, you will learn how to access your blood, operate the NxStage system, monitor your vital signs, administer any drugs, and handle emergency situations. Your training nurse will adapt the program to meet your individual needs. You will be encouraged to do as much of the therapy as you can; if you will be treating solo this is a requirement. Patients generally complete training in three to four weeks. However, you will not start treatments at home until you, your care partner if you have one, and the center staff feel comfortable that you can safely and confidently perform your treatments.

WHICH BLOOD ACCESS WILL I USE, AND CAN I ACCESS IT MYSELF?

Any of the three types of access – fistula, graft, or catheter – may be used with the NxStage therapy. You will learn how to access your blood during training if you do not already know how. If you are uncomfortable with sticking yourself, or self-cannulating, your trained care partner may also be an option. Home dialysis programs have found that virtually everyone can learn, and you may actually prefer self-access after being trained. Patients report that they are less anxious and have less discomfort when doing the access procedure themselves because they are in control.

FREQUENTLY ASKED QUESTIONS

WHAT RESPONSIBILITIES SHOULD I EXPECT?

Home hemodialysis with NxStage requires that you, and a care partner when required, are committed to being trained on and to follow the guidelines for proper system operation. You will be responsible for complying with your dialysis prescription, which may require treatments up to six days per week. You will also be taking on the responsibility for tasks that would normally be taken care of by center staff when receiving treatment in-center. You will need to perform all aspects of your dialysis treatment from start to finish, including setting up the dialysis equipment, needlesticks, responding to and resolving all system alarms, and clean-up at the end of treatment. In addition, you must monitor your blood pressure, ensure that proper aseptic technique is followed, and follow all of the training material and instructions given to you by your training nurses. You will also be trained on and need to know how to respond to any health emergencies that might happen during treatment at home, including dizziness, nausea, hypotension (low blood pressure), and fluid or blood leaks.

WHAT KIND OF TREATMENT ENVIRONMENT DO I NEED TO CREATE?

To do home hemodialysis successfully, you must take care to ensure that you have a clean and safe environment for your treatments. You will also need to set aside space in your home for the needed supplies.

HOW WILL I GET MY SUPPLIES?

Supplies for the System One and PureFlow SL are delivered once a month. NxStage Customer Service will work with you and your dialysis center so that the delivery schedule fits your needs. On average, you will use one box of cartridges per week and, depending on your prescription, one to two boxes of PureFlow SL dialysate sacks per week. NxStage has extensive experience shipping supplies to remote residential locations and vacation spots. In the event of a natural disaster or other emergency situation, NxStage will ship supplies to your evacuation location.

WHEN DO I NEED A CARE PARTNER?

Home hemodialysis with NxStage during the day may not require a care partner, provided a physician and a trained and qualified patient agree that solo home hemodialysis is appropriate for you. Patients performing nocturnal treatments are still required to have a trained care partner. Care partners are trained on and follow system guidelines for proper operation. If you choose to do more frequent home hemodialysis, you will be responsible for complying with your dialysis prescription, which may require treatments up to six days per week. Each treatment can take about 2 ½ to 3 hours or more. If you choose to do home hemodialysis alone during the day, you will need to take on the responsibilities noted above. If you are treating nocturnally or wish to have a trained care partner during the day, you and your care partner will both be responsible for understanding and performing the above tasks.



Educational, Advocacy, & General Resource Sites

In addition to speaking with your doctor or a NxStage Patient Consultant, you may find the following resources helpful. These resources are websites operated by third-parties. NxStage is not responsible for the content of these third-party websites and cannot give any assurances about the accuracy or relevance of any information on such websites.

NxStage: Visit our website to learn more about therapy options, potential benefits of more frequent home hemodialysis, preparing to travel and more. www.nxstage.com

Atlas: Atlas includes a variety of health and wellness articles, including recipes, exercises, and tips on ways to stay positive and take control of your healthcare. <https://atlas-lifestyle.com>

helparound Community: Connect with kidney patients around the corner and across the globe by joining the Home Dialysis by NxStage Community. Text “Join” to **888-456-5369** to set up your profile. <http://helparound.co/communities/nxstage>

Home Dialyzors United: Home Dialyzors United is a nonprofit patient organization whose mission is to support and advocate for home dialysis. <http://homedialyzorsunited.org/>

Home Dialysis Central: Home Dialysis Central is a one-stop, online source of up-to-date information about home dialysis — in all its forms — for people with kidney disease, their families, and the healthcare professionals who provide kidney disease care. <https://www.homedialysis.org/>

Kidney School: Kidney School is a comprehensive online education program for people who want to learn how to manage and live with chronic disease (stages 3–5). <https://www.kidneyschool.org/>

National Kidney Foundation (NKF): The NKF is a major voluntary nonprofit health organization that is dedicated to preventing kidney and urinary tract diseases, improving the health and well-being of individuals as well as families affected by kidney disease, and increasing the availability of all organs for transplantation. <https://www.kidney.org/>

American Association of Kidney Patients (AAKP): The AAKP is a national nonprofit organization founded by kidney patients for kidney patients. Their goal is to educate and improve the health and well-being of CKD patients, those on hemodialysis or peritoneal dialysis, and transplant recipients. <https://aakp.org/>

Patients should review the following information carefully and discuss it with their doctors to decide whether home hemodialysis with NxStage systems is right for them.

Users should weigh the risks and benefits of performing home hemodialysis with NxStage systems.

- Medical staff will not be present to respond to health emergencies that might happen during home treatments, including, among other things, dizziness, nausea, low blood pressure, and fluid or blood leaks.
- Users may not experience the reported benefits of home, more frequent, or nocturnal hemodialysis with the NxStage systems.
- The NxStage systems require a prescription for use.

Users will be responsible for all aspects of their hemodialysis treatment from start to finish.

- Medical staff will not be present to perform home treatments. Users will be responsible for, among other things, equipment setup, needle insertions, responding to and resolving system alarms, system tear-down after treatment, monitoring blood pressure, ensuring proper aseptic technique is followed, and following all the training material and instructions that nurses provide.

Users will need additional resources to perform home hemodialysis.

- Users will need a trained care partner to be present during your treatment at home (unless their doctor prescribes “solo/independent” home hemodialysis, described below).
- Users must have a clean and safe environment for their home treatments.
- Users will need space in their home for boxes of supplies necessary to perform home hemodialysis with NxStage systems.

Certain forms of home hemodialysis have additional risks.

- If a doctor prescribes home hemodialysis more than 3 times a week, vascular access is exposed to more frequent use, which may lead to access-related complications, including infection of the site. Doctors should evaluate the medical necessity of more frequent treatments and discuss the risks and benefits of more frequent therapy with users.
- If a doctor prescribes “solo/independent” home hemodialysis without a care partner during the day, risks of significant injury or death increase because no one is present to help users respond to health emergencies. If users experience needles coming out, blood loss, or very low blood pressure during solo/independent home hemodialysis, they may lose consciousness or become physically unable to correct the health emergency. Users will need additional ancillary devices and training to perform solo/independent home hemodialysis.
- If a doctor prescribes “nocturnal” home hemodialysis at night while the user and a care partner are sleeping, risks increase due to the length of treatment time and because therapy is performed while the user and a care partner are sleeping. These risks include, among other things, blood access disconnects and blood loss during sleep, blood clotting due to slower blood flow or increased treatment time or both, and delayed response to alarms when waking from sleep. A doctor may need to adjust users’ medications for nocturnal home hemodialysis, including, among other things, iron, Erythropoiesis-Stimulating Agents (ESA), insulin/oral hypoglycemics, anticoagulants, and phosphate binders.

REFERENCES:

1. Walker, R. C., Hanson, C. S., Palmer, S. C., Howard, K., Morton, R. L., Marshall, M. R., & Tong, A. (n.d.). Original Investigation Patient and Caregiver Perspectives on Home Hemodialysis: A Systematic Review. *Am J Kidney Dis*, 65(3), 451-463. <https://doi.org/10.1053/j.ajkd.2014.10.020>
2. Kjellstrand CM, Ing T. Daily hemodialysis history and revival of a superior dialysis method. *ASAIO J*. 1998;44(3): 117-122.
3. Saran R, Li Y, Robinson B, et al. US Renal Data System 2014 Annual Data Report: Epidemiology of Kidney Disease in the United States. *Am J Kidney Dis*. 2015;66(1 Suppl 1):Svii, 51 -305. doi: 10.1053/j.ajkd.2015.05.001.
4. London GM, Pannier B, Guerin AP, et al. Alterations of left ventricular hypertrophy in and survival of patients receiving hemodialysis: follow-up of an interventional study. *J Am Soc Nephrol*. 2001;12(12):2759-2767.
5. Cheung AK, Sarnak MJ, Yan GF, Berkoben M, Heyka R, Kaufman A, et al. Cardiac diseases in maintenance hemodialysis patients: results of the HEMO Study. *Kidney Int*. 2004;65(6): 2380-2389.
6. Weinhandl ED et al. Hospitalization in Daily Home Hemodialysis and Matched Thrice-Weekly In-Center Hemodialysis Patients. *Am J Kidney Dis*. 2015 Jan;65(1):98-108. (Page 6).
7. FHN Trial Group, Chertow, G.M., Levin, N.W., Beck, G.J. et al. In-center hemodialysis six times per week versus three times per week. *N Engl J Med*. 2010; 363: 2287-2300.
8. Kotanko P, et al. Effects of frequent hemodialysis on blood pressure: Results from the randomized frequent hemodialysis network trials. *Hemodial Int*. 2015 Jul;19(3):386-401. doi: 10.1111/hdi.12255.
9. Weinhandl E, Liu J, Gilbertson D, Arneson T, Collins A. Transplant incidence in frequent hemodialysis and matched thrice-weekly hemodialysis patients. Poster presented at National Kidney Foundation Spring Clinical Meeting, 2012.
10. U.S. Renal Data System, USRDS 2015 Annual Data Report: Table 6.3.
11. U.S. Renal Data System, USRDS 2015 Annual Data Report: Table 6.3. & NxStage patient data on file.
12. *Am J Kidney Dis*. 2010;56(3):531-539. Finkelstein FO, Schiller B, Daoui R, et al. At-home short daily hemodialysis improves the long-term health-related quality of life. *Kidney Int*. 2012;82(5): 561-569.
13. Jaber BL et al., Effect of Daily Hemodialysis on Depressive Symptoms and Post Dialysis Recovery Time: Interim Report from the FREEDOM (Following Rehabilitation, Economics and Everyday-Dialysis Outcome Measurements) Study. *Am J Kidney Dis*. 2010;56:531-539.
14. Kraus M, Finkelstein FO, Daoui R, et al. Short Daily Hemodialysis (SDHD) improves overall Quality of Life (QOL) and physical intimacy: interim results from the FREEDOM study. Abstract presented at the American Society of Nephrology Conference, 2011.
15. Pinciaroli AR. Results of daily hemodialysis in Catanzaro: 12-year experience with 22 patients treated for more than one year. *Hemodial Int*. 1998;2(1):12-17.
16. Jaber BL, Schiller B, Burkart JM, et al. Impact of short daily hemodialysis on restless legs symptoms and sleep disturbances. *Clin J Am Soc Nephrol*. 2011;6(5):1049-1056.
17. Spanner E, Suri R, Heidenheim AP, Lindsay RM. The impact of quotidian hemodialysis on nutrition. *Am J Kidney Dis*. 2003;42 (1 suppl):30-35.
18. Galland R, Traeger J, Arkouche W, Cleaud C, Delawari E, Fouque D. Short daily hemodialysis rapidly improves nutritional status in hemodialysis patients. *Kidney Int*. 2001;60(4):1555-1560.
19. Walker RC, Howard K, Morton RL. Home hemodialysis: a comprehensive review of patient-centered and economic considerations. *Clinicoecon Outcomes Res*. 2017;9:149-161.

For more information, visit our website at www.nxstage.com/patients or call us at **1-888-200-6456** to speak with a Patient Consultant.

NxStage Medical, Inc. | 350 Merrimack Street | Lawrence, MA 01843
1-866-NxStage (1-866-697-8243)

© 2022 Fresenius Medical Care. All Rights Reserved. Fresenius Medical Care and NxStage are trademarks of Fresenius Medical Care Holdings, Inc. or its affiliated companies. All other trademarks are the property of their respective owners. APM3382 Rev B.



UNCROPPED PHOTO