



Working together to provide the **highest quality care**

Newly diagnosed? Start here.

Whether you're a patient, a caregiver or a member of the family, we'll guide you through all the details, from identifying best treatment options to understanding dietary changes. We're here to **give you the care and information you need.**

What you need to know



Partnering with Nephrologists for better care and better outcomes.

You take care of your patients with **full clinical autonomy**. We'll take care of the rest. Working in partnership, the results are powerful.

Explore our Partnership Model



UNDERSTANDING ESRD AND TREATMENT OPTIONS



Learn more about what treatment options exist for patients with kidney failure.

View More Patient Education Videos



SUMMER RECIPES



Here are some of our favorite renal-friendly recipes you can enjoy during the summer while staying on track with you renal-friendly diet.

Summer Renal-Friendly Recipes



Our Core Values are who we are.

Take good care of the patients and the financial success will follow.

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At a Glance

As of September 30, 2019

American Renal Associates operates **244 dialysis** clinics in 27 states and Washington D.C., serving more than 17,100 patients with end stage renal disease in **partnership** with approximately 400 local nephrologists.

Our **core values** emphasize taking good care of patients, providing physicians with clinical autonomy and support, hiring the best possible staff and providing best practices management.



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Dialysis Treatment

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Learn more about the types of dialysis treatments available and the care you need. Remember, only your nephrologist, along with you, can determine what treatment type is best for your health.

In-Center Dialysis

The most common treatment for kidney failure.

Where: Dialysis center

Frequency: 3 treatments per week (on average)

Time: 3 to 5 hours for each treatment. This varies by patient based on individual needs determined by the nephrologist.

What happens during treatment: Blood travels through tubes from the body, cycles through a special filter (called the dialyzer), then goes back into the body. This continuous cycling of your blood allows the filter to remove waste products and excess fluid. Though it can vary based on the dialysis machine in use, there is approximately one cup of blood outside the body at any point during treatment.



Home Hemodialysis

Combines the use of a dialysis machine with the convenience of being at home for improved quality of life and the ability to control your own schedule.



Where: The patient's home

Frequency: 3 to 6 treatments per week (on average)

Time: 3 to 5 hours for each treatment. This varies by patient based on individual needs determined by the nephrologist.

What happens during treatment: Similar to in-center care, blood travels through tubes from the body, cycles through a special filter (called the dialyzer) to remove waste and excess fluid, and is sent back into the body.

Additional requirements: Home hemodialysis treatments require specialized training for both the patient and a caregiver or loved one, who is referred to as the "care partner." There are also strict considerations for the home environment that need to be met, such as room for supply storage, adequate electrical wiring and a dependable water source.

Peritoneal Dialysis (PD)

Includes the flexibility of dialysis at home with less stress on the body and

fewer dietary restrictions.

Where: In the patient's home or on the go in a setting that is suitably clean, dry and free of drafts.

Frequency: PD is a daily treatment. Some patients choose to complete their treatment at intervals throughout the day, whereas other patients choose to do their treatments at night with the use of a PD cycler. This gives the patient the freedom to do the things they like to do during the day. The nephrologist will work with the patient to determine the best treatment approach.

Time: Patients can complete PD treatments either during the day or overnight. If the patient chooses to complete PD treatment during the day, the patient may do 4 to 6 exchanges (the term for the full cycle of filling and draining the abdomen) each day that require 30 to 60 minutes of preparation time. Other than the preparation time, the patient can move freely and stay active during treatment. This type of PD treatment is called Continuous Ambulatory Peritoneal Dialysis (CAPD).

What happens during treatment: PD uses a membrane inside the body, called the peritoneal membrane, located inside the abdomen, as a filter to clear wastes and extra fluid from the body. Unlike in-center and home hemodialysis, PD is a needle-free option that uses the abdomen as the filter.

Additional requirements: PD treatments require specialized training with the nephrologist and a certified PD nurse before the patient can conduct treatments on their own. Additionally, patients must have a tube