

My Life, My Dialysis Choice Decision Making Tool for ESRD Patients

This tool was recommended by ESRD Network 6 Patient Subject Matter Experts and can be very helpful for ESRD Patients to learn more about managing kidney disease and learning about treatment options that fit your needs and lifestyle by addressing what matters to you. <https://mydialysischoice.org/#ey>

My Life, My Dialysis Choice
a program of the non-profit...

If your kidneys fail, dialysis can save your life.
But, dialysis is not just a medical treatment.
It can also affect every aspect of your lifestyle.

This tool will help you choose the right treatment for *you* so you can feel your best *and* live the way you want to.

[Get Started](#) or [See How it Works](#)

What matters to you?

Check the values that matter *most* to you.
For each value you select, you'll be able to rate how each treatment option fits your life.
We'll show you a summary when you're done.

Lifestyle Values	Health Values
<input type="checkbox"/> I need to be able to work or go to school.	<input type="checkbox"/> I want to be able to sleep as well as I can at night.
<input type="checkbox"/> I need to be able to travel.	<input type="checkbox"/> I want the best chance for a kidney transplant.
<input type="checkbox"/> I want to be able to eat and drink what I like.	<input type="checkbox"/> I want to avoid taking pills as much as I can.
<input type="checkbox"/> I love to swim and/or take tub baths.	<input type="checkbox"/> I want to protect my bones, joints, and nerves.
<input type="checkbox"/> I will NOT give up my pets.	<input type="checkbox"/> I want to protect my heart.
<input type="checkbox"/> I want to feel well from one day to the next.	<input type="checkbox"/> I want to stay out of the hospitals.
<input type="checkbox"/> I worry about how much dialysis will cost.	<input type="checkbox"/> I want to live as long as I can.

My Values	PD	Standard HD	Short Daily HD	Extended HD
Work / School	★★★★		★★	★★★★
Travel	★★★★		★★★★	★★
Eating/Drinking	★★		★★★★	★★★★
Sex Life	★		★★	★★★★
Swimming/Baths	★★★	★★★★	★★★★	★★★★
Pets	★★★	★★	★★★★	★★★
Feeling Well	★★★		★★	★★★★
Control	★★		★★	★★★★
Sleep	★★		★★★★	★★★
Bones	★		★★	★★★★
Your Heart	★★		★★	★★★★
Hospital Stays			★★★★	★★★★
Survival			★★★★	★★★★
Totals	27	6	37	48

Did you know you can install this site to your device's home screen just like an app?

iOS: To add this web app to the home screen: tap and then **Add to Home Screen**.

Android: To add this web app to the home screen open the browser option menu and tap on **Add to Homescreen**.

The menu can be accessed by pressing the menu hardware button if your device has one, or by tapping the top right menu icon