

# See How Home Dialysis Got Chris Back on Her Feet

**“ My biggest joy is living my life the way that I want to live it, as fully as I can ,”**

**Chris—a lifelong dancer living in Houston**

One would think that an active person like Chris would be the epitome of health. After all, she teaches the Alexander Technique (a study of movement) and operates a school for people who want to teach the technique to others. But after a routine visit with her general practitioner, Chris’s blood work revealed some issues. That’s when she was referred to a nephrologist.

**“I was in shock at first to find out that my kidneys were so bad, and then also to find out that I was ill in another way,”** says Chris. Along with kidney disease, Chris was also diagnosed with amyloidosis, a condition that occurs when substances called amyloid proteins build up in a person’s organs. Two months later, she was receiving dialysis and chemotherapy treatments.

When Chris was in the hospital, her doctor explained to her that peritoneal dialysis (PD), a home dialysis treatment, may fit her active lifestyle better than in-center hemodialysis. Chris agreed that PD was just the treatment she needed to help get her back on her feet.

**“When I started peritoneal dialysis, that’s when things really turned around for me, I think, because I started feeling a lot better and I had more time for my life,”** says Chris. She was ready to get back to what she loved.

**“I never thought that I wouldn’t work,”** she says. **“When I went on dialysis, I felt that that was going to help me continue to work. Because for me, teaching is really important and it helps me feel better.”**