

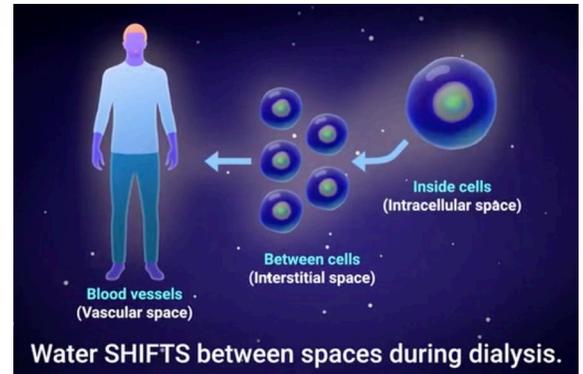
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MEI Releases Animated Dialysis Fluid Video for National Kidney Month



Madison, Wisconsin—For National Kidney Month in March, the non-profit [Medical Education Institute \(MEI\)](http://Medical Education Institute (MEI)) is releasing a [new video](#) animating fluid compartments in the body, and explaining how and why to remove water *gently* during hemodialysis (HD). The video was produced in partnership with [NCLab](#) and the world-renowned Dr. John Agar.

In the video, viewers can see how water is contained in three compartments: inside cells, between cells, and in the bloodstream. During an HD treatment, water and wastes are pulled out of the blood, shrinking blood volume. As blood volume drops, water slowly shifts into the bloodstream from between cells. Water then shifts from inside cells into the spaces between them, to maintain fluid balance. These fluid shifts take time.

MEI Executive Director Dori Schatell, MS, believes that helping patients and clinicians visualize dialysis fluid shifts and remove water gently is essential to patient safety and quality of life. “A treatment that removes too much water—or removes it too quickly—can harm patients,” says Schatell. “Harsh ultrafiltration causes organ stunning, with symptoms that include painful cramps, visual and hearing disturbances, headaches, nausea and vomiting, clouded thinking, and acute drops in blood pressure in the short run—and preventable, permanent multiorgan damage in the long run. Heart damage due to stunning can keep patients from being eligible for a kidney transplant and is a leading cause of sudden cardiac death on hemodialysis.”

About MEI: Founded in 1993, MEI is a national 501(c)(3) public charity dedicated to *helping people with chronic diseases learn to manage and improve their health*. MEI fulfills its mission by developing evidence-based education to empower patients, families, and health professionals; advocating for patient-centered policies; and doing research. MEI is funded through corporate sponsorships, fee-for-service contracts, product sales, and donations. Make a tax-deductible contribution through MEI's website: www.mei.org.

About National Kidney Month: March is National Kidney Month, and Thursday, March 12, 2020 is recognized as World Kidney Day. The 2020 theme is “Kidney Health for Everyone Everywhere – from Prevention to Detection and Equitable Access to Care.”

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