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## New Article on Organ Stunning on Home Dialysis Central

Madison, Wisconsin— The non-profit [Medical Education Institute](http://Medical Education Institute) released a new Life@Home patient article about the vital topic of [organ stunning](#) on its [Home Dialysis Central website](#), written at a 6<sup>th</sup> grade reading level and fully referenced and illustrated.

Organ stunning occurs when water is removed too quickly from the blood (called “ultrafiltration”) during hemodialysis, starving organs and tissues of oxygen. The patient’s blood pressure plummets, and s/he may have painful muscle cramps, dizziness, nausea, headache, and chest pain. The damage from even one bout of stunning can last for months. The heart damage is like a small heart attack.

MEI Executive Director Dori Schatell, MS, said there are ways to help prevent organ stunning. “*Patients who do in-center hemodialysis can ask their doctor to use cooler dialysate, they can monitor their fluid intake and follow their limits, and they can track the water removal during treatment with our free ultrafiltration rate calculator at [www.homedialysis.org/ufr-calculator](http://www.homedialysis.org/ufr-calculator),*” said Schatell. “*Patients can also choose a treatment option that will not cause stunning, such as peritoneal dialysis or daily or nocturnal hemodialysis. They can learn about treatment options at [MyDialysisChoice.org](http://MyDialysisChoice.org).*”

**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](http://www.mei.org).

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