

Renalis is located at seven of our FutureCare facilities in the Baltimore-Washington area. We offer comfortable, in-patient and out-patient dialysis services to patients and residents.

Our team practices a **holistic, integrated process** to help address all the health and daily care concerns that a dialysis patient may face, working individually and collaboratively to achieve the best possible outcomes for each person.

Special emphasis is placed on diet, exercise, as well as administration of medications to enhance the quality of life for every patient.



## 7 Convenient Locations

### FutureCare Capital Region

1051 Brightseat Road  
Landover, MD 20785  
240.487.4200

### FutureCare Chesapeake

305 College Pkwy.  
Arnold, MD 21012  
410.412.5080

### FutureCare Cold Spring

4700 Harford Road  
Baltimore, MD 21214  
410.558.6000

### FutureCare Courtland

7920 Scotts Level Road  
Baltimore, MD 21208  
410.922.5129

### FutureCare Homewood

2700 North Charles St.  
Baltimore, MD 21218  
410.837.0181

### FutureCare Northpoint

1046 South North Point Rd.  
Baltimore, MD 21224  
410.285.7288

### FutureCare Pineview

9106 Pineview Ln.  
Clinton, MD 20735  
(301) 856-2930

[Renalis.com](http://Renalis.com)



Renalis enables you to  
live life on your terms.



# Learning to eat new foods will be part of your journey, so make the best of it!



Most people have treatments three times per week for about 4 hours. You will be weighed before and after each treatment to find out how much extra fluid was taken from your body during the treatment. Your weight after treatment is called the “dry” or “target weight”.

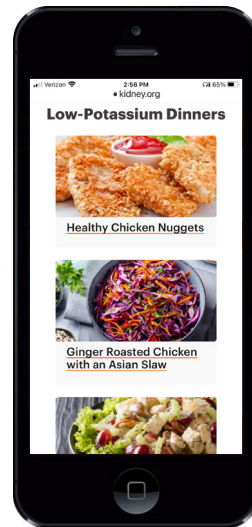
There are different kinds of hemodialysis. In-center hemodialysis is done in a special clinic called a dialysis unit. Treatments are done three times per week, either Monday, Wednesday, and Friday. Or Tuesday, Thursday and Saturday at a specific time.

At Renalis, those undergoing in-patient treatment receive care from a network of trained professionals, including physicians, (the specialist is known as a nephrologist), nurses, dietitians, social workers and other healthcare professionals.

As a dialysis patient you will need to pay close attention to the food you eat. Even with a kidney-friendly diet, you need to track how much of certain nutrients you take in, such as:

**Calories • Protein • Fat • Carbohydrates**

All of the information you need to keep track of your intake is on the “Nutrition Facts” label on your food package. It is important that you eat and drink the correct portion sizes listed on the label. The labels will tell you how much protein, carbohydrates, fat and sodium are in each serving, and can help you pick foods that are appropriate for your diet.



The National Kidney Foundation website is a great tool to help you understand and manage all of your nutritional requirements right on your smartphone. You’ll find helpful information, recipes, news, events and much more

The website address is: [Kidney.org](http://Kidney.org)

