

## Itchy skin (pruritus), Weight Gain, and Restless Leg Syndrome:

### Managing Common Side Effects of Dialysis

<b>Session Time</b>	March 21 <sup>st</sup> , 2023 from 3:45 to 4:45 pm ET
<b>Session Description</b>	Although dialysis is a lifesaving treatment for people living with kidney failure, it often causes some uncomfortable side effects. Dialysis experts will provide an overview of three common side effects from dialysis: pruritus (itchy skin), weight gain, and restless leg syndrome. In this session, audience members will learn about current treatments available and self-management strategies to live more comfortably with these conditions.
<b>Key Learning Objectives</b>	<ol style="list-style-type: none"> <li>1. Pruritus (itchy skin), weight gain, and restless leg syndrome are uncomfortable side effects of dialysis. Audience will learn more about these side effects and symptoms.</li> <li>2. Speakers will discuss current treatments available for these side effects.</li> <li>3. Audience will learn self-management (without medication) strategies to live more comfortably with these symptoms.</li> </ol>

**Moderator:** Eric Weinhandl, PhD, MS, Senior Director of Analytics and Home Therapies, Satellite Healthcare

#### Speakers:

- Maria Camila Bermudez, MD, Associate Professor of Medicine at Geisinger Commonwealth School of Medicine
- Rachel Perlman, MD, FACP, Clinical Associate Professor, University of Michigan Health
- Shayan Shirazian, MD, Nephrologist, Columbia University Irving Medical Center

#### Takeaway Resources:

- ✓ [AKF – Pruritus](#)
- ✓ [AKF – Hemodialysis](#)