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: A B7↑ WZ5a` ` Wfi [fZ S` V YW egbbadf
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US` eZSdWYbW[W UWefdW YfZ S` V ZabW
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Call the HOPEline

Toll-free *"" Ž) +Ž#+"

Monday-Friday, # Sž_ ž~ (bž_ ž

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3 @

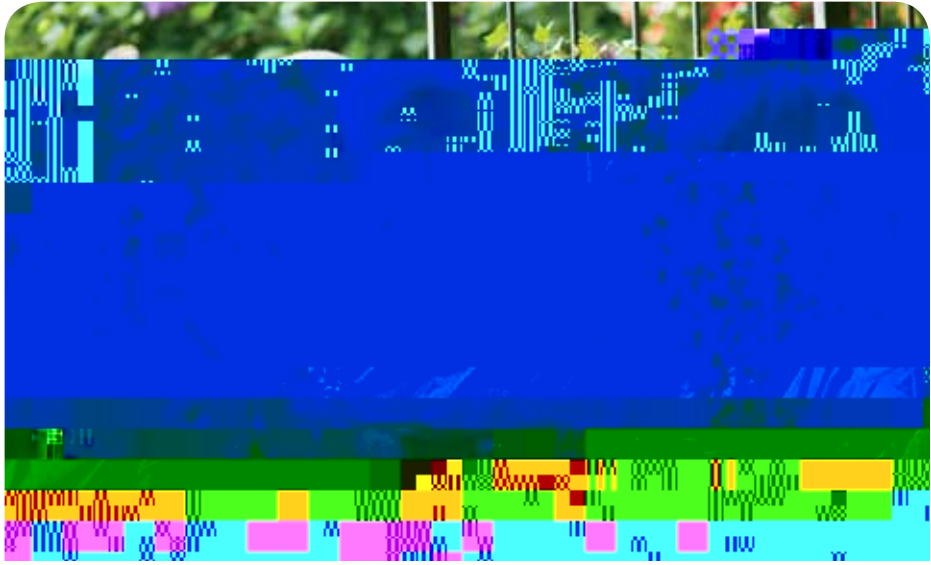
Don't get beat by the heat: watch your fluid gains

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How much fluid is good for you?

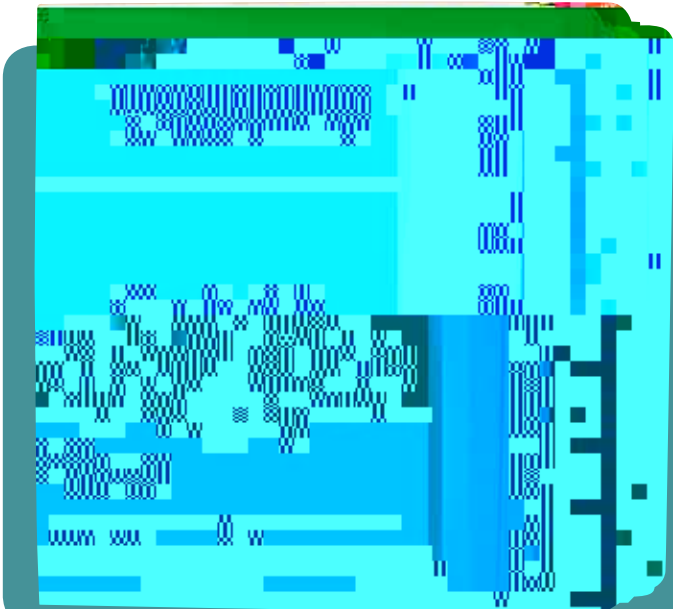
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;XkagidWg` egdWSTagf kagdũg[V S`ai S` UWSe] kagdV[W[f[S` ad
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Beware of salt

3 ha [V eS`fi i Z[UZ _ S] Væ kag XWVfZ [dɛfk S` V US` Ua` fdTgfWfa
 ũg[V i WYZfYS[ež

Watch your fluid intake to stay comfortable and healthy this summer.



I ad]Taa] fa ZWb kag VŠf i W^

FZS`]e fa Y[Xfe Sf `SefKVŠde 4dVŠ] Xsef aX: abWg` VdS[e[Y
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 3 dfaX9aaV 7Sf[Yž 8[dɛfbgT [eZW %ŠkVŠde SYaT fZWTaa]
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Did you know? ? S` k `Sj Sf[hVè
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**Get all your prescriptions
 from Northwest Kidney
 Centers**

F

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3 e S bSf[W fSf@adfi Vèf = [V` Vk 5 W fWè kag ZShWZ Wabbadfg` [fk fa `a[fZW= [V` Vk DVèV\$SdJZ ;` ef[fgfWè
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3 faS`aX' () @adfi Vèf = [V` Vk 5 W fWè bSf[W fe ZShW\$`dV\$V`k SYdWV fa TWbSdf aXfZWdW[efdkžI a` if kag `a[
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