



## Satellite offers all-hours dialysis

Greenbrae facility employees open up during National Kidney Month

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Marilyn Aaron has spent nearly 40 years working in healthcare, but it wasn't until she joined Satellite Healthcare - Larkspur, a dialysis treatment center in Greenbrae, that she found her niche.

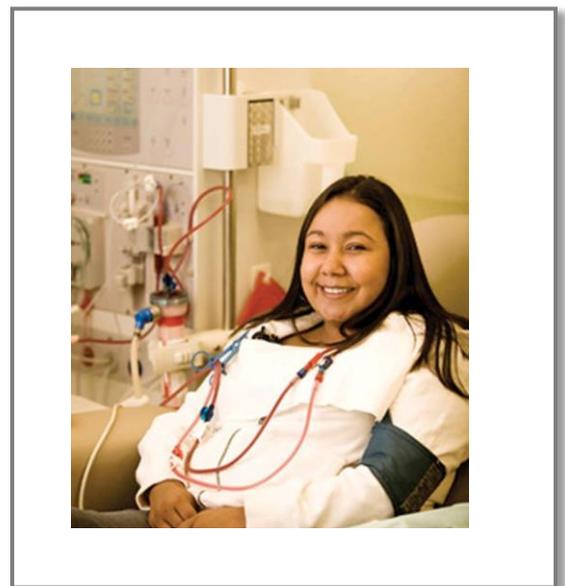
For Aaron, a certified specialist in renal nutrition who's spent 28 years at Satellite, the nonprofit's high standards; intimate community and patient-first approach is what drew her to the clinic. "I chose to work with Satellite because of the reputation of the company," Aaron said. "[And] because of the way the patients and staff are treated."

Established in 1973, Satellite treats patients with Chronic Kidney Disease. The company first treated patients in San Jose and, within several years, it expanded to additional locations in the Bay Area. Today, the nonprofit has more than 60 treatment centers in five states.

CKD occurs in five stages when the kidneys stop working properly. The final stage is when patients need renal replacement or kidney replacement therapy, such as dialysis or a transplant.

Around 26 million American adults have chronic kidney disease, and millions more are at an increased risk. Early detection can help prevent the progression of kidney disease to kidney failure. Diabetes, high blood pressure and heart disease can put individuals at an increased risk for chronic kidney disease. High-risk groups also include those with a family history of kidney failure, as well as African Americans, Hispanics, Pacific Islanders, American Indians and seniors.

Patients and healthcare workers agree with Aaron's reasons for choosing Satellite, and, in honor of National Kidney Month in March, they are opening up about just what makes the center so special. Satellite Healthcare— Larkspur is one of 10 locations that offers a nocturnal program, which is just one way Aaron said the company provides special care to patients.



“Our particular clinic is different than other clinics,” Aaron said. “We’re relatively small. We have a highly professional, but more relaxed, environment in the clinic.”

Patients who utilize the overnight dialysis treatment in Greenbrae include a professional chef and stock brokers.

“A lot of our nocturnal patients, they’re younger and they work during the day, so it’s very convenient for them to come in [at night],” said Marta Rebelo, a social worker at Satellite. “They’re able to sleep here and go to work the next day. It really works for them, and we’re happy to be able to provide that flexibility.”

Dieter Schein, a retired bus driver, receives nocturnal dialysis at the center, which he chose to open up his schedule during the day. The nighttime treatment allows him to be a “San Francisco tourist,” and become involved with the community. He will be helping to plan the National Kidney Foundation’s San Francisco Kidney Walk on June 1.

According to Rebelo, overnight treatment takes longer to administer – approximately eight hours – than the standard daytime treatment. She said patients with a weaker heart benefit more from the overnight treatment, since it’s “gentler” when distributed a longer span of time.

At Satellite, Rebelo and Aaron both said the ratio of dietitian and social worker time gives the patients the right amount of care.

“Satellite has provided a very good ratio of the number of patients per social worker,” Aaron said. Schein said receiving nocturnal dialysis from Satellite Healthcare – Larkspur is “as good as it gets,” citing the support of the center’s staff, in addition to his family.

Clinical manager Nilda Flores, who has worked at the treatment facility since 2004, echoed the same sentiment, noting that Satellite’s small community gives both patients and employees the sense that every patient comes first. Since Flores began working at Satellite, she has seen what specifically the patients can look forward to when visiting the clinic. For special holidays, Satellite holds bingo games and gives out prizes. They also have picnics for patients and hold educational classes, such as vaccination education in the winter.

“Satellite is the dialysis corporation that provides the best care and sets very high quality standards for staff,” Aaron said.

*For more information about Satellite Healthcare - Larkspur, visit [satellitehealth.com](http://satellitehealth.com).*