



# Living life to the fullest



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# Who am I?

My name is Filipe Almeida, I am 32 years old and I have been a dialysis patient since 2017.

In 2019, I completed a trip around the world with my family to show everyone it is possible to live life to the fullest, even with chronic kidney disease.

I have undergone dialysis treatment in more than 30 countries.



# How am I happy doing dialysis?

- Stop hurtful thoughts
- Recognise my capacities and limitations
- Focus on the present
- Personal acceptance, allow failures, learn from the mistake, and always be grateful



# Stop hurtful thoughts

- How am I going to be seen by others?
- I saw myself as a poor man
- Will someone like me?
- Will I accept the changes in my body?

I was 28 when I had to stop working, and become attached to a dialysis machine for the entire time.

These are the inevitable thoughts that influence our minds and make it difficult to accept the disease and all the changes it brings. Everything seems so negative, and it is hard to see the positive side of the disease.

Start to understand the disease and the necessity of treatment to acknowledge that all this process is what keeps us alive. It is not the end ,but the beginning.



# Recognise my capacities and limitations

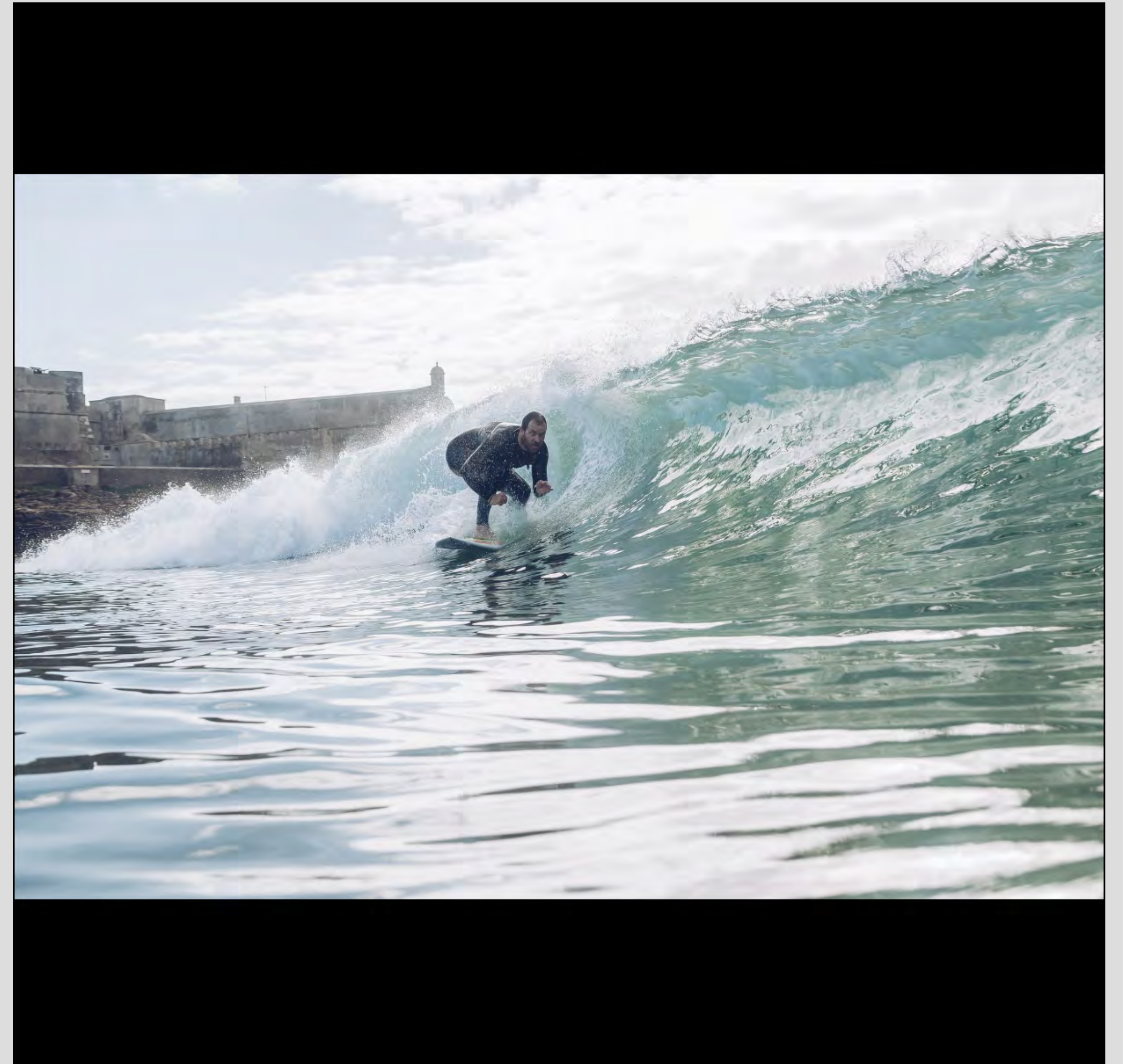
"If the days after doing dialysis I feel tired, how am I going to be able to work?"

This idea made me demand much more from myself than I was actually able to do.

I lived in a constant state of dissatisfaction, denying I wasn't capable. But everything was fine.

I began to work by objectives. I turned the days after dialysis into my days off, the days without treatment into my best days, giving everything to make them count, whether it be at work, on a trip, or with my family.

Preventing ourselves from 'settling in' is important to live a happy life. Accepting allows us to see the small things with greater meaning. Everything becomes more precious when we learn to live with CKD.



# Focus on the present

Many of us project things for the future. We should always do that, without forgetting that our lives are happening now.

"I'm good at what I do" is the thought that brings me the sensation of well-being and self-love. We should accept our weaknesses and turn them into strengths.



# Personal acceptance, allow failures, learn from the mistake, and always be grateful.

Self-acceptance makes us see how we can restart. Dialysis is a fresh start, a new way of learning with something that makes us live.

To live is to fail, but it is also to learn from the mistakes.

**Being grateful is the feeling we can have.** Giving thanks for the simple things like a family dinner, a hug from our children, a surf session, a good conversation.

I lost soo much time complaining and suffering.

When we are grateful, we tell ourselves: **me first, life and only at the end, the disease. All days matter and, I'm going to live them to the fullest.** That's how I feel now: **a winner.**



# Travelling and being a chronic kidney patient

Yes, it is possible.

When I travelled abroad for the first time, I was scared and didn't know it was possible.

It is important for the patient to feel support and be motivated to visit relatives in another city, enjoy vacations in another country, or spend Christmas with their family.

Many patients are still afraid or don't have the confidence to try different clinics.



Rome - Italy



Taiwan



# Travelling and being a chronic kidney patient

**Yes, it is possible.**

I travelled through three continents - Europe, Asia, and the Americas.

Beginning where we feel safe is fundamental. How? I started travelling in Portugal, then Europe. After realising it can work, I went further and did dialysis in Indonesia, Thailand, the UAE, Cuba, Mexico, among other places.

With my example, I encourage other people to travel: Brazil, Poland, France, Greece, to name a few.



Budapest - Hungary



Barcelona - Spain

# Travelling and being a chronic kidney patient

The clinic plays a **fundamental** role in showing that it is safe to do dialysis in another place.

It could help to ease the patient's fears by **openly speaking with them about their concerns.**

**Present other patients' stories.**

**Introduce them to d.HOLIDAY programme.**



Positano - Italy



Exuma - Bahamas

# The dream goes on.

I know I've inspired many people and I could stop doing what I do.

But knowing how many only keeps me going further.

I trust that d.HOLIDAY programme will help me. And it will help many other patients to live their life to the maximum.

[Can I count on each one of you to do the same?](#)



Thank You

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