



Coping with Kidney Disease: A 12-Step Treatment Program to Help You Avoid Dialysis

By Mackenzie Walser, Betsy Thorpe

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A revolutionary program that can indefinitely postpone the need for dialysis

If you've been diagnosed with kidney failure, this book could save your life. If you suffer from diabetes, hypertension, obesity, or any of a host of conditions that put you at risk for kidney disease, you owe it to yourself to read what is in this book. If you are among the 60,000 North Americans who go on dialysis each year, the information in this book could substantially improve your quality of life.

In Coping with Kidney Disease, a leading expert tells you, in plain English, what you need to know to:

- * Understand kidney failure
- * Recognize early warning signs of kidney failure
- * Get a proper diagnosis
- * Talk with your doctors about it
- * Confidently evaluate treatment options
- * Take charge of your treatment
- * Delay dialysis or even avoid the need for it altogether

The centerpiece of Coping with Kidney Disease is Dr. Walser's revolutionary 12-step program for avoiding dialysis. Based on treatments he has pioneered with his own patients at the Johns Hopkins University School of Medicine, the program calls for a supplemented low-protein diet supported by treatments to control blood pressure and correct high cholesterol. So effective has this breakthrough strategy proven to be that in many patients it actually worked to slow or arrest the progression of kidney failure to the end stage.

Knowledge is power. Coping with Kidney Disease empowers you with what you need to take charge of kidney disease.

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Editorial Review

Review

Drawing on his work treating hundreds of adult kidney disease patients at his institution's Clinical Research Center, Walser (pharmacology & medicine, Johns Hopkins School of Medicine) aims to assist readers in understanding kidney failure, a condition that can be caused by diabetes, hypertension, and obesity. Many of his points--e.g., how to recognize the early warning signs, get a correct diagnosis, and evaluate treatment options--are illustrated by the stories of real patients. Walser also presents a low protein diet as the center of his 12-step treatment to help kidney disease patients avoid dialysis. Despite the use of patient stories and sample menus for the low protein diet, this book *will* not suit consumers owing to the prevalent medical jargon. The National Kidney Foundation offers more accessible and useful information on its web site, www.kidney.org. Not recommended. —*Marge Kars Bronson*. Methodist Hospital, Kalamazoo, MI (*Library Journal*, May 1, 2004)

From the Back Cover

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About the Author

Mackenzie Walser, M.D., is Professor of Pharmacology and Professor of Medicine at Johns Hopkins School of Medicine.

Betsy Thorpe is the coauthor of Carol Guber's Type 2 Diabetes Life Plan.

Users Review

From reader reviews:

Michael Milliner:

Now a day folks who Living in the era just where everything reachable by connect with the internet and the resources in it can be true or not call for people to be aware of each details they get. How a lot more to be smart in getting any information nowadays? Of course the correct answer is reading a book. Reading a book can help folks out of this uncertainty Information mainly this Coping with Kidney Disease: A 12-Step Treatment Program to Help You Avoid Dialysis book because this book offers you rich info and knowledge. Of course the info in this book hundred pct guarantees there is no doubt in it you know.

Allan Carle:

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Robert Garcia:

Is it anyone who having spare time subsequently spend it whole day through watching television programs or just lying on the bed? Do you need something totally new? This Coping with Kidney Disease: A 12-Step Treatment Program to Help You Avoid Dialysis can be the reply, oh how comes? The new book you know. You are consequently out of date, spending your extra time by reading in this brand new era is common not a nerd activity. So what these guides have than the others?

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