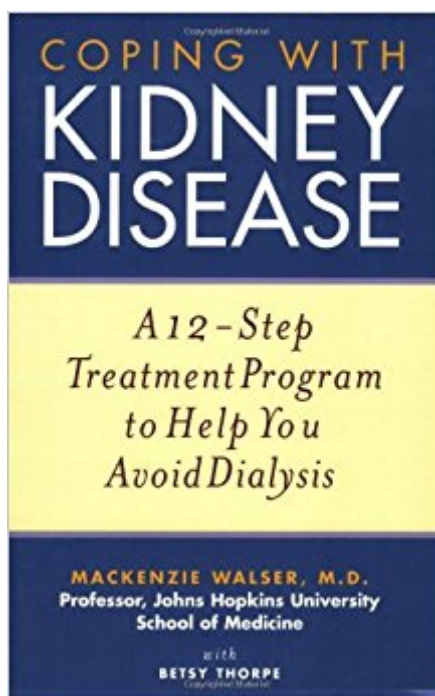


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# Coping With Kidney Disease: A 12-Step Treatment Program To Help You Avoid Dialysis



## Synopsis

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.

## Book Information

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## Customer Reviews

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](http://www.kidney.org). Not recommended. —Marge Kars Bronson. Methodist Hospital, Kalamazoo, MI (Library Journal , May 1, 2004)

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I was one of Dr. Walser's patients and was part of the dietary study at Johns Hopkins. I felt compelled to write this after reading a few bad reviews. The diet prescribed in this book is tough to follow at first, but just takes some planning ahead of time. The diet does work for some people over a long period of time. My form of kidney disease did not respond to recommended treatments like cyclosporine and prednisone, I did respond to the Walser diet over time. Slowly everything started

getting better, but it does not happen overnight. I have been in remission for many years and going on 22 years with kidney disease. The diet and science behind it are well thought out and tested.

I have used this book as a reference for the last 5 years since I was first diagnosed with kidney disease. Through my research and with the assistance of a good nephrologist I have managed to stay off dialysis during this time. I did not consistently stay with all of the advice in the book but I tried a lot and things that didn't work I did not continue to do. I appreciate the straight forward way the material is presented. Even now when I have a question I first check with this book and follow up with my nephrologist.

My father has been suffering from renal disease for years, but it wasn't until I read this book that I understand the truly devastating effects the disease can have. It seems that while diabetes gets far more press about its awful effects on the body, renal disease is just as devastating to a person's longevity. Fortunately, where this book lays out the problem of ESRD, it also provides a solution, which is a low-protein diet. Strangely, my father's doctor does not advocate it, but from the evidence provided in the book (and the handy test on how well your doctor is diagnosing and treating the problem!) I will certainly be making a strong case for it if my father's test numbers indicate it is needed. Perhaps it's just because I'm the target market for a text like this - a medically savvy person who doubts the infallibility of doctors, and thinks that the patient can do so much to stave off or even cure a disease condition - but I think the book is masterful.

I have improved my GFR by ( by 9% ) following most of Dr. Walser's advice. It is difficult to accomplish with out more info .from this wise and encouraging pioneer. Sadly, he has passed away and i have not been able to locate any of his colleagues at JOHNS HOPKINS , Nephrology Department. Can you help me find them ?

Very informative. This book helped me to know how to deal with Chronic Kidney Disease. It gave me more information than my doctor did.

a bit old but useful

I learned quite a bit about the kidneys and their operation and problems. Like other things there seems to be differences of opinion within the medical community about the treatment of kidney

disease. I think I may look at other sources now that I have read this book. Would recommend it but would caution that it should be considered along with other opinions.

Dr. recommended; this patient approved:)

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