



KidneySteps: 5-step survival guide for people with diabetes, hypertension, or kidney issues

Victoria I Hulett, Jennifer I Waybright

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An award-winning, 5-step survival guide for individuals at risk for or with kidney disease, including people with diabetes and hypertension, the two leading causes of kidney disease. The book is written by a kidney transplant donor and a kidney transplant recipient, and is edited by a leading nephrologist. It includes recent research, current statistics, and patient interviews. The book is written in understandable English. The 5 steps begin with "your odds" quizzes to help readers determine their risks for developing kidney disease and surviving the disease, or dialysis, or transplant. Step 2 is devoted to current information on kidney disease and the factors leading to it--diabetes, hypertension, obesity. The subjects covered in Step 2 are progressive, moving from kidney anatomy and function; through disease causes and diagnosis; to dialysis and transplantation. The interspersed interviews, statistics, and applicable research give each chapter variety and add interest. KidneyStep 3 encourages self-management of health conditions and a lifestyle approach. It discusses depression in kidney patients and the often-ignored possibility of death as an alternative to dialysis. KidneyStep 4 is about nutrition and diet and is particularly relevant to diabetes and hypertension, the leading causes of kidney damage. The chapters provide a medically-sound diet plan and recipes. KidneyStep 5 encourages physical activity and provides both beginning and more advanced exercise suggestions designed by an exercise physiologist and demonstrated by the kidney-donor author.

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