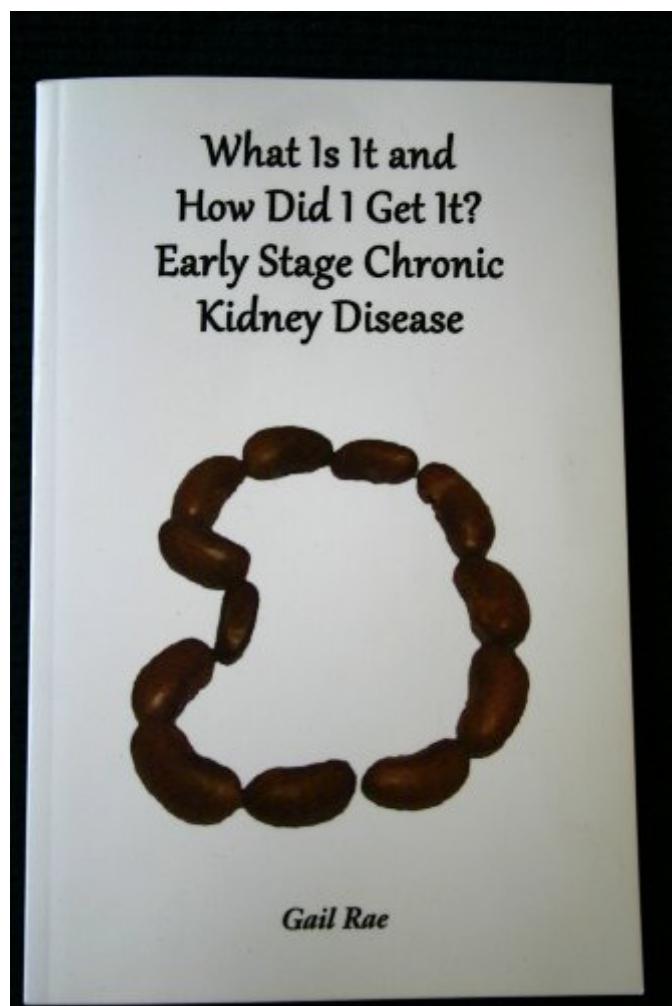


The book was found

What Is It And How Did I Get It? Early Stage Chronic Kidney Disease



Synopsis

Finding out she might have Chronic Kidney Disease sends the author reeling, asking herself “What is it and how did I get it?” • In fact, those were the first questions she blurted out to her new family doctor. Keeping these two hard-working organs healthy “since they filter as many as 200 quarts of blood per day” becomes a top priority. As the author quickly learns, the problem isn’t restricted to reduced filtering capability; even a small decline in kidney function can double someone’s risk for cardiovascular problems. *What Is It and How Did I Get It* provides basic information for those diagnosed with kidney disease and their loved ones, covering everything from a glossary of medical terms to what to expect at a doctor’s visit, what tests look for, the need for exercise and renal nutrition. An overview of publications offers resources for further reading. In keeping with the spirit of letting newly diagnosed patients know they are not alone, the book describes other patients’ initial reactions to their diagnosis as well as the author’s own experiences. The author writes that nearly 30 million people in the United States have CKD or nephropathy “13 percent of the country’s population. With help from this step-by-step guide to the disease, patients can move forward in their diagnosis and treatment with confidence. Author Gail Rae, a nonfiction writer for more than 20 years, is the kidney educator for Facebook’s The Transplant Community Outreach. Her essay was featured November 2010 on the front pages of KidneyTimes.com and RSNHope.org. The American Society of Nephrologists and the Chronic Kidney Disease Support Forum’s Facebook pages both carry her blog “What Is It and How Did I Get It?” • based on this book.

Book Information

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Customer Reviews

This book includes TONS of definitions and images and is a good read for anyone looking to learn more about kidney disease -- whether you a doctor or a recently diagnosed patient. Her perspective is real and her stories will relate with many. The book touches on many topics from related health complications to dealing with nephrologists and maintaining a kidney-friendly diet. If you or someone you know is facing CKD, I highly recommend reading this book. Take experiences from those who have already gone through it and are looking to help.

This is not a medical book, but it is the ONLY book I could find discussing the issue of early stage CKD. My twenty month old son was diagnosed on thursday, almost in passing by his nephrologist. I did not ask any questions on CKD, I was not handed any pamphlets - I went into schock and reacted like I always do to bad news I can not process. I asked questions about my infant son's high blood pressure (the reason for the appointment). Tried to pay attention, remained calm so as not to upset my children who were with us in the room, and then began to research like crazy. I also went back to the doctor and confirmed that she had in fact diagnosed my son with CKD (stage 1). So for me this book has been very helpful, but again I am still in a schock like state and just want to know how to slow the progression of the disease so that my son can have a mostly normal childhood. Best I can tell there is no treatment for the early stages and at least my son's nephrologist (who is an expert in the area) does not appear to be at all concerned or worried. So I appreciate this book because it remined me to take the reigns (no one else will or can) and I plan to speak to my son's pharmacist today about his other daily perscriptions, just to make sure that its okay to take... I plan to get more knowledgeable about nutrition (just like the author did) but most of all I plan to let my son play the sports he loves because activity is so important (the author loves to dance, my son loves to try and ice skate like his big sister). This book is a very quick read, its almost like you are having a conversation with a friend over coffee. It calmed me down, it gave me direction and it was available on my kindle in seconds. THANK YOU!!!!

What Is It and How Did I Get It? Early Stage Chronic Kidney Disease by Gail Rae explains to the

newly diagnosed CKD patient information and medical terms in this handy guide book that tries to make an overwhelming medical condition less stressful by revealing what happens when faced with the CKD diagnosis. Gail Rae knows firsthand because she has Earl Stage Chronic Kidney Disease. For more information visit the My CKD Experience website and listen to the Online With Andrea interview with Gail Rae. [Andrea R. Garrison](#) Producer/Host Online With Andrea [Author/Producer The Crossing Over of Mattie Pearl](#)

I've had this book in paperback for awhile and when offered me the option to buy the digital version at a discounted price since I had purchased the paperback from them, I jumped at it. I'm a sucker for loaning out hard copy and this way if I find a fellow kidney disease sufferer, I can let them have my paperback and I will always have my digital backup for reference. This is a great book by a fellow kidney disease patient who also publishes a very good blog. There are so many details to track with this disease and she talks about the daily life of it. Very helpful and answers so many questions. She's a born researcher, so all her information has backup links to let you know this is authentic medical advice to get some of those questions answered between doctor's visits.

This is a must read for anyone who has kidney disease. I had the privilege of reading Gail's book and interviewing her on the radio. For anyone with kidney disease, this is one of the best books around written by someone who has kidney disease. I recommend this book highly!!!!!! [Dr Rich Snyder, DO](#) is the author of *What You Must Know About Kidney Disease: A Practical Guide to Using Conventional and Complementary Treatments*. He is the host of the radio show *Improve Your Kidney Health* on the Voice America Health & Wellness Channel.

Ms Rae knows, in my opinion, what she is talking about. She is direct-to the point-and the book is easily understood. She has just a hint of humor in her writing which keeps the reader engaged. Will keep this in my reference library.

I was just diagnosed with Chronic Kidney disease Stage 4 a few weeks ago and I want to THANK YOU very much for this book. I put it on my Kindle. It is written in a way that one newly diagnosed and not in the medical field can understand.

As the daughter of a mother who has early stage CKD, I have to admit at first I panicked at the diagnosis. What exactly did it mean? I was relieved to find this book and even more so relieved to

find that it was written in plain English and not Medical-ese. Author Gail Rae has written an easy to follow book not just for the newly diagnosed early stage CKD patient, but, also for their family members and friends. There's even an entire chapter dedicated to questions raised by friends and family. I highly recommend this book for both the newly diagnosed early CKD AND their family/friends.

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