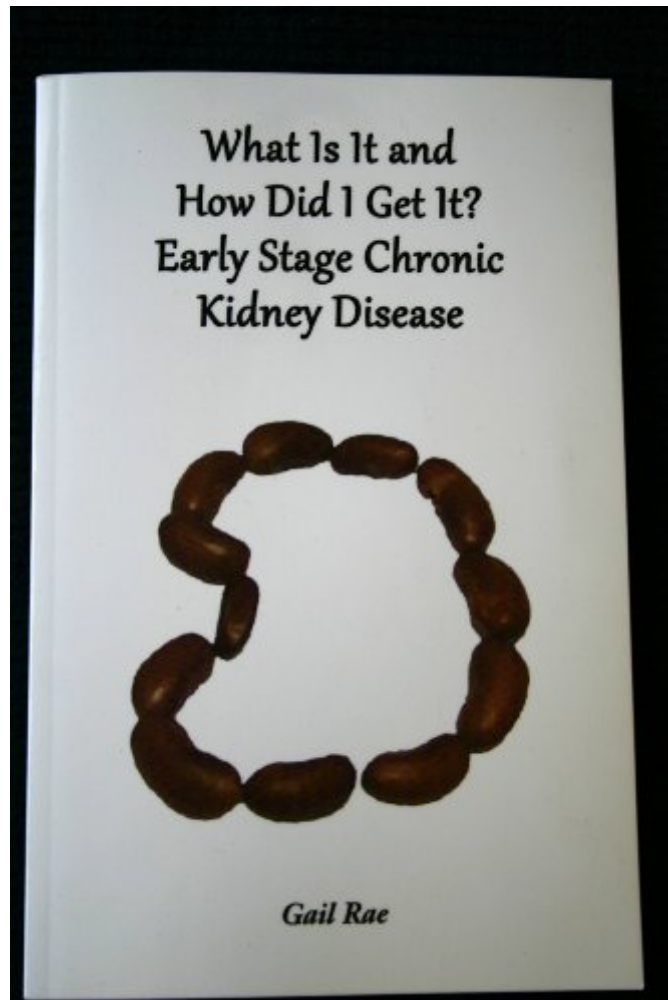




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# What Is It And How Did I Get It? Early Stage Chronic Kidney Disease



## 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 your 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.

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.

Very generic book

I didn't expect this book to be SO much about the author's very specific personal situation. I understand her wanting to share her experience, but much of what she describes in painful detail would not apply to others who may have early renal disease. I felt like I had to wade through a lot of pages to find useful information that I could apply to my own situation. I wish the author well, but this book should be marketed more as an account of the author's journey rather than a resource for other patients.

Gail Rae has provided a good insight to the bombshell that befalls millions of unsuspecting humans

worldwide. A CKD victim myself with years of experience under my belt, found the book extremely informative and a great reference when providing peer support to newly diagnosed sufferers of this silent killer. Thank you Gail

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 appreciate the information in this book, but felt it was too personal of a story to be useful to me. It was very specific to the author's particular health issues, so it felt more like a biography than a useful tool. She was informative and I give her props for sharing, just wasn't what I was looking for.

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.

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