# Contents

Preface	vii
Acknowledgments	ix
Part 1: The Basics	1
Questions 1–11 cover basic information regarding the kidneys and their frincluding:	unctions,
• What do the kidneys do?	
• Where are the kidneys located?	
• Can kidney disease be inherited?	
Part 2: Dialysis	19
Questions 12–28 review general notes on dialysis, such as:	
• What is dialysis?	
Can children be treated with dialysis?	
• What will happen if I skip a dialysis treatment?	
Part 3: Preparing to Begin Dialysis	53
Questions 29–43 provide an introduction to the dialysis procedure and the	e medical
personnel involved:	
• What is a nephrologist?	

89

How does my doctor know I need dialysis?What is a shunt or access for dialysis?

Questions 44–56 focus on continuing your lifestyle, with topics such as:

• Since beginning dialysis, I feel tired all the time. Will this improve with time?

Part 4: Living Well on Dialysis

Can dialysis patients be sexually active?Can I travel as a dialysis patient?

## Part 5: Nutrition on Dialysis

113

**Questions 57–66** offer information regarding your diet and nutritional needs while you are on dialysis:

- Why do I have to watch what I eat?
- What is a renal diet?
- Why are potassium and phosphorus so important?

## Part 6: Complications on Dialysis

137

**Questions 67–77** present methods of coping with day-to-day problems associated with dialysis, such as:

- What should I do if I develop bleeding from my access?
- Why does my blood pressure fall too low during my hemodialysis treatment?
- Why do I feel weak after my hemodialysis treatments?

## Part 7: Dialysis: A Healthy Lifestyle

163

**Questions 78–89** address ways by which you can maintain a healthy lifestyle while receiving treatments:

- How can I lose weight as a dialysis patient?
- Can dialysis patients participate in sports?
- How will being a kidney dialysis patient affect my teeth?

## Part 8: Getting Off Dialysis

195

**Questions 90–100** provide information on ending dialysis as well as facts on kidney transplants, including:

- Can I recover my kidney function?
- What will happen if I decide to stop my dialysis treatments?
- How can I get a kidney transplant?

Appendix	215
Glossary	219
Index	233