The field of kidney disease has evolved over the years to encompass a broad and sophisticated knowledge base. There has been a proliferation of scientific information and technical advances in the field. The clinician involved in the care of patients with kidney disease must have a vast knowledge of nutrition management of the disease. The purpose of this book is to provide a comprehensive reference on the practice of Nutrition in Kidney Disease. It is our belief that this book will become a useful reference and tool for practicing clinicians in the fields of nutrition and nephrology, as well as other disciplines whose research, practice, and education includes nutrition and kidney disease. This book will also be a current resource for undergraduate and graduate level nutrition and allied health profession students, medical students and residents, nutrition and allied health clinicians, including general practitioners, nephrologists, educators, and researchers.

Organization and Content

*Nutrition in Kidney Disease* is organized into five sections with a variable number of chapters based on breadth and depth of information. Part I addresses kidney function in health and disease and it defines and forecasts healthcare trends and outcomes in kidney disease. A comprehensive review of the components of the nutrition assessment is also provided. In Parts II and III, in-depth information on the prevention of common disorders associated with chronic kidney disease, current treatment options based on the latest scientific evidence, and management of comorbidities such as protein–energy malnutrition/wasting, obesity, and bone disease are covered. Part IV presents the nutrition concerns of special needs populations such as through the life cycle—pregnancy, infancy, childhood, adolescence, and the elderly, and nutrition management of disorders such as acute kidney injury, nephrotic syndrome, and nephrolithiasis. Part V addresses additional nutritional concerns in kidney disease such as complementary and alternative medicine, cultural issues affecting dietary adherence, and outcomes research.

In an attempt to make this textbook as practical as possible, a wide variety of tables, resources, practical tools, clinical practice guidelines, and Internet websites are compiled into one chapter.

Features

The chapters in this textbook have been designed with special features to enhance learning. Each chapter begins with keywords and ends with a summary. Up-to-date references for more in-depth review are included at the end of each chapter. This list provides the clinician and student with an
extensive source of reading for continued study. In addition, several chapters end with a case study, which can be used to assess knowledge of the content area within the context of the didactic curricula. They provide thought-provoking, illustrative questions that will add to the student’s learning and clinical application of the material. The answers to the case studies are provided at the end of the book. The problems posed in these chapters enable the clinician and the student to apply the chapter material to “real-life” nutrition-related problems.

The chapters have been written by a collaborative group of distinguished dietitians and physicians in the specialized field of kidney disease and clinical nutrition, and who have devoted their careers to the care of patients with kidney disease. This collaborative effort is a testament to the interdisciplinary approach that is used to provide care to this unique patient population. It is our belief that this book will be used to guide and enhance the care of the patients we serve.

Stratford, NJ Laura D. Byham-Gray
Brookville, NY Jerrilynn D. Burrowes
Stanford, CA Glenn M. Chertow
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Byham-Gray, L.D.; Burrowes, J.D.; Chertow, G.M. (Eds.)
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