850 million people suffer from chronic kidney disease (CKD) worldwide
- Kidney disease is the 6th leading cause of death in Hong Kong

About 10,000 patients are living with end-stage renal disease (ESRD) in Hong Kong
- More than 6,900 patients are undergoing dialysis
- More than 2,000 patients are waiting for kidney transplants every day

Preventing kidney disease
Preventing deterioration of early kidney disease
Reducing the incidence of complications
—A comprehensive guide to the basic knowledge of kidney disease, treatment plans, and how to recover from kidney disease

This book gathers the rich clinical experience and scientific research results from nephrologists, renal nurses, dietitians and physiotherapists in Hong Kong, expounding in simple terms the causes of different types of kidney disease and the corresponding medical treatment plans. It also offers information in taking care of different cohorts of patients with kidney disease ranging from children, the elderly, women, and diabetics, as well as everyday details that are worth attention. The book aspires to help people suffering from kidney disease and their family members to manage the condition more easily.

For patients, to manage kidney disease well means to live an engaged, normal life. Every patient requires the help of various people such as medical staff, social workers, dietitians, full-time healthcare professionals, fellow patients and family members during the treatment process. In this book, these parties are invited to share and explain how to treat kidney disease for the patients and their families.
Table of Contents

Foreword / ix
Preface / xiii
Introduction / xxv
Acknowledgements / xxvii

Chapter 1 Renal Function / 1
Chapter 2 Acute Kidney Injury (AKI) / 7
Chapter 3 Chronic Kidney Disease (CKD) / 15
Chapter 4 Adaptation Period / 25
Chapter 5 Dialysis / 33
Chapter 6 Kidney Transplant / 49
Chapter 7 Treatment Options / 63
Chapter 8 Kidney Palliative Care / 73
Chapter 9 Chronic Kidney Disease in Children / 81
Chapter 10 Elderly Patients / 89
Chapter 11 Female Patients / 97
Chapter 12 Diabetic Patients / 105
Chapter 13 Inherited Kidney Disease / 117
Chapter 14 Daily Life of a Kidney Disease Patient / 127
Chapter 15 Common Medication of a Kidney Disease Patient / 165
Chapter 16 Kidney Disease and Traditional Chinese Medicine (TCM) / 179
Chapter 17 Epidemics and Kidney Disease Patients / 187
Chapter 18 Patients’ Sharing / 193
Chapter 19 FAQs / 203
Chapter 20 Glossary / 211
Chapter 21 Useful Information / 221