

**Li PKT, Chow KM, Law MC, Ng JK. Living well with kidney diseases**

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- 850 million people suffer from chronic kidney disease (CKD) worldwide
  - Kidney disease is the 6<sup>th</sup> 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.

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