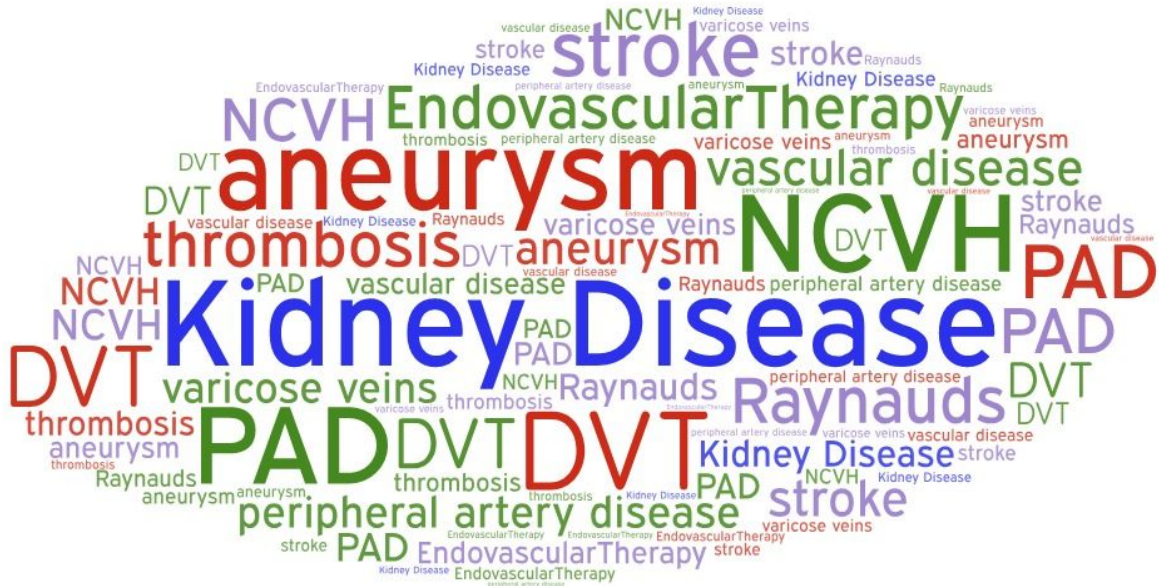




**Kidney Disease**

VOLUME 27

FALL 2018





**Kidney Disease**

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**Kidney Disease**

**INTRODUCTION**

This bibliography on Vascular Disease, compiled by the Health Concerns Committee of the Reference and Adult Services Division of the Suffolk County Library Association, is designed to act as a reference tool and a collection development guide. It presents an annotated, selective list of items in this subject area suitable for purchase by public and academic libraries. All titles were selected by the committee. An attempt was made to cover all types of materials.

The Health Concerns Committee was formed in January 1989. Its purpose is to explore and exchange information about health-related resources on topics of interest to public, school, academic, and special library patrons. Its objectives are to produce an annual bibliography and arrange an annual program as part of the RASD workshops. All librarians in Suffolk County are encouraged to join the committee.

Salvatore J. Filosa  
Health Concerns Committee Chairperson  
Reference and Adult Services Division of SCLA



**Kidney Disease**

**BOOKS- 2018**

Rivera, Sarah Monk. *Dash diet for renal health: a customized program to improve your kidney function based on America's top-rated diet*: Ulysses Press, 2018.

If you have kidney disease, you've learned to live with a restricted diet to stay healthy. With this book, you can unleash the power of the scientifically proven DASH diet to improve renal function while enjoying a wide variety of delicious foods. The easy-to-follow meal plans, shopping tips and healthy swaps outlined in DASH Diet for Renal Health will help you create a bounty of tasty low-potassium and low-phosphorus recipes.

Grubbs, Vanessa. *Hundreds of interlaced fingers [large print]: a kidney doctor's search for the perfect match*: Center Point Large Print, 2018.

A physician, wife, and mother describes her marriage to a husband with end-stage kidney disease, her decision to donate one of her kidneys to him, and the journey that led to her becoming a kidney specialist.

Epstein, Shannon. *Low-Sodium Slow Cooker Cookbook: Over 100 Heart-Healthy Recipes That Prep Fast and Cook Slow*: Rockridge Press, 2018.

Less salt, and more flavorful recipes that use salt-free alternatives to keep the taste of your favorite familiar recipes, plus a guide on how to create your own seasonings. Fast prep that requires no additional steps and takes only 30 minutes or less to prepare for your slow cooker.

**BOOKS- 2017**

*Childhood Diseases and Disorders Sourcebook, Fourth Edition*. Detroit, MI: Omnigraphics, 2017. 772 p. 9780780815384. \$95.00.

Chapter 24, *Kidney and Urologic Disorders in Children*. It includes sections on Childhood Nephrotic Syndrome, Hemolytic Uremic Syndrome, and Urinary Tract Infection (which could possibly lead to Chronic Kidney Infection.) Each disease includes information on its cause, who is more likely to contract it, signs and symptoms, complications, diagnosis, treatment, and prevention. There is a resource list and index for the entire sourcebook. Written for a general audience.

Grubbs, Vanessa. *Hundreds of Interlaced Fingers: A Kidney Doctor's Search for the Perfect Match*. New York: Amistad, 2017. 261 p. 9780062418173. \$25.99.



**Kidney Disease**

Dr. Grubbs was a primary care doctor when she began working with an end-stage kidney disease patient. She fell in love with him, then discovered that she was a perfect match for kidney transplantation for him. The book follows the road from patient's dialysis to transplant, detailing the complications he underwent afterwards. Dr. Grubbs eventually returned to school to become a nephrologist, and is now an associate professor of medicine and nephrology at the University of California. FAQs for kidney disease are included. Written for a general audience.

Roth, Ruth A. and Kathy L. Wehrle. *Nutrition and Diet Therapy, 12<sup>th</sup> edition*. Boston: Cengage, 2017. 480 p. 9781305945821. \$180.00.

This text, written for nutrition students and instructors, contains a chapter on diet and renal disease. The chapter introduction describes the work of the kidneys, common causes of renal disease, and why patient diets may have restrictions in their protein, sodium, water, potassium, and phosphorus intakes. It then explains the dietary treatment of renal diseases, dialysis patients, and kidney transplant patients. The end of the chapter provides discussion topics, suggested activities, and review questions. There are appendices, an index, a glossary, and references for the entire book.

Zogheib, Susan. *The Renal Diet Cookbook for the Newly Diagnosed: The Complete Guide to Managing Kidney Disease and Avoiding Dialysis*. Berkeley, CA: Rockridge Press, 2017. 200 p. 9781939754202. \$17.99.

The basics of kidney disease and guidelines to slowing its progression are given first. Then the author, a renal dietitian, presents the renal diet meal plan, including a pantry list, menus, and over 100 recipes. Recipes range from those for breakfast, smoothies and drinks, snacks and sides, soups, salads, main courses, and desserts. Resources, references, a recipe index and a general index also are given. Written for a general audience.

Zogheib, Susan. *Renal Diet Plan and Cookbook: The Optimal Nutrition Guide to Manage Kidney Disease*. Berkeley, CA: Rockridge Press, 2017. 232 p. 9781623158699. \$14.99.

The author is a renal dietitian with over ten years of experience. The book is designed to help the reader manage kidney disease by adhering to a renal diet, and also by working with your healthcare team and making healthy lifestyle decisions. The author first reviews the symptoms of kidney disease and its five stages. She then identifies key nutrient concerns, including restrictions on phosphorus and sodium, reduced protein, fat levels kept below 30%, management of potassium, and selection of high-fiber carbohydrates. Three types of renal diet meal plans are then presented: low-sodium, low-protein, and low-fat. More than 125 recipes are offered, including those for breakfast, snacks and sides, soups and stews, poultry and meat dishes, desserts, and more.



**Kidney Disease**

At the book's close are a list of references, a recipe index, and a general index. Written for a general audience.

**JUVENILE BOOKS**

Gebhart, Ryan. *There Will Be Bears*. Massachusetts: Candlewick Press, 2014.

Thirteen-year-old Tyson loves spending time with his roughneck grandpa, Gene, who's a lot more fun than Tyson's ex-best friend, Bright. These days, Bright just wants to hang out with the cool kids, who make fun of Tyson's Taylor Swift obsession and dorky ways. When Gene moves to a nursing home that can manage his kidney disease, Tyson feels he is losing his only friend. So, defying his parents' strict instructions, Tyson sneaks off with Gene on his first elk hunt, despite reports of a stalking man-eating grizzly.

Kizer, Amber. *Pieces of Me*. New York: Delacorte Press, 2014.

When Jessica is declared brain dead after a car crash, her parents donate her organs, much to her lingering spirit's despair. Jessica observes the four teens who have benefitted from her organs.

Lynch, Chris. *Pieces*. New York: Simon & Schuster Books for Young Readers, 2013.

Eighteen-year-old Eric deals with the loss of his older brother Duane by meeting three of the seven recipients of Duane's organs a year after his death, and pondering who they are to him, and he to them.

Mattern, Joanne. *Joseph E. Murray and the Story of the First Human Kidney Transplant*.

Delaware: Mitchell Lane Publishers, 2003.

A biography of the American surgeon who received the Nobel Prize in Medicine for his work on kidney transplants.

Wood, Ramona. *Now Caitlin Can: A Donated Organ Helps a Child Get Well*. Arizona: ABC Press, 2004.

Freddie's sister Caitlin was born with kidney problems, and he is happy that she finally gets to play like other kids after she receives a transplant from an organ donor.



**PERIODICALS- 2018**

“Aldosterone overload: An overlooked cause of high blood pressure.” *Harvard Health Letter*. p. 6-7 (August 2018)

The hormone aldosterone is a key regulator of sodium and potassium in the body. It helps the body manage water and sodium and is a focus of growing interest among researchers. It is secreted by the adrenal glands, and when too much is in the bloodstream it can be the main cause of elevated blood pressure.

“Blood pressure targets: How low should you go (and for whom?).” *Journal of Family Practice*. p. 416-425 (July 2018)

Evidence supports lower blood pressure goals for a number of patient populations and groups. It is especially important for patients with chronic kidney disease. Although more of the US Population is categorized as hypertensive under the new guideline, only 1.9% more require drug therapy. Blood pressure monitoring techniques are most important, as many of the readings can be flawed.

Henderson, Jenna, MD. “Myth Busting Common Misconceptions of Kidney Disease.” *Townsend Letter*. p. 44-49 (June 2018)

This is a comprehensive look at the common misconceptions around kidney disease and how holistic physicians can better serve their renal patients. Natural therapies can be an important part in slowing down the progression of chronic kidney disease.

Hopkins, Tracy E. “Beating the Odds.” *Essence*. p. 105-108 (June 2018)

This article focuses on several aspects of physical, mental and emotional fitness for black men in the U.S. Topics discussed include role of exercise in physical fitness, Need for vigilant prostate exams annually and several causes of death among black Men, specifically kidney disease and diabetes.

“Study: Kidney Failure Survival Rates Up.” *The Nations Health*. p. 22-23 (February-March 2018)

Better care is contributing to significantly better survival rates among people with Kidney failure, according to a study released in the Journal of American Society of Nephrology in December 2017. The improvements were due to improved access to kidney transplantation and also better care of patients on dialysis.



**Kidney Disease**

“Kidney Stones – Personalized Prevention.” *Mayo Clinic Health Letter*. p. 1-4 (August 2018)

In recent years, management of kidney stones has become more precise and targeted to individual circumstances. Imaging advances are making it easier to tell whether a procedure is needed to remove a stone and what procedure would be best. Doctors can also now tell you what your chances of having a recurrence of stones are with a Mayo developed risk calculating tool called *Recurrence of Kidney Stones*” which can be found on a free smartphone app.

“Magnesium: An Important Orphan.” *Advances in Chronic Kidney Disease*. p. 217-221 (May 2018)

Magnesium is called the orphan ion because of its lack of endocrine control. This article discusses how it plays a vital role in human health and even a greater role in cardiovascular and renal illness. Lower magnesium levels are associated with impaired glycol metabolic control, hypertension and vascular calcification.

Piccoli, Giorgina B., Alrukhaimi, Mona, Liu, Zhi-Hong. “Women and Kidney Disease: Reflections on World Kidney Day 2018.” *Nephrology Nursing Journal*. p. 65-70 (Jan-Feb 2018)

Women have unique risks for kidney diseases. There is a clear need for higher awareness, timely diagnosis, and proper follow up of chronic kidney disease in pregnancy. In turn, pregnancy may also be a valuable occasion for early diagnosis of CKD, allowing planning of therapeutic interventions. This time can be critical to stave off the onset and/or severity of the disease. This article also highlights all that was shared about kidney disease on World Kidney Day, March 8, 2018. Every year, World Kidney Day promotes affordable and equitable access to health education, health care, and prevention for all women and girls in the world.

Warady, Bradley A., Weidemann, Darcy K. “Childhood Kidney Disease: A Troubling Prognosis.”

*American Journal of Kidney Disease*. p. 1-4 (April 2018)

This article highlights the risk and necessity for long term follow up of children who have CKD, even those who had a resolution of their symptoms. Multidisciplinary efforts are imperative to intervene on behalf of the millions of at risk children who may not manifest the adverse outcomes of their presumed benign childhood kidney disease until young adulthood.





## PERIODICALS- 2017

Henderson, Dr. Jenna. "Cardiac Health and the Kidneys." *Townsend Letter*, (May 2017).

The main points of this article are that cardiac patients should take steps to ensure ongoing renal health and renal patients should actively work to reduce cardiac stress. The impact of diminished renal function on cardiovascular health is multifactorial. With early and ongoing intervention through diet and supplements, it is possible to reduce the downstream effects of these chronic conditions. The cause of mortality for most kidney patients is not kidney failure but secondary heart disease that develops over the course of many years. If patients take steps to minimize the impact of chronic kidney disease on the cardiovascular system, renal patients can avoid many of these common problems.

Jamison, Shantell E. "How Alternative Medicine Saved My Life." *Ebony*, vol.72, no. 9, (Jul/Aug 2017).

The article presents the author's views on his experience of using herbs to overcome with the problem of kidney infection and impact of doing yoga in her life. Topics discussed include benefits of the usage of juicer, insertion of catheter in her body and her attitude towards the usage of Chinese medication.

Kim, Anne. "The Dialysis Machine: How Medicare Steers Low Income and Minority Kidney Patients toward the Hell of Dialysis – And Keeps Two Big Companies Rolling in Profit." *Washington Monthly*, (Nov-Dec 2017).

This article discusses dialysis vs. transplant options offered to patients and how lower income minority patients, especially black patients, have much less chances of getting a transplant. Other topics discussed are questionable practices of dialysis companies and what can be done at least to make dialysis patients more comfortable. An eye opening article about Medicare's role and how and why the dialysis centers are full instead of a transplant option.

O'Neil, T. J., & Moore, W.S. "A New Model for Renal Disease Care". *Physician Leadership Journal*. (September/October 2017)

The prevailing model for renal disease care focuses on acute illness with little interdisciplinary concurrent risk factor intervention. Compounding the problem, the reimbursement structure of U.S. medicine treats end-stage renal disease not as a failure of prevention, but as an externality. There is a potential for improvement in clinical outcomes and decreased cost of care by using a multidisciplinary care model. This article establishes the case for implementing a data-driven, systems-based and



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outcomes-responsive renal disease management clinical model in the pre-ESRD population.

“Prevention of Chronic Kidney Disease”. *Pulse International*, Vol. 8, no. 5, (March 2017).

Studies in the USA have shown that more people die due to kidney diseases than cancer of breast and prostate combined. For the prevention of kidney diseases this article focuses on common lifestyle measures. It advises on such topics as diet, water intake, exercise, sleep habits and the use of NSAIDS medicines. Recently European Union has issued warnings that many people suffered from renal and hepatic failures needing transplants, due to misuse / abuse of Chinese herbs sold as medicines or as supplements.

Thalheimer, Judith C. “Eating for kidney health: smart diet choices can promote good kidney health and help you avoid debilitating kidney disease later in life...” *Environmental Nutrition*, (Aug 2017).

Nearly one in seven American adults has chronic kidney disease (CKD). The major risk factors of CKD are high blood pressure, diabetes and obesity. Excess body weight can be considered the number one preventable risk factor for developing CKD. There are several dietary patterns that researchers have discovered that can prevent CKD. The Dietary Approaches to Stop Hypertension Diet (DASH), the Mediterranean Style Eating and lowering acid load.

Varga, Z.V., Matyas, C., Paloczi, J., Pacher, P. “Alcohol Misuse and Kidney Injury: Epidemiological Evidence and Potential Mechanisms”. *Alcohol Research. Current Reviews*, Vol. 38, no. 2, (2017) 1-6.

Chronic alcohol consumption is a well-known risk factor for tissue injury. The link between alcohol use disorder (AUD) and kidney injury is intriguing but controversial, and the molecular mechanisms by which alcohol may damage the kidneys are poorly understood. Epidemiological studies attempting to link AUD and kidney disease are, to date, inconclusive, and there is little experimental evidence directly linking alcohol consumption to kidney injury. However, studies conducted primarily in other organs and tissues suggest several possible mechanisms by which alcohol may promote kidney dysfunction. One possible mechanism is oxidative stress resulting from increased production of reactive oxygen species, which leads to an excessive amount of free radicals, which in turn trigger tissue injury and increase inflammation. In addition, AUD's effect on other major organs (liver, heart, intestines, and skeletal muscle) appears to promote unfavorable pathological processes that are harmful to the kidneys. Notably, these mechanisms have not yet been validated experimentally in the kidney. Additional research is needed to clarify if alcohol does indeed promote kidney injury and the mechanisms by which alcohol-induced kidney injury may occur.



## **Kidney Disease**

Wen-Ching, T., Huynh, D., Chan, T. “Understanding barriers to medication, dietary, and lifestyle treatments prescribed in polycystic kidney disease.” *BMC Nephrology*, vol. 18, no. 1, (July 2017).

Autosomal dominant polycystic kidney disease (PKD) is the most common genetic kidney disease. There is no cure for PKD but there are several treatments that have proved to be very beneficial such as controlling blood pressure, low-salt diet, exercise, and high volume water intake. Not all doctors focus on life-style changes and this study proves that if the patient understands their illness they are very motivated to pursue therapies even if their doctor did not prescribe them. This study was to evaluate illness perception models of patients with PKD.

Zakowski, Jack. “Optimizing and standardizing testing to address the threat of chronic kidney disease.” *Medical Laboratory Observer*, (Aug 2017).

CKD is a worldwide threat that is both under-diagnosed and under-treated. Moreover, it is a growing threat, due to anticipated increases of diabetes and hypertension in the aging population. At the center of the fight against the progression of CKD are clinical laboratories, which play an important role in addressing CKD, educating clinicians and pharmacy professionals, and developing new markers and equations to bring better diagnostic and treatment options. The growing use of urine albumin, cystatin C, and serum albumin bring new promise to the area of CKD management, but better test standardization practices are needed to continue to advance progress.

### **IN-PERSON SUPPORT GROUPS**

In-person support groups are often limited to patients receiving treatment at a specific facility. To find a local support group, as suggested by DaVita Kidney Care...

- speak with a Renal Social Worker
- speak with your doctor
- contact a local dialysis center (even if you are not on dialysis)



## ONLINE SUPPORT GROUPS

### **Da Vita Kidney Care**

#### **World Headquarters:**

2000 16th St.

Denver, CO 80202

(303) 405-2100 / 1 (888) 484-7505

1-800-244-0680 (DaVita Guest Services)

URL: (<https://www.davita.com/>)

URL:

(<https://www.davita.com/education/ckd-life/support/support-groups-for-people-living-with-kidney-disease>)

- Da Vita Support Groups for People Living with Kidney Disease  
From website: Talking to others who are also going through chronic kidney disease (CKD) or dialysis can be a much-needed opportunity to vent, share information, get advice and receive and provide support... One great place to connect with others is online. ... While there are numerous websites, discussion forums, blogs and email lists, below are a few samples of where to find online support groups.
  - DaVita.com Discussion Forum – <http://forums.davita.com/>  
This forum is a place where people with CKD, those on dialysis (either at home or at a center), as well as family members and friends, can talk online. Some topics include sharing your experience, diet Q&A with dietitians, working on dialysis, travel and more.
  - myDaVita.com Groups -- [myDaVita.com](http://myDaVita.com)  
Join or create a group at [www.davita.com/mydavita](http://www.davita.com/mydavita), the online resource to help you manage and understand all aspects of your kidney health. It's easy and free to register if you want to participate.

### **National Kidney Foundation: NKF Cares**

30 East 33rd Street

New York, NY 10016

Phone: (855) 653-2273 / 1(855) NKF-CARES

Email: [nkfcare@kidney.org](mailto:nkfcare@kidney.org)

URL: [www.kidney.org/patients](http://www.kidney.org/patients)

From website: the National Kidney Foundation's Patient Information Help Line, NKF Cares, offers support for people affected by kidney disease, organ donation or



## **Kidney Disease**

transplantation. Patients, family members and caregivers can call to speak with a trained professional who will answer questions and listen to concerns. Available in English and Spanish. NKF Cares is available Monday - Friday from 9:00 am - 5:00 pm Eastern Time.

### **Renal Support Network: HOPEline (Peer Support Helpline)**

Phone: 1-800-579-1970 (Monday - Friday, 10am - 6pm Pacific Time)

URL: (<https://www.rsnhope.org/rsn-programs/>)

From website: since the launch of the Hopeline in 2007, RSN has helped thousands of people through peer-to-peer support. People with chronic kidney disease, family members or caregivers can call and connect with someone who has lived with kidney disease and can share their experience, strength and hope with what they have done to navigate this illness successfully. Callers can talk to someone who knows what it is like to begin dialysis treatments, learn the steps necessary to get listed for a kidney transplant or become a donor, and more.

## **TREATMENT CENTERS**

### **NEPHROLOGISTS**

#### **Brookhaven Nephrology Associates, P.C.**

260 Patchogue Yaphank Rd, Suite F

East Patchogue, NY 11772

Staff: Sung Jo Kim, M.D.; Dean J. Babich, M.D., FASN; Mohammed S. Rahman, MD.

Phone: (631) 654-8755

URL: ([www.brookhavernephrology.com](http://www.brookhavernephrology.com))

From website: the doctors at Brookhaven Nephrology Associates provide specialized, comprehensive and emphatic care for patients with kidney conditions. Services include the treatment of acute and chronic kidney conditions, hypertension (including resistant hypertension), protein in urine, blood in urine, glomerulonephritis, kidney stones, gout, kidney related complications from other medical conditions as well as disorders of sodium, potassium, calcium and other electrolytes. They also provide hemodialysis, peritoneal dialysis, and pre and post kidney transplant care.

#### **Catholic Health Services, Long Island**

Phone: (855) CHS-4500 – to speak with a Physician Referral Specialist

URL: (<http://www.chsli.org>)



## **Kidney Disease**

From website: CHS, the largest faith-based health care system on Long Island, includes six hospitals, three skilled nursing facilities, a regional home nursing service, hospice and a multiservice, community-based agency for persons with special needs. Under the sponsorship of the Diocese of Rockville Centre, CHS serves hundreds of thousands of Long Islanders each year, providing care that extends from the beginning of life to helping people live their final years in comfort, grace and dignity.

\*Nephrologists affiliated with CHS Long Island are also located in Nassau County (Plainview, Mineola, Great Neck, Lake Success, Manhasset, Freeport and Roslyn).

*For Suffolk County:*

- Long Island Nephrology (St. Charles Hospital)  
701 Rte 25A, Ste B1  
Mt. Sinai, NY 11766

Staff: Sumit Chowdhrey, MD; Brian Chu, MD; Vanya Grover, DO; Catherine Miranda, MD; Alfred Raciti, MD; Mark Solomon, MD; Yanping Yu, MD

Phone: (631) 331-4403

For information on services at St. Charles Hospital: (631) 474-6797

URL: (<https://stcharleshospital.chsli.org/nephrology-1>)

From website: the board certified nephrologists at St. Charles Hospital specialize in treating a wide range of conditions, from kidney stones to acute kidney (renal) failure. Other conditions treated include: chronic kidney disease; hypertension (including resistant hypertension); fluid, electrolyte, and acid-base disorders; end stage kidney disease; anemia of chronic kidney disease; secondary hyperparathyroidism; vitamin D deficiency; renal osteodystrophy; post kidney transplant management; kidney disease in pregnancy; hematuria (blood in the urine); and proteinuria (protein in the urine). They are affiliated with a number of area hospitals and dialysis centers, including: St. Charles Hospital, St. Catherine of Siena Hospital, Stony Brook University Hospital, John T. Mather Memorial Hospital, Central Suffolk Artificial Kidney Center, Stony Brook Artificial Kidney Center, St. Catherine of Siena Hospital Outpatient Dialysis Center (Outpatient).

- Renal Consultants of Long Island  
200 Belle Terre Rd, Ste 110  
Port Jefferson, NY 11777

*(Located in St. Charles Hospital, by the Chapel Entrance)*

Staff: Joseph Boglia, MD

Phone: (631) 476-1010

URL: (<http://www.renalconsultantsli.com>)



## **Kidney Disease**

From website: Renal Consultants of Long Island, which is located by the Chapel entrance inside St. Charles Hospital, offers flexible appointment times upon request.

Joseph P. Boglia, M.D., P.C. treats patients with hypertension, diabetic kidney disease, kidney stones, and those needing dialysis. He looks “forward to providing you with compassionate and highly skilled medical care.”

- Saint Catherine of Siena Outpatient Dialysis Center  
50 Route 25A  
Smithtown, NY 11787  
Phone: (631) 862-3000 (main operator)  
Phone: (631) 862-3707 (dialysis)  
URL: (<https://stcatherines.chsli.org/dialysis>)

From website: the Outpatient Dialysis Center provides comprehensive services six days a week, from 5:00 AM to midnight. The center is equipped for single use dialysis and has an isolation room to accommodate Hepatitis Positive B Antigen patients (the only one of its kind in Suffolk County). The center is affiliated with nine major transplant centers for kidney, pancreas, liver and heart.

- Samaritan Pediatric Services, PC  
655 Deer Park Ave.  
Babylon, NY 11702  
Staff: Dilys Whyte, MD  
Phone: (631) 376-4000  
URL: (<https://www.chsli.org/doctors/dilys-whyte-md>)

### **Da Vita Kidney Care**

#### **World Headquarters:**

2000 16th St.  
Denver, CO 80202  
Phone: 303- 405-2100 / 1-888-484-7505  
DaVita Guest Services: 1-800-244-0680  
URL: (<https://www.davita.com/>)

From website: DaVita Kidney Care is a leading provider of kidney care in the United States, delivering dialysis services to patients with chronic kidney failure and end stage renal disease.

On their website, [www.davita.com](http://www.davita.com), you will find informative articles and animated learning modules that show how kidneys and dialysis work. They also offer recipes for



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the dialysis diet, a discussion forum, the Find a Dialysis Center tool, the DaVita GFR (Glomerular filtration rate) calculator and much more.

***Local DaVita Dialysis Centers:***

Phone: 1-800-424-6589

URL: (<https://www.davita.com/find-a-dialysis-center/>)

- East Islip Dialysis  
200 Carleton Ave  
East Islip, NY 11730-1222
- Huntington Artificial Kidney At Home  
256 Broadway  
Huntington Station, NY 11746-1403
- Long Island Renal Care  
3460 Great Neck Rd  
Amityville, NY 11701-1915
- Medford Kidney Center  
1725 N Ocean Ave  
Medford, NY 11763-2649

**Fresenius Kidney Care**

Phone: 1-800-377-4607

URL: (<https://www.freseniuskidneycare.com/>)

From website: The staff at Fresenius Kidney Care is committed to helping people with chronic kidney disease (CKD) and end stage renal disease (ESRD) lead fuller, more active and vibrant lives. As a division of Fresenius Medical Care North America (FMCNA) with access to the vast resources of their global parent company, Fresenius Medical Care AG & Co. KGaA, they are uniquely equipped to provide comprehensive quality care to all of their patients. FMCNA helps nearly 200,000 people with chronic kidney disease and ESRD improve their lives every day.

At Fresenius Kidney Care, patients will receive help to manage their treatment, diet, medications, and healthcare finances. They will receive guidance on coping with emotions, building a support system, working, and more.

***Local Fresenius Kidney Care Dialysis Centers:***

URL: (<https://www.freseniuskidneycare.com/dialysis-centers>)



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- Fresenius Kidney Care Central Suffolk / FMS-Central Suffolk Artificial Kidney Center  
5225 Nesconset Hwy., Ste 72  
Port Jefferson Station, New York 11776  
Phone: (631) 331-5600 / 1-800-881-5101 (Help Line)
- Fresenius Kidney Care (Coram) / Coram Dialysis  
1500 Middle Country Rd  
Centereach, New York 11720  
Phone: (631) 716-8758 / 1-800-881-5101 (Help Line)
- Fresenius Kidney Care (Hauppauge) / Suffolk Kidney Center  
30 Central Ave.  
Hauppauge, New York 11788  
Phone: (631) 761-6605 / 1-800-881-5101 (Help Line)
- Fresenius Kidney Care Huntington Station  
33 Walt Whitman Rd  
Huntington Station, New York 11746  
Phone: 1-800-881-5101 / 1-800-881-5101 (Help Line)
- Fresenius Kidney Care Lindenhurst  
185 S 10th St  
Lindenhurst, New York 11757  
Phone: (631) 956-6060 / 1-800-881-5101 (Help Line)
- Long Island Bay Shore Dialysis Center (Administrative Services)  
929 Sunrise Hwy  
Bay Shore, New York 11706  
Phone: (631) 224-8500 / 1-800-881-5101 (Help Line)

**Island Nephrology PC**

4 Technology Drive, Ste. 130  
East Setauket, NY 11733  
Staff: Ashfaq S. Hussain, MD  
Phone: (631) 331-4403

**Long Island Community Hospital (Brookhaven Memorial Hospital)**

101 Hospital Road  
Patchogue, NY 11772



## **Kidney Disease**

Phone: (631) 654-7100 (main)

Phone: (631) 654-2828 (Hemodialysis Dept.)

URL: ([www.brookhavenhospital.org](http://www.brookhavenhospital.org))

URL: ([www.brookhavenhospital.org/physician-finder.cfm](http://www.brookhavenhospital.org/physician-finder.cfm))

URL: (<http://www.brookhavenhospital.org/services.cfm/hemodialysis>)

From website: the Hemodialysis Department provides acute and chronic dialysis treatment for patients with impaired kidney function. A Continuous Ambulatory Peritoneal Dialysis (CAPD) and Continuous Cycler Peritoneal Dialysis (CCPD) program also are available.

Other services offered are patient education, patient/caregiver support and pre-renal teaching for those who do not yet require dialysis therapy.

### **Mount Sinai Doctors Long Island**

- Nephrology Department
  - 66 Commack Road  
Commack, NY 11725  
Phone: (631) 659-1620  
URL: (<http://www.mountsinadoctors.org/long-island/commack/>)
  - 5 Cuba Hill Road  
Greenlawn, NY 11740  
Phone: (631) 628-5000  
URL: (<http://www.mountsinadoctors.org/long-island/greenlawn/>)
  - 59 Southern Boulevard  
Nesconset, NY 11767  
Phone: (631) 659-1700  
URL: (<http://www.mountsinadoctors.org/long-island/nesconset/>)

Staff: Robert Yohannan, MD; Sunil George, MD

URL: (<http://www.mountsinadoctors.org/long-island/specialty-care/#nephrology>)

From website: the Nephrology Department at Mount Sinai Doctors Long Island offers services in the treatment of a number of conditions, including: acute kidney injury, chronic renal failure, diabetic kidney failure, electrolyte disorders, glomerulonephritis, hematuria, high blood pressure, hypertensive kidney failure, kidney stones, malignant hypertension, mineral bone disease, nephritic syndrome, proteinuria, and urinary kidney disease. They offer dialysis, kidney imaging, kidney biopsy and evaluation, kidney genetic testing, as well as adult and pediatric transplantation, in partnership with Mount Sinai's Recanati/Miller Transplantation Institute.

The physicians at Mount Sinai Doctors Long Island go to great lengths to help patients maximize their quality of life. As part of the Mount Sinai Health System, they are able to



## **Kidney Disease**

draw on vast resources, including researchers and specialists spanning many disciplines. The practice is affiliated with regional hospitals and dialysis centers.

\*\*\*Medical appointments and services previously provided at 325 Park Avenue, 120 New York Avenue, and 775 Park Avenue. Huntington, NY 11743 are now located at 5 Cuba Hill Road in Greenlawn.

### **National Kidney Registry**

P.O. Box 460

Babylon, NY 11702-0460

Staff: Gareth Hil, Founder and Chief Executive Officer; Joe Sinacore, Director of Education & Development; Tom D'Alessandro, Chief Financial Officer; Matthew Ronin, Director of Research & Technology; Rich Marta, Senior Software Designer.

URL: (<https://www.kidneyregistry.org>)

From website: the National Kidney Registry, a nonprofit organization based on Long Island, is a national registry in the United States listing kidney donors and recipients in need of a kidney transplant. They strive to “save and improve the lives of people facing kidney failure by increasing the quality, speed, and number of living donor transplants in the world.”

Northwell Health

- Northwell Health Division of Kidney Diseases & Hypertension
  - \*Numerous office locations across Long Island, Manhattan, Queens and Staten Island.
  - Phone: (516) 465-8200
  - Phone: (888) 321-DOCS
  - URL:

(<https://www.northwell.edu/find-care/services-we-offer/kidney-disease-and-hypertension>)

From website: the Division of Kidney Diseases and Hypertension focuses on the study of nephrology (kidney diseases including kidney stones, dialysis, end-stage renal disease), hypertension and bone disease. Specialists provide care of conditions including kidney stones, kidney dialysis, end-stage renal disease, both pre and post kidney transplantation services, hypertension and metabolic bone disease.

Northwell Health also provides kidney transplantation services for patients with many different types of kidney disease, as well as living donor services.

- Northwell Health Physician Partners
  - \*Numerous office locations across Long Island and New York City.
  - Phone: (844) 875-CARE (2273) -- for help in finding a Northwell Health Physician Partners doctor, and to make an appointment.
  - URL: (<https://www.northwell.edu/physician-partners/doctors>)



From website: Northwell Health Physician Partners provides exceptional, comprehensive and quality clinical care to patients, families and communities through an integrated approach and with a commitment to exceeding customer expectations.

**Stony Brook University Hospital**

101 Nicolls Road

Stony Brook, NY 11790

Phone: (631) 689-8333

URL: ([www.stonybrookmedicine.edu/sbuh](http://www.stonybrookmedicine.edu/sbuh))

From website: the doctors at Stony Brook Medicine strive for expert and compassionate care, at every level and in every department. The premier services address major diagnoses and offer complex treatment, including clinical trials and the very latest technology. These multi-disciplinary centers of excellence — which means doctors from different specialties work together — have achieved regional and national distinction, led by best-in-field physicians offering the most advanced medicine available.

- Stony Brook Advanced Special Care: Nephrology (Stony Brook Internists/Technology Park)

26 Research Way

East Setauket, NY 11733

Phone: (631) 444-0580

- Stony Brook Children's: Division of Pediatric Nephrology & Hypertension

Phone: (631) 444-KIDS

URL:

(<https://www.stonybrookchildrens.org/specialties-services/pediatric-specialties/pediatric-nephrology>)

- Advanced Pediatric Care
  - 600 Main Street, Suite A  
Center Moriches
  - 500 Commack Road, Suite 104  
Commack
  - 37 Research Way  
East Setauket
- Stony Brook Pediatric Hypertension Center
  - Technology Drive  
East Setauket
- Stony Brook Pediatric Kidney Transplantation



## **Kidney Disease**

- 24 Research Way  
East Setauket

From website: the Division of Pediatric Nephrology and Hypertension at Stony Brook Children's offers the most advanced care for children with kidney diseases and high blood pressure in Suffolk County. They are the only Suffolk County hospital to perform renal transplants and dialysis for children, and are one of the largest pediatric nephrology programs on Long Island.

- Stony Brook: Kidney Transplantation Services (Adult & Pediatric)

Phone: (631) 444-2209 (Main Office)

Phone: (631) 444-1656 (Pre-Transplant Appointments)

Phone: (631) 444-9208 (Post-Transplant Appointment)

URL: (<https://www.stonybrookmedicine.edu/patientcare/transplant>)

From website: Stony Brook Medicine provides a unique combination of research, teaching, and healing. As part of the State University of New York, Stony Brook Medicine is not only a teaching hospital and medical school, but is home to the longest active transplant program on Long Island.

As part of a major academic medical center, they're constantly expanding their scope of knowledge through research. Patients benefit from the latest advances - improvements ranging from aggressive organ selection processes to the latest post-transplantation medications to reduce complications.

- Stony Brook Southampton Hospital

- Hospital

240 Meeting House Lane

Southampton NY 11968

Staff: Gaylord T Hoffert, MD; Sharmini Jayamaha, MD; Louis Spiegel, MD

Phone: (631) 726-8200

- Meeting House Lane Medical Practice: Nephrology

325 Meeting House Lane

Building 2, 1st Floor, Suite 301

Southampton, New York 11968

Staff: Gaylord T. Hoffert, MD; Louis R. Spiegel, MD

Phone: (631) 283-4048

URL:

(<https://southampton.stonybrookmedicine.edu/services/meeting-house-lane-medical-practice>)



**Kidney Disease**

**Suffolk Nephrology Associates**

340 Howells Road, Ste. A

Bay Shore, NY 11706

Staff: William Martin Frank, MD; Sudhir Goyal, MD; Stephen R. Bernhardt, MD.

Phone: (631) 666-2808

URL: (<https://goodsamaritan.chsli.org/doctors/william-martin-frank-md>)

URL:

(<https://www.northwell.edu/find-care/find-a-doctor/nephrology/dr-william-m-frank-md-11307376>)

**Suffolk Nephrology Consultants P.C.**

2500 Route 347, Bldg. #14A

Stony Brook, NY 11790

Staff: Mitchell G. Kirsch, MD; Brooke C. Moore, MD; Nicolae S. Caraiani, MD; Horia L. Vlase, MD; Claudio Martincic, DO; Rupesh Mehta, MD.

Phone: (631) 689-7800

URL: ([www.suffolknephrologyconsultants.com](http://www.suffolknephrologyconsultants.com))

From website: Suffolk Nephrology Consultants offers a number of services including the diagnosis and treatment of acute and chronic kidney disease and dialysis related care (including in center hemodialysis, home hemodialysis and peritoneal dialysis). They offer treatment of renal osteodystrophy, secondary hyperparathyroidism and vitamin D deficiency (abnormalities of Calcium, Phosphorus and vitamin D metabolism), electrolyte (Sodium, Potassium) fluid imbalances, kidney stones, proteinuria (loss of protein in the urine) and hematuria (blood in the urine). They offer management of resistant hypertension and evaluation of white coat syndrome, as well as provide post kidney transplantation and kidney ultrasound.

Suffolk Nephrology Consultants works with a number of dialysis centers in Suffolk County. It is currently affiliated with the following hospitals: John T. Mather Memorial Hospital, St. Catherine of Siena Medical Center and St. Charles Hospital.

**Winthrop: Division of Nephrology & Hypertension**

Phone: (866) WINTHROP (1-866-946-8476)

From website: The Division of Nephrology and Hypertension provides inpatient and outpatient kidney dialysis treatment for patients on hemodialysis and peritoneal dialysis, as well as continuous renal replacement therapies for hospitalized patients with various kidney disorders. Inpatient dialysis and continuous renal replacement therapy is provided at NYU Winthrop Hospital. Outpatient hemodialysis care is provided at the Mineola Dialysis Unit, Bethpage Dialysis Unit, Sun Harbor Dialysis Unit and Glen Gariff Dialysis



**Kidney Disease**

Unit. They also have a home dialysis program with peritoneal dialysis and home hemodialysis available through their unit in Mineola.

For those patients who develop kidney failure, the aim of the kidney health program is to help them obtain a kidney transplant through the transplant program at NYU Winthrop Hospital on Long Island, NY.

- NYU Winthrop Hospital: Winthrop Nephrology Associates  
530 Hicksville Rd. 200 Old Country Rd., Ste. 135  
Bethpage, NY 11714 Mineola, NY 11501  
Phone: (516) 663-2169 Phone: (516) 663-0333

Staff: John Maesaka, MD; Naveed Masani, MD; Nobuyuki Miyawaki, MD; Shayan Shirazian, MD; James Drakakis, DO; Minesh Khatri, MD; Karen Lally, NP.

Phone: 1 (866) WINTHROP (1-866-946-8476)

Phone: (516) 663-2169

URL: (<http://www.winthrop.org/nephrology-center>)

& (<https://nyuwinthropmedicalaffiliates.org/nephrologists/>)

From website: The Division of Nephrology at NYU Winthrop Hospital is dedicated to providing the highest quality care for patients with kidney disorders, helping to maintain their health and well-being, and carrying out research focusing on improving the care of patients with kidney disease.

Winthrop Nephrology Associates offers a wide array of services including the treatment of kidney disease, hypertension (primary and secondary causes), kidney stones (prevention, diagnosis and treatment), disorders of sodium, potassium and calcium, medication-induced kidney disease, kidney disease related to cardiac disorders, etc. They offer pre-transplant evaluation and post-transplant follow up.

Winthrop Nephrology Associates has a combined transplant program with the Kidney Transplant Program at Columbia University Medical Center, and has an academic affiliation with Stony Brook School of Medicine.

- Winthrop Center for Children's Kidney and Bladder Disorders  
(Winthrop Child Neurology Associates & Pediatric Nephrology)  
173 Mineola Blvd, Suite 101  
Mineola, NY 11501  
Staff: Manju Chandra, MD, FAAP  
Director, Pediatric Nephrology  
Phone: (516) 663-9494  
URL: (<http://www.winthropeds.com/specialties/pediatric-nephrology>)



## **Kidney Disease**

### **WHAT IS THE DIFFERENCE BETWEEN A UROLOGIST AND A NEPHROLOGIST?**

Urologists and nephrologists both treat kidney problems. Urologists are surgical specialists who focus on anatomical or structural disorders of the kidneys and urinary tract. They treat problems such as kidney stones, kidney blockages, and kidney cancer. Urologists are qualified to perform surgery and outpatient medical procedures to correct such conditions. Nephrologists are medical specialists who focus on disorders that affect the way the kidneys work such as diabetes and chronic kidney disease. Nephrologists prescribe nonsurgical medical treatments for these disorders.

URL: (<http://uroassociates.com/what-is-the-difference-between-a-urologist-and-a-nephrologist/>)

### **UROLOGISTS**

#### **Advanced Urology Centers of New York**

From website: Doctors at Advanced Urology treat all urologic diseases and conditions, including enlargement of the prostate causing lower urinary tract symptoms, urinary incontinence, overactive bladder, painful urination, excessive nighttime urination disrupting sleep cycle, urinary tract infections, blood in the urine, elevated PSA, kidney and bladder stones, prostate cancer, sexual dysfunction including impotence, vasectomy and cancers of the kidney, bladder, ureter, testicles and more. They have multiple convenient locations throughout Suffolk County, as well as in Nassau County, Rockland County, Westchester County, the Bronx and Manhattan.

URL: (<https://www.aucofny.com/locations/suffolk/>)

- Amityville Division  
155 Broadway  
Amityville, NY 11701  
Staff: Marc A. Schumer, MD, FACS  
Phone: (631) 598-5500
- Centereach Division  
23 South Howell Avenue, Suite K  
Centereach, NY 11720  
Staff: Michael W. Kleeman, DO, FACS  
Phone: (631) 473-1178
- East Patchogue Division  
250 Patchogue Yaphank Road, Suite 15  
East Patchogue, NY 11772  
Staff: Manuel E. Grinberg, MD, FACS





**Kidney Disease**

Phone: (631) 475-5335

- Northport Division  
351 Fort Salonga Road  
Northport, NY 11768  
Staff: Francis G. Martinis, MD, FACS; Eric I. Mitchnick, MD, FACS  
Phone: (631) 427-5800
- Patchogue Division  
286 Sills Road, Suite 6  
Patchogue, NY 11772  
Staff: Daniel Han, MD  
Phone: (631) 289-5100
- Port Jefferson Station Division  
5400 Nesconset Highway  
Port Jefferson Station, NY 11776  
Francis G. Martinis, MD, FACS; Eric I. Mitchnick, MD, FACS  
Phone: (631) 474-3000
- Smithtown North Division  
48 Route 25A, Suite 201  
Smithtown, NY 11787  
Staff: Harvey Gutman, MD, FACS  
Phone: (631) 862-3700
- Smithtown South Division  
373 Route 111, Suite 7  
Smithtown, NY 11787  
Staff: Alexander Epelbaum, MD, FACS; Thomas G. Harrington, MD, FACS; Howard S. Lynn, MD  
Phone: (631) 360-7450
- Stony Brook Division  
2500 Nesconset Highway, Building 21A  
Stony Brook, NY 11790  
Staff: Daniel Han, MD  
Phone: (631) 751-4000



**Kidney Disease**

- West Islip Division (Eastern Office)  
747 Montauk Highway  
West Islip, NY 11795  
Staff: Joseph Fisch, MD, FACS; Rajiv Saini, MD  
Phone: (631) 587-5444
- West Islip Division (Western Office)  
747 Montauk Hwy.  
West Islip, NY 11795  
Staff: Joseph Fisch, MD; Rajiv Saini, MD  
Phone: (631) 587-5444

**Catholic Health Services: Urology**

Phone: (855) CHS-4500 (855-247-4500) – call to speak with a physician referral specialist.  
Catholic Health Services works with numerous Urology specialists located throughout Suffolk and Nassau Counties.

**Integrated Medical Professionals, PLLC**

48 Route 25A - SCMOB Ste. 201  
Smithtown, NY 11787  
Staff: [Harvey Gutman, MD](#)  
Phone: (631) 862-3700

**Island Urological Care**

373 Route 111, Ste. 7  
Smithtown, NY 11787  
Staff: [Alexander Epelbaum, MD](#); Thomas Harrington, MD; Howard Lynn, MD  
Phone: (631) 870-3444

**Pediatric Urology Associates**

- Lake Success Office  
1999 Marcus Avenue, M18  
Lake Success, NY 11042  
Phone: (516) 466-6953
- Commack Office  
353 Veterans Highway, Ste.104  
Commack, NY 11725  
Phone: (631) 498-1344



**Kidney Disease**

- Riverhead Office  
400 Old Country Road, Ste.16  
Riverhead, NY 11901  
Phone: (516) 466-6953  
URL: (<http://www.pedsurology.com/>)

From website: Pediatric Urology Associates is a group of physicians who specialize in the care of children and adolescents with urologic and gynecologic problems. They offer a broad range of services to patients, including the evaluation and treatment of problems such as: abnormal urination, wetting (day and night), neurogenic bladder, Spina bifida complications, blood in the urine (hematuria), prenatal diagnosis of urinary obstructions (hydronephrosis), trauma/injury to any part of the urogenital system, disorders of sexual differentiation (intersex disorders), cystic kidney diseases, absent kidney, malformations and obstructions, tumors and cancer, and more.

**Scott Press, MD**

635 Belle Terre Rd.  
Port Jefferson, NY 11777  
Phone: (631) 591-3120

**Richard A Schoor, MD, PC**

285 East Main Street, Ste. 207  
Smithtown, NY 11787  
Phone: (631) 326-6036

**Marc Schumer MD**

155 Broadway  
Amityville, NY 11701  
Phone: (631) 598-5500

**Stony Brook Children's: Pediatric Urology**

Phone: (631) 444-6270 – call to make an appointment at any of the locations listed below

- Advanced Pediatric Care
  - 600 Main Street, Ste. A  
Center Moriches, NY 11934
  - 500 Commack Road, Ste. 201  
Commack, NY 11725
  - 225 West Montauk Highway  
Hampton Bays, NY 11946



**Kidney Disease**

- o 450 Waverly Avenue  
Patchogue, NY 11772
- Stony Brook Urology  
24 Research Way, Ste. 500  
East Setauket, NY 11733

URL:

(<https://www.stonybrookchildrens.org/specialties-services/pediatric-specialties/pediatric-urology>)

From website: Part of Stony Brook's Department of Urology, the Department of Pediatric Urology at Stony Brook Children's Hospital provides highly specialized care for children with medical issues related to the urinary and reproductive systems. As a regional leader, Stony Brook is the only hospital in Suffolk County to offer advanced pediatric urologic procedures such as hypospadias repair surgery, complex reconstructive surgery, and minimally invasive and robotic surgery.

**Stony Brook: Urology**

Various locations in Suffolk County

Phone: (631) 444-6270 option 2

URL: ([www.stonybrookmedicine.edu/patientcare/urology](http://www.stonybrookmedicine.edu/patientcare/urology))

**Suffolk Urology**

332 East Main St.

Bay Shore, NY 11706

Staff: Daniel Kim, MD; Lorraine Liang, MD; Edward Loizides, MD; Aaron Woodall, MD

Phone: (631) 665-3737

**Urological Associates Long Island**

635 Belle Terre Rd, Ste. 201

Port Jefferson, NY 11777

Staff: Carl Mills, MD

Phone: (631) 509-4802



## ASSOCIATIONS

### **American Association of Kidney Patients**

AAKP

14440 Bruce B. Downs Blvd.

Tampa, FL 33613

813-636-8100

[info@aakp.org](mailto:info@aakp.org)

URL: (<https://aakp.org/>)

The American Association of Kidney Diseases (AAKP) is focused on providing support services to the patients and families of those affected by kidney disease. AAKP focuses on three main functions, education, advocacy, and providing a community of support.

### **American Kidney Fund**

American Kidney Fund

11921 Rockville Pike, Suite 300

Rockville, MD 20852

800-638-8299

[helpline@kidneyfund.org](mailto:helpline@kidneyfund.org)

URL: (<http://www.kidneyfund.org/>)

The American Kidney Fund is a non-profit organization that helps patients of kidney disease by providing programs and services; including financial assistance, education programs. The fund also contributes to clinical research to help improve outcomes for kidney disease patients. Additionally the organizations represents those suffering from kidney disease by advocating for legislation and governmental policies that will improve their overall quality of life.

### **American Society of Nephrology**

American Society of Nephrology

1510 H Street, NW

Suite 800

Washington, DC 20005

202-640-4660

[email@asn-online.org](mailto:email@asn-online.org)

URL: (<https://www.asn-online.org/>)

The mission of the American Society of Nephrology (ASN) is to prevent, treat, and ultimately cure kidney diseases. The society provides education to health professionals and scientists through the dissemination of new information related to kidney disease.



## **Kidney Disease**

The association helps to advocate for resources for the practice of nephrology and recruits new professionals to continue the mission of finding a cure.

### **National Institute of Diabetes and Digestive and Kidney Diseases**

NIH Headquarters  
9000 Rockville Pike  
Bethesda, MD 20892  
1-800-860-8747

[healthinfo@niddk.nih.gov](mailto:healthinfo@niddk.nih.gov)

URL: (<https://www.niddk.nih.gov/>)

The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) is part of the National Institutes of Health (NIH). They NIDDK focuses on supporting and conducting biomedical research as well as providing information to patients, families and the public.

### **National Kidney Foundation**

National Kidney Foundation  
30 East 33rd Street  
New York, NY 10016  
Phone: 1-800-622-9010

[info@kidney.org](mailto:info@kidney.org)

URL: (<https://www.kidney.org/>)

The National Kidney Foundation (NKF) approaches kidney disease from a holistic care perspective. The organization engages in research, advocacy and patient education in order to enhance awareness, prevention and treatment of kidney disease.

## **DVDS**

“Chronic kidney disease: are you at risk?” *Healthy body, healthy mind*. Ana Cristina Lerner, executive producer, Season 9, episode 6, Information Television Network, 2006.

Chronic kidney disease may not get as much attention as diabetes, but it's nearly as common - affecting one out of every nine adults. In today's program, we discover who is most at risk and trace the progression of the disease from onset to life-threatening kidney failure. We also hear first-hand what life is like for patients who depend on dialysis.

“Kidney cancer: new treatments bring new hope.” *Discovery Health CME*. Hosted by Rea Blakey, Episode 19, Discovery Channel, 2008.

## **Kidney Disease**

There are approximately 55,000 new cases of kidney cancer each year and merely 13,000 resulting deaths. Most kidney cancers are found in males over the age of sixty-five. There are several treatment methods for mild and aggressive kidney cancer patients. The program reviews the treatment method and side effects for each case.

### **EBOOKS**

Jackson, Helena. Eating well for kidney health: a practical guide and cookbook. Cork: Class Health, 2008. 9781859592045. Adobe EPub ebook.

This book is about good food, good drink and good health. It is full of simple, quick and great-tasting recipes for people with chronic kidney disease (CKD) and their families. It offers advice on choosing meals, showing you step-by-step what to look for in takeaways and pre-packaged foods. There are also over 50 delicious and attractive recipes, from quick snacks to special occasion meals. There is also practical advice to help you to adapt your favorite dishes in a kidney-friendly way.

Rogers, Karen. The kidneys and the renal system. New York, NY; Britannica Educational Publishing, 2011. 9781615307395. Adobe EPub ebook.

"Responsible for managing the body's waste and regulating the balance of water and electrolytes, the kidneys and renal system, in a sense, make up the body's plumbing network. When any part of the system fails or does not function properly, the body may be subject to unnatural concentrations of certain substances, causing illness or even death. This volume examines the various components of the renal, or urinary, system, and the consequences of dysfunction and disease."

Schmitz, Paul G. Renal: an integrated approach to disease. New York, N.Y.: McGraw-Hill Education, 2011. 9780071784986. Adobe EPub ebook.

This beautifully illustrated book seamlessly integrates the core elements of cell biology, anatomy, physiology, pharmacology and pathology, with clinical medicine. It skillfully bridges the gap between the science and practice of medicine.



## **SOCIAL MEDIA**

Connect with others interested in vascular disease.  
Social media sites are NOT reliable sources for medical information.

### **American Heart Association:**

“The American Heart Association is the nation’s oldest and largest voluntary organization dedicated to fighting heart disease and stroke.”

Facebook: <https://www.facebook.com/AmericanHeart>

Instagram: [https://www.instagram.com/american\\_heart/](https://www.instagram.com/american_heart/)

Pinterest: <https://www.pinterest.com/americanheart/>

Twitter: @American\_Heart

YouTube: <https://www.youtube.com/user/americanheartassoc>

### **AMPA: American Podiatric Medical Association**

“Podiatrists: First Responders for Vascular Disease”

Facebook: <https://www.facebook.com/theAPMA>

Google+ <https://plus.google.com/+APMAorgCommunity>

Pinterest: <https://www.pinterest.com/theapma/>

Twitter: <https://twitter.com/APMA>

YouTube: <https://www.youtube.com/user/TheAPMA>

### **The Circulation Foundation:**

“The Circulation Foundation is the only UK Vascular charity, dedicated to vascular health.”

Facebook: <https://www.facebook.com/Circulation-Foundation-199665386717479/>

Twitter @CircFoundation

### **Heart & Vascular Institute (Miller Family) at Cleveland Clinic**

“The latest information about heart & vascular disorders, treatments, tests and prevention from the No. 1-ranked heart program in the United States.”

Facebook : <https://www.facebook.com/ClevelandClinic/>

Instagram: <https://www.instagram.com/clevelandclinic/>

Pinterest: <https://www.pinterest.com/clevelandclinic/>

Snapchat: <https://www.snapchat.com/add/clevelandclinic>

Twitter: @clevelandclinic

YouTube: <https://www.youtube.com/user/clevelandclinic>





### **Journal of Vascular Surgery**

“Journal of Vascular Surgery is dedicated to the science and art of vascular surgery and aims to be the premier international journal of medical, endovascular and surgical care of vascular diseases.”

Facebook: <https://www.facebook.com/TheJVascSurg/>

RSS feed: <http://www.jvascsurg.org/content/rss>

YouTube: <https://www.youtube.com/channel/UC-1ymCXIKsUJeC9ivgkqNw>

### **My Leg My Choice Foundation**

“My Leg My Choice Foundation is a 501(c)(3) non-profit foundation committed to educating patients who are at risk for foot, leg or lower leg extremity amputations due to diabetes and/or Peripheral Artery Disease (P.A.D.).”

Facebook: <https://www.facebook.com/mlmc.org>

Google+: <https://plus.google.com/+MylegmychoiceOrg>

Instagram: <https://www.instagram.com/mylegmychoice/>

Twitter: <https://twitter.com/MyLegMyChoice>

### **Raynaud’s Association**

“The Raynaud’s Association is a national non-profit (501c3) organization whose mission is to provide support and education to the millions of sufferers of Raynaud’s Phenomenon, an exaggerated sensitivity to cold temperatures.”

Facebook: <https://www.facebook.com/raynaudsassociation/>

Pinterest: <https://www.pinterest.com/raynaudsassoc/>

Twitter: @raynaudsorg

### **Society for Vascular Surgery**

“The Society for Vascular Surgery® (SVS) is a not-for-profit professional medical society, composed primarily of vascular surgeons, that seeks to advance excellence and innovation in vascular health through education, advocacy, research and public awareness.”

Facebook: <https://www.facebook.com/VascularHealth/>

Twitter: <https://twitter.com/vascularsvs?lang=en>

YouTube: <https://www.youtube.com/user/SVSCchannel>



### **Vascular Cures**

“Our mission is to innovate patient-centered research, catalyze breakthrough collaborations and empower people in their vascular health journey”

Facebook: <https://www.facebook.com/VascularCures/>

Twitter: [https://twitter.com/VascularCures?ref\\_src=twsrc%5Etfw](https://twitter.com/VascularCures?ref_src=twsrc%5Etfw)

YouTube: <https://www.youtube.com/user/VascularResearch>

### **Hashtags:**

Search for relevant content on social media with the following hashtags:

#aneurysm

#DocsInSocks

#DVT

#EndovascularTherapy

#NCVH

#PAD

#PADAwareness

#peripheralarterydisease

#Raynauds

#stroke

#thrombosis

#vascular

#vasculardisease

#VascularDiseaseAwareness

#VaricoseVeins