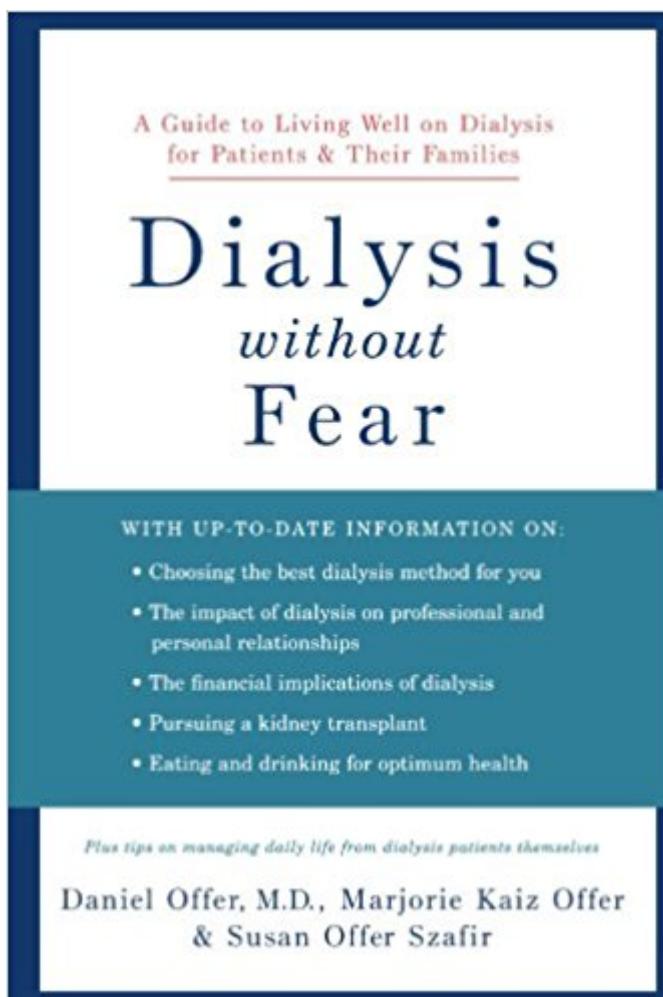


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# Dialysis Without Fear: A Guide To Living Well On Dialysis For Patients And Their Families



## Synopsis

More than 400,000 people in the United States undergo kidney dialysis. If you or a member of your family are one of them, then the prospect of a regular appointment with a dialysis machine may seem like the end of life itself. But that reaction couldn't be more wrong. In *Dialysis Without Fear*, psychiatrist and dialysis patient Dr. Daniel Offer joins with his wife, Marjorie Kaiz Offer, and daughter, Susan Offer Szafir, to reveal how life can be lived--and lived well--on dialysis. Drawing on his long medical career and more than seven years of personal experience with dialysis, Dr. Offer dispels many misconceptions surrounding this treatment, explaining how you can adapt to the new diet, travel, work and continue to partake in life's joys and celebrations. But the fears and hardships can be quite real, and Dr. Offer brings his years as a psychiatrist to bear as he provides practical advice on how patients can overcome them. Walking through each step of dialysis, he explains different types of treatment, examines the pros and cons of a transplant, and discusses side effects. Since dialysis affects the entire family, Dr. Offer and his coauthors also provide realistic insights into how relatives can cope and thrive together, sharing the humor, courage, and triumphs of real families who have successfully faced the challenges of dialysis. The result is an inspiring, practical guide that will help you and your family learn to overcome the difficulties of dialysis, live without fear, and enjoy every day.

## Book Information

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## Customer Reviews

"Dialysis without Fear approaches the problem of kidney failure from multiple perspectives—that of

patients, family members, and to a lesser extent the health care team. While describing in detail the nearly meteoric impact of kidney failure and ongoing need for dialysis to stay alive, the authors highlight healthy coping mechanisms for dialysis patients and their families. The book has a pervasive air of optimism, love of life and acceptance. It attempts to teach one how to strike a balance between realistic constraints and enjoying life fully. While imparting a wealth of factual information, invaluable to patients new to dialysis, it celebrates the life-saving value of renal replacement therapies. Anyone involved in the field of dialysis in any capacity stands to gain knowledge, compassion and a deeper understanding of what patients and their loved ones are going through by reading this insightful book."--Orly F. Kohn MD, FACP, Director of Dialysis Program, University of Chicago"An informative and insightful introduction to what everyone whose kidneys have failed should know. Written by medical experts receiving treatment for kidney failure or with a family member who is, the personal tone and contents of this book will educate and inspire anyone facing kidney dialysis or transplantation to lay the groundwork needed to face the challenges that lie ahead."--Garabed Eknoyan, MD, Baylor College of Medicine, Founding Co-Chair, Kidney Disease Outcomes Quality Initiative and Former President of the National Kidney Foundation

Daniel Offer, M.D., is a Professor of Psychiatry and Behavior Sciences at Feinberg School of Medicine at Northwestern University. The author of sixteen books and 200 scientific articles, he has been on dialysis since 1999. Marjorie Kaiz Offer is a Research Assistant in the Department of Psychiatry and Behavior Sciences at the Feinberg School of Medicine, and is married to Daniel Offer. Susan Offer Szafir is a freelance writer and marketer, and is the daughter of Daniel and Marjorie.

Helped us both immensely. The truth about dialysis and its challenges.

Fantastic information for someone new to dialysis . Also great for others to know and understand what the person may think and the answers.

A lot of information...book was in great condition like it alot

My husband has been on dialysis approximately 9 mos.....although we have had no major problems it was a completely new and different experience. I wish I had had this book from the very

beginning. Nevertheless I found it extremely helpful and beneficial. It provides factual information that is written in language that is not overly technical and easy to understand. I highly recommend it for anyone embarking on this journey.

The book was minimally helpful. The information was pretty general, and had very little directly useful information.

A good place to start for patients and their families. Ideally you read this book before starting dialysis. Tips on how to interact with your care providers, taking control of lifestyle choices and dealing with emotional fallout that is inevitable with this life changing treatment. Answers questions you didn't know you need to ask. Education is the key to understanding physical changes and taking charge of your treatments. Sections for spouse/partner/children and others helpful too. Clear language balances technology and lay terms.

Written by a doctor who is also a dialysis patient and his wife and grown daughter, this book has a conversational tone and contains a wealth of information. Sometimes it's a bit wordy (I don't really care where the interview of a particular contributor occurred, for example) but the authors have spoken to actual patients and their care-givers about the reality of living with dialysis. They talk about the differences in the types of dialysis, and the special dietary needs for each. They provide an insider's look at a dialysis clinic, and offer advice on advocating for yourself and your needs as a patient. The authors don't pull any punches or sugar-coat the truth about the difficulties and adjustments to lifestyle that a new dialysis patient will have to make. At the same time, however, it is obvious that you can live--and live well--with dialysis. I would highly recommend this book to anyone who is facing dialysis or who cares for someone on dialysis.

Bought this book for my mom when she started dialysis. She said having reading material that explained how she was going to feel to what to expect for her treatments helped to make the process less scary.

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