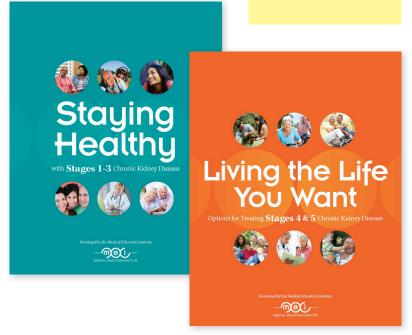


Empower Patients to Slow CKD

Available in English, Spanish, and Vietnamese*.

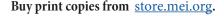
Control blood pressure and blood sugar. Quit smoking. Avoid NSAIDs. Stay active. Ask for precautions for X-ray dye tests... You share many of these steps with your patients repeatedly at each clinic visit. Reinforce your advice and teaching with reassuring, evidence-based take-home booklets. Colorful and appealing, these booklets are written at the 6th grade reading level, grounded in motivational theory, and reviewed by multidisciplinary experts. Both the CKD 3 and 4-5 booklets cover coping with a CKD diagnosis, what kidneys do, CKD stages, symptoms, lab tests, medications, and diet. The CKD 4-5 booklet also includes treatment options for ESRD.



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Give Your Patients Options

PD or HD? Home or in-center? Chronic life support or hospice? How about transplant? Travel? Can I still work? Patients with ESRD have a lot of questions, can be easily overwhelmed, and need a comforting source of trustworthy information.

Encourage your patients and help them to make informed decisions about treatment based on their own values. Grounded in motivational theory, and reviewed by multidisciplinary experts, this booklet reinforces your advice and teaching with reassuring, evidence-based education that prioritizes quality of life and hope. Vibrant and patient-focused, *Choosing My Future with Kidney Failure* is written at a 6th grade reading level and includes topics such as vascular/peritoneal accesses, seven ways to do dialysis—including home therapies, kidney transplant, and medical management without dialysis or transplant (comfort care).



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