



Kidney Q&A

4-12 months

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Q: How can I keep up with the latest medical developments?

A: Like any other medical field, new dialysis equipment and treatments are being studied all the time. Some of these breakthroughs might be options for you.

Staying up-to-date: Newspapers, health shows on TV, and kidney magazines at your clinic are some places where you can find medical news. The Internet is also a source for information on studies you can take part in, kidney health, and new technology.

Be cautious: Some promising research doesn't end up working out. And some treatments that claim to help—or even cure—kidney problems may actually cause harm. It's good to stay on top of new developments, but before you try any new treatment, talk to your doctor.

What *I* can do to learn about new kidney disease treatments:

- Watch for kidney stories in the newspaper and magazines, and ask my family and friends to send me articles they find.
- Tell my doctor and care team that I want to know about new treatments, so they can tell me what they learn.

Use the Internet to search for news. Ask a friend or family member to help me or go to the library if I don't have a computer at home.

- Search Clinical Trials (www.clinicaltrials.gov) for studies on my condition, dialysis, transplant, etc.
- Visit MedlinePlus, a consumer site from the National Library of Medicine (www.medlineplus.gov).
- Visit RenalWEB (www.renalweb.com), the Nephron Information Center (www.nephron.com), or HDCN (www.hdcn.com/ch/pat/). Some parts of this site are free.
- Visit Home Dialysis Central at www.homedialysis.org for news about different forms of home dialysis.