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Nutrition and Kidney Disease: A New Era

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Contributions to Nephrology

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Nutrition and Kidney Disease: A New Era

Volume Editors

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Contributions to Nephrology

(Founded 1975 by Geoffrey M. Berlyne)

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Contents

VII Preface

1 Nutritional Status, Psychological Issues and Survival in Hemodialysis Patients

Cohen, S.D.; Kimmel, P.L. (Washington, D.C.)

18 Body Protein Index Based on Bioelectrical Impedance Analysis Is a Useful New Marker Assessing Nutritional Status: Applications to Patients with Chronic Renal Failure on Maintenance Dialysis

Nakao, T.; Kanazawa, Y.; Nagaoka, Y.; Iwasawa, H.; Uchinaga, A.; Matsumoto, H.; Okada, T.; Yoshino, M. (Tokyo)

29 Nutritional Assessment by a New Method for Patients with Renal Disease

Kanno, Y. (Saitama); Sasaki, S. (Tokyo); Suzuki, H. (Saitama)

40 Protein Intake of More than 0.5g/kg BW/Day Is not Effective in Suppressing the Progression of Chronic Renal Failure

Ideura, T.; Shimazui, M.; Morita, H.; Yoshimura, A. (Yokohama City)

50 Diet Therapy in Diabetic Nephropathy

Maeda, Y.; Shiigai, T. (Ibaraki)

59 Nutritional Therapy for Patients Undergoing Hemodialysis

Kumagai, H. (Shizuoka)

72 Diet Therapy in Patients Receiving Peritoneal Dialysis

Kanno, Y. (Saitama)

82 Diet Therapy after Kidney Transplantation

A Comparative Debate between Japan and Western Countries

Nishi, S.; Gejyo, F.; Saito, K.; Nakagawa, Y.; Takahashi, K. (Niigata City)

90 Sodium and Kidney Disease

Suzuki, H.; Takenaka, T.; Kanno, Y.; Ohno, Y. (Saitama); Saruta, T. (Tokyo)

102 Dietary Protein Intake and Kidney Disease in Western Diet

Pecoits-Filho, R. (Curitiba)

113 Phosphate Restriction in Diet Therapy

Takeda, E.; Yamamoto, H.; Nishida, Y.; Sato, T.; Sawada, N.;

Taketani, Y. (Tokushima)

125 Salt and Excess Food Intake Produced Diabetic Nephropathy in Japan

Takane, H.; Kanno, Y.; Ohno, Y.; Sugahara, S.; Suzuki, H. (Saitama)

136 Author Index

137 Subject Index

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Preface

Over the last decade, it has become clear that lowering blood pressure with renin-angiotensin inhibitors has become one of the sophisticated maneuvers for preventing progression of renal dysfunction in patients with chronic kidney disease (CKD). It is also however well-known that the daily diet plays an important role in the preservation and integrity of renal function in patients with CKD. However, there is currently controversy and confusion regarding the correct dietary prescription for individual CKD patients, in part because the Modification of Diet in Renal Disease (MDRD) study may be interpreted as showing that a low-protein diet does not have a major effect on the course of renal dysfunction. In addition, there is limited information regarding optimal diets for patients with different kidney diseases at different stages of disease.

To resolve this dilemma, researchers are developing frameworks for an appropriate dietary program which will significantly alter the understanding of the role of diet and, eventually, have important implications for the practice of nephrology. This publication provides an update on both laboratory and clinical research, including nutritional status and its assessment, and nutritional therapy in various CKD settings. It is the result of work by an international group of authors from three continents. The individual chapters examine the role of sodium, protein and phosphate in the diet, and concern patients with diabetic nephropathy, patients with CKD at early stages as well as those treated with hemodialysis, peritoneal dialysis and transplantation. Formats range from traditional reviews to up-to-the-minute research reports.

Part of a long-standing and continuing effort to improve patient outcomes, this book provides both a fundamental understanding of dietary therapies as

well as practical and up-to-date summaries of current knowledge and technology. It will therefore be a helpful tool for clinicians working with patients with CKD.

We deeply appreciate the contributions of all the authors. We acknowledge that the wisdom is theirs and the mistakes are our own. Obviously, much work still needs to be done, and one of the goals of this book is to stimulate further research in this area, in which so many sub-disciplines of medical science are involved.

We wish to express our appreciation to our many associates and colleagues, who, in their particular fields, have helped us with constructive criticism and helpful suggestions. This book could not have been produced without the dedicated help of our co-workers in the editorial offices of all the contributors. Finally, we continue to be indebted to the staff of Karger Publishers.

We dedicate this book to our patients and the clinicians who care for them.

Hiromichi Suzuki
Paul L. Kimmel