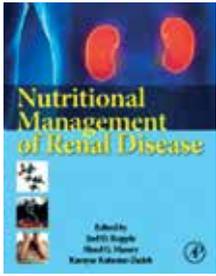


## Book review

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**Review by: Tania Burns, Renal Transplant Recipient Coordinator, Renal Department, and Maria Chan, Renal Dietitian, Department of Nutrition and Dietetics, St George Hospital, Kogarah, NSW**

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### Nutritional Management of Renal Disease Third Edition

Edited by Joel D Koppel, Shaul G Massry and Kamyar Kalantar-Zadeh

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*Nutritional Management of Renal Disease* was first published in 1997, and again in 2004. It is a scholarly resource written primarily for renal physicians, dietitians and nurse practitioners. The editors are all senior renal physicians and researchers and the 87 chapter authors are mostly American medical doctors, dietitians and academics with some contributions from Australia and Europe. The chapter on nutritional management of kidney transplant recipients has been written by two Australians, Maria Chan, a dietitian from St George Hospital, Sydney and Steve Chadban, a nephrologist from Royal Prince Alfred Hospital, Sydney, based on their work writing the most recent *CARI Guidelines*.

Since the first edition of the book was published in 1997 there have been many advances in the treatment of renal disease, including the availability of renal replacement therapy, the prevalence of obesity and evidence regarding the effects of inflammatory and oxidative stress. The third edition has 46 chapters. Chapters 1–13 examine different aspects of nutrition in chronic kidney disease such as metabolism, inflammation and stress. Chapters 14–18 consider nutritional interventions that may slow the progression of chronic kidney disease. The remaining chapters cover topics such as electrolytes, vitamins and trace elements, obesity, renal replacement therapy, paediatric patient management, drug interactions and exercise training.

Each chapter has the format of a review of the most current research available on the subject. Findings of the research on each topic are presented including the different study parameters and results. There are almost 7000 references cited in the book, dating up to 2011. This does mean that it is not always an easy read, but the information presented is up-to-date and evidence-based.

As a reference book each chapter is a stand-alone resource that captures a detailed overview of the topic. As a transplant coordinator I found the chapter on the nutritional management of kidney transplant recipients a very helpful resource when writing patient educational material. There are some novel chapters discussing very specific areas of nutrition such as “Interdialytic parenteral nutrition, intraperitoneal nutrition and nutritional haemodialysis”; “The nutritional management of patients receiving continuous renal replacement therapy”; “Herbal supplements in patients with renal disease” and “Bariatric surgery and renal disease”. These are all relatively recent developments in the field of renal medicine, and it is interesting to note the smaller numbers of studies referenced in these chapters, indicating that there has not been as much research conducted in these areas.

This book is a helpful reference for any medical practitioner who is involved in writing protocols and developing clinical practice. Each chapter provides a synthesis of the most current research on any given topic and it would be a valuable asset for any renal department aiming to deliver evidence-based care.