

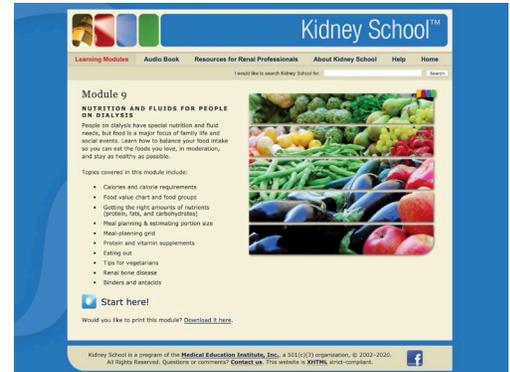
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MEI Updates Kidney School Nutrition Module



Madison, Wisconsin—The non-profit [Medical Education Institute \(MEI\)](http://Medical Education Institute (MEI)) has updated its most popular module—Nutrition and Fluids for People on Dialysis—of the award-winning Kidney School.

Launched in 2002, Kidney School offers free, tailored education for people with stages 4–5 chronic kidney disease (CKD). Sixteen interactive modules at the 6th grade reading level help patients and family members learn about kidney disease, treatment options, coping skills, lab tests, diet and nutrition, and much more. Each online module creates a Personal Action Plan. Audio files and PDFs in English and Spanish are also available.

The new **Module 9: Nutrition and Fluids for People on Dialysis** has been completely updated with new information about the value of eating real food, phosphorus absorption from food additives vs. meat and plants, graphics and photos, and brand-new meal plans and recipes (provided by Fresenius), and was reviewed by expert renal dietitians. Module 9 is generously supported through sponsorship by Baxter, Fresenius Kidney Care, and Vidafuel. A Spanish translation is coming soon.

MEI Executive Director Dori Schatell, MS, says easy-to-follow diet and nutrition information is essential to patient health and quality of life. *“We literally are what we eat, but fluid management and meal planning can be very complex on dialysis,”* says Schatell. *“MEI worked with several terrific dietitians to update this module with the latest evidence-based content. Our goal is to empower patients to safely enjoy healthy and satisfying foods.”*

About MEI: Founded in 1993, MEI is a national 501(c)(3) public charity dedicated to *helping people with chronic diseases learn to manage and improve their health*. MEI fulfills its mission by developing evidence-based education to empower patients, families, and health professionals; advocating for patient-centered policies; and doing research. MEI is funded through corporate sponsorships, fee-for-service contracts, product sales, and donations. Make a tax-deductible contribution through MEI's website: www.mei.org.

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