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MEI Releases Video Series on How to Have A Good Future with Kidney Disease

Madison, Wisconsin—The non-profit [Medical Education Institute \(MEI\)](http://meiresearch.org) has updated its video series [How to Have a Good Future with Kidney Disease](#). The videos accompany an updated [free, downloadable slide toolkit](#) to help professionals engage people at any stage of chronic kidney disease (CKD) in slowing progression, choosing a treatment for kidney failure (when appropriate), and setting life goals. The six-part series covers coming to terms with kidney disease, what kidneys do, slowing CKD, transplant, dialysis, lifestyle, and finances. Professionals can refer patients to the videos, or use the videos themselves to learn how to present the slides.

The new, 30-minute videos, are narrated by Mary Beth Callahan, a renal Social Worker at Dallas Transplant Institute, who has worked with both dialysis and transplant patients, authored numerous articles, presented on many topics, and received the National Kidney Foundation's Council of Nephrology Social Workers Robert W. Whitlock Lifetime Achievement Award in 2015.

In addition to narrating the video series, Callahan also uses the educational toolkit with the people she sees as a social worker. "I've been using *How to Have a Good Future with Kidney Disease* for some time now, and it has been a useful tool for patients with all stages of CKD. Because of having used the material, I was particularly glad to be able to narrate the videos," said Callahan. "The information included in the series is sound, easy to absorb, and can be effortlessly viewed again as needed to reinforce learning."

About MEI: Founded in 1993, MEI is a national 501(c)(3) non-profit organization dedicated to helping people with chronic diseases learn to manage and improve their health. MEI fulfills its mission by conducting research, developing evidence-based educational materials for consumers and health professionals, and advocating for patient-centered policies. MEI is funded through corporate sponsorships, fee-for-service contracts, product sales, and donations. Tax-deductible contributions can be made through MEI's website, www.meiresearch.org.