

A Review of

And Then I Saw a Rainbow: The Journey of a Dialysis Patient (December, 2010)

Author: Carole Imber Soloff

For many patients dealing with kidney disease, while a kidney transplant may be their ultimate solution, first they often have to survive on months and years of dialysis treatment. This book is not a textbook describing the technology of that life saving process, but rather an insight into the heart and soul of the author's almost two years on dialysis while she waited for a living donor to survive the testing and qualification that the donor must endure.

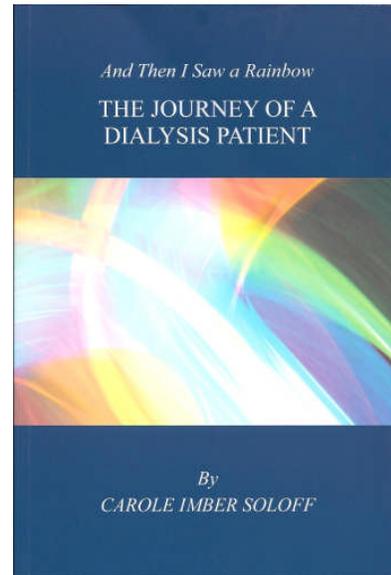
Carole is both an author (her first book, BALANCE, was published in 2007) and a poet and it is in the medium of prose and rhyme that she uniquely describes the ups and downs of life on dialysis. Her book is a quick read, taking this reviewer less than an hour to carefully follow the two year very personal journey of facing dialysis three times a week, followed by finally receiving a Good Samaritan's gift of a kidney that turns out to be an almost perfect match for her. Her prose is equally balanced with heartfelt poetry that provides a unique insight into her emotions as she endures the often painful procedures, with many hospital visits along the way. Carole is a self-described "survivor" as she writes, ***"In my darkest moments, I draw strength from a long line of survivors."*** We see her standing up for herself with dialysis center staff in a way too few can, but in doing so she lives to tell her story here. As she describes, ***"It was all in how you handled it (dialysis) and at times it took tough love to survive..."***

While shielding her family and friends from the pain and details that they can't fully understand, she finds a family of "comrades" in her fellow dialysis patients with whom she can share and be true friends, sharing the common bonds of their weekly visits for treatment together. With that relationship comes the sadness of loss as close friends pass over time. Throughout it all, using e-mails and phone calls when she is too weak to get out, she stays connected with her support circle. Four volunteers came forward to be tested, but in the end only that Good Samaritan, Carolyn Brumfield, survives the 14 months of the battery of psychological and physical testing to finally become her donor on April 29, 2009, and for that the author dedicates this second book to her.

The book includes several thank you letters and a poem to Carolyn before concluding with some deep reflections on her life changing experience in both prose and poetry, a fitting close for this very unique support resource for anyone facing dialysis, either as a patient or as a caregiver.

Perhaps Carole's optimistic philosophy summarized it best for me in her short poem, ***"Today is the only day I know. I grab it."*** Carole you sure do "grab it" and we are better for the gift of your sharing your rainbow like this.

Note: **And Then I Saw a Rainbow** is available directly from the author at carole@soloff.net or at <http://www.kidneydiseasehope.com>



Reviewer bio: Jim Gleason, receiving his own heart transplant Oct. '94, retired after 37 years with Unisys Corporation in 2005, is a volunteer with NKF, UNOS and the Gift of Life Donor Program in Philadelphia, as well as a nationally recognized speaker and author. Jim currently serves as president of TRIO (Transplant Recipients International Organization). His own book, **A Gift from the Heart**, is offered free in thanks to his donor family and can be obtained on a CD by contacting him at GleasonJim@aol.com