The learning is not about facts, but about conscious appreciation of the experience of living.

– Jonathan Lockwood Huie
**CHRONIC Kidney Disease INFORMATIONAL SESSIONS**

**Understand and manage kidney disease**

Classes provided to those with chronic kidney disease referred by a nephrologist (kidney Doctor)

---

**CLASS 1**

**THE KIDNEY**

- Functions of the kidney
- Stages of kidney disease
- Causes of kidney disease

---

**PRESERVING KIDNEY FUNCTION**

- Management of associated health conditions
- Strategies to preserve function

---

**DIET IN KIDNEY DISEASE**

- Dietary management in chronic kidney disease

---

**MEDICATION AND LABS**

- Medication concerns in Chronic Kidney disease
- Avoidance of toxins
- Common lab tests

---

**CLASS 5**

**TREATMENT OPTIONS**

- Treatment available in advanced CKD, Including dialysis, home therapies, transplant and conservative management

---

- Each class is approximately one hour in length
- Supplemental materials will be provided
- Referral and registration required
- Significant others welcome!

---

Frank 'Chip' Brosius, MD
Chyi Chyi Chong, MD
Tililayo Ileri, MD
Pradeep Kadambi, MD
Lavanya Kodali, MD
Sireesha Koppula, MD
Sangeetha Murugapandian, MD
Prabir Roy-Chaudhury, MD
Asjad Sardar, MD
Amy Sussman, MD
Bijn Thajudeen, MD
Hannah Tiu, MD

---

To register for classes, please call (520) 626-1034