Kidney Chat: Audience Q & A with a Nephrologist

Delphine Tuot, MDCM, MAS
Thanks to our speaker!

- Delphine Tuot, MDCM, MAS
  - Director of the San Francisco Health Network eConsult program
  - Co-director of the UCSF Center for Innovation in Access and Quality at Zuckerberg San Francisco General Hospital and Trauma Center (ZSFG)
  - Associate professor of medicine in UCSF’s Division of Nephrology at ZSFG
I am newly diagnosed with kidney disease and am quite fearful. What are the most important things I can do to stop the progression of the disease? Is it possible to keep CKD at a stable level and keep it from getting worse?

Watch: Slowing down kidney disease
I was just diagnosed with stage 3 CKD. I follow a very fit, healthy lifestyle. Will CKD prevent me from being highly active?
My son seems to get frequent UTIs. Is this normal with stage 5 kidney failure?
What are the initial signs of kidney disease?
When does a patient's status change from acute kidney disease to chronic?
What is the best advice for patients with diabetes and CKD to avoid ending up on dialysis?

Watch: Living with diabetic kidney disease

Watch: Eating healthy with diabetes and kidney disease
How does caffeine effect the kidneys?
What questions should I be asking a nephrologist during my visit?

Watch: Tips for talking with your doctor
What does a high level of protein in my urine mean, and what can I do about it?
What are ways to lower blood pressure caused by kidney disease other than medications?
Are there medicines to treat kidney disease?
Is it possible to improve my eGFR level?
What is a normal creatinine and eGFR level for someone over 80 years old?
What’s the difference between a nuclear GFR and estimated GFR, and why would there be a large difference in my results?
What is the average time to progress from diabetes to CKD to ESRD? And how long to go from CKD 1 to CKD 5?
Does an ESRD patient’s non-compliance with dialysis treatment and diet cause more damage to their long-term kidney function and lifespan?
I am in Stage 4 CKD and want to know exactly when should I start dialysis. What am I looking for when it comes to symptoms?
Can dialysis cause anxiety?

Watch: Anxiety and kidney disease
I’m on dialysis – why is my skin so dry and itchy, and what can I do about it?
What can I expect during an evaluation appointment for kidney transplant?

Watch: The transplant evaluation, waiting list, and more – how to prepare for a kidney transplant
What kind of GFR function and creatinine is expected after transplant?
Do I have to be on dialysis a certain amount of time before being considered for transplant?
What are the pros and cons to the various types of dialysis?

Watch: Choosing the right treatment method – exploring home options
I have stage 4 CKD and want to be a mother, is it possible for a kidney patient?

Watch: Pregnancy and Kidney Disease
Kidney Disease and Diet

Eating healthy with diabetes and kidney disease

Kidney-friendly holidays

What CAN I eat? Nutrition for dialysis patients

Protein: Who needs it anyway? You do!
Kidney Disease and Diet (cont.)

How to be a Heart Healthy Kidney Patient:
The Key Role of Sodium and Fluid

Phosphorus in the kidney disease diet

Phosphorus in the kidney disease diet: Holiday Edition
Live Q&A

Write in your questions now!
Join us for our next webinar!

Anemia and kidney disease
Tuesday, February 19, 2019 from 1:00 - 2:00 p.m. EST

Join us to hear more about:

• The connection between anemia and kidney disease
• The symptoms of anemia
• Benefits and risks of treatments for anemia including ESAs and iron supplementation
• New therapies on the horizon

Go to www.KidneyFund.org/webinars to learn more and register!