

# **Kidney Chat: Audience Q & A with a Nephrologist**

---

Delphine Tuot, MD, 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?**



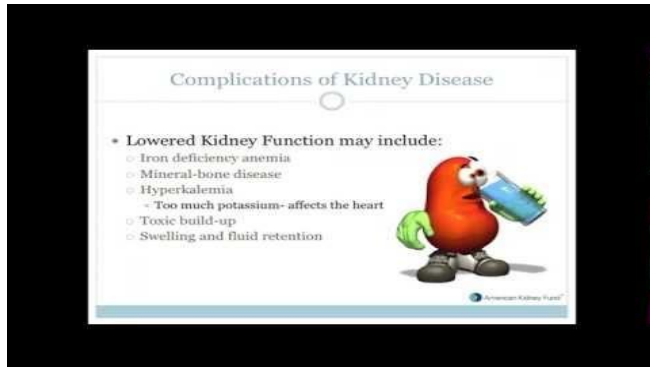
**My son seems to get frequent UTIs. Is this normal with stage 5 kidney failure?**

**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](#)



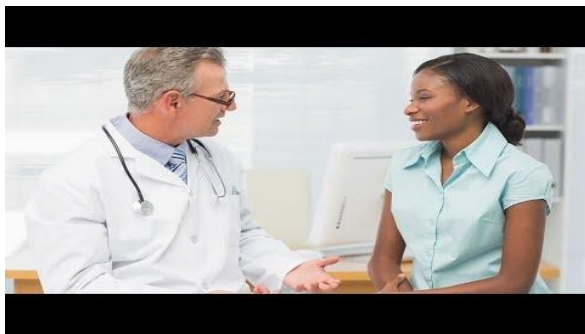
Watch: [Eating healthy with diabetes and kidney disease](#)



# 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 life span?**

---

**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?



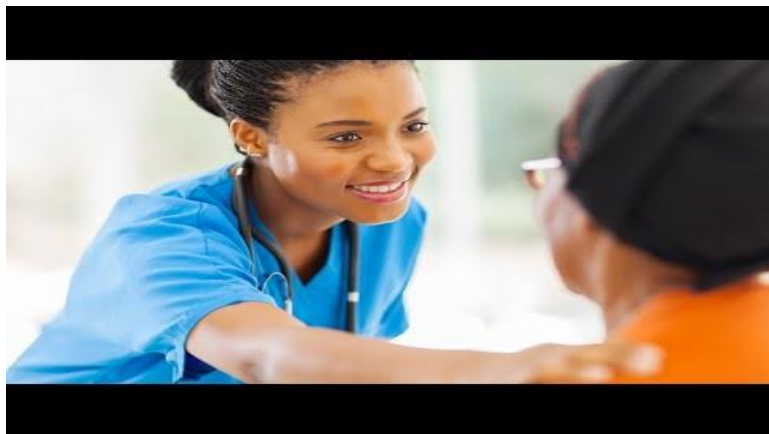
Watch: [Anxiety and kidney disease](#)

---

**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!

---



**Jay B. Wish, MD**  
**Professor of Clinical Medicine**  
**Indiana University School of Medicine**

## **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](http://www.KidneyFund.org/webinars) to learn more and register!