



TEREDESAI, McCANN & ASSOCIATES, P.C.

Committed to Quality Patient Care

# CHRONIC KIDNEY DISEASE EDUCATION PROGRAM

## BENEFITS OF EDUCATION COURSES

- **Prolong the use of your kidneys.**
- **Keep You Active.**
- **Learn the right foods for a healthy diet.**
- **Fewer hospitalizations.**
- **Delay the need for dialysis treatments.**
- **Minimize the impact of kidney disease on your life.**

Teredesai, McCann & Associates

[www.tmakidneydoctors.com](http://www.tmakidneydoctors.com)

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### 6 Topics Include:

1. Chronic Kidney Disease:  
**What is it?**
2. Chronic Kidney Disease  
**Prevention**
3. Chronic Kidney Disease  
and **Nutrition**
4. Chronic Kidney Disease  
**Complications**
5. Renal Replacement Options:  
**What is dialysis?**
6. Planning for **Dialysis**  
and **Transplant**



Audra M. Kessler, PA-C  
CKD Educator

Teredesai, McCann & Associates, in conjunction with Audra Kessler, has developed a 6-Step Chronic Kidney Disease Education Program to help you better understand your kidneys and empower you to maximize the health and longevity of your kidney function. Audra will be a new member of your healthcare team, and will meet with you several times based on your needs, issues and health status.

### What to expect during the 6 education sessions:

- Relaxed, conversational environment.
- One-on-one personal attention.
- In depth explanations and discussions.
- An hour reserved for you, your education, and your concerns.

### What you should bring to the appointments:

- Any questions you have about your appointments, health, labs, procedures or kidneys.
- A family member who would like to participate and learn with you.
- Willingness to talk about your lifestyle, including; diet, exercise, habits etc.

### What the goals are for these appointments:

- Review your current kidney function.
- Discuss causes of Chronic Kidney Disease and other side effects that occur.
- Talk about blood pressure, sugar levels, diabetes, nutrition and exercise and how each affects your kidneys.
- Learn about renal replacement therapies such as dialysis and transplant.
- Create a custom plan for your kidney care.

**If you are interested in learning more about your kidneys and our education program, please let us know at your next visit, or call one of the TMA offices.**

***Please also note most insurance covers these educational appointments.***