



Diagnosed with Chronic Kidney Disease?

Sign up today for our Kidney Disease Education (KDE) classes and learn everything you need to know about managing and living well with Chronic Kidney Disease



Kidney Disease Education Classes (KDE)

- Series of 6 Classes – 1 hour each
- Covered by insurance benefits
- Offered once a month at multiple NTKDA offices
- Classes taught by certified nurse practitioner



KDE Class 1

Chronic Kidney Disease (CKD) - What you need to know

- Defines Chronic Kidney Disease
- Learn what stage of CKD you have and what GFR means.
- Learn how your kidneys keep you healthy.
- Understand what kidney failure means and how to recognize the symptoms



KDE Class 2

Chronic Kidney Disease (CKD) What you can DO about it

- Learn how CKD affects your body and overall health
- Understand what all your lab results mean
- Most importantly.....learn what you can DO to preserve your kidney function.



KDE Class 3

Kidney Transplant

- Understand the process of getting a kidney transplant
- Discuss advantages/disadvantages to transplant.
- How to decide if kidney transplant is right for you.



KDE Class 4

Dialysis Options

- Learn the various types of dialysis available
- Know the advantages and disadvantages of each form of dialysis
- Decide what dialysis best suits *your* lifestyle
- Know what you need to do to prepare for dialysis



KDE Class 5

Choosing “No Treatment” for kidney failure

- You have the right to choose any treatment including “no treatment”
- Learn the answers to some common questions about choosing not to have treatment
- Understand what an Advance Directive is and why it is important to have one



KDE Class 6

Living well with your choice

- Discuss common worries and concerns about kidney failure
- Understand how your emotional and physical health are closely linked together
- Regardless of your choice: transplant, dialysis or no treatment, learn how to live well and feel your best



Kidney Disease Education (KDE) Class Locations

- Carrollton
- Denton
- Lewisville
- North Richland Hills
- Plano

Ask for a brochure today