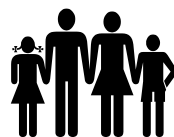


Purpose

The Missouri Kidney Program is proud to sponsor an educational program for patients, their families, and friends. Classes are offered in or near your community. This program is designed to help you and those who care about you learn more about kidney disease, options for treatment, and how to live well with kidney disease.

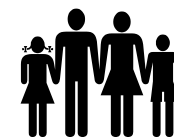
Classes are designed for those:

- Who have not yet started treatment for kidney failure
- Who are new to treatment
- Who are considering changing from one type of treatment to another
- Who want to know more



Topics

- **Introduction to Kidney Disease**
Learning about kidneys to keep them working longer
- **Diet and Kidney Disease**
Eating healthy at any stage of kidney disease and with any treatment
- **Financing and Coping with Kidney Disease**
Paying for care and living a good life with kidney disease
- **Kidney Transplantation**
Getting and keeping a new kidney
- **Peritoneal Dialysis**
Removing wastes from the blood at home with no needles
- **Hemodialysis**
Removing wastes from the blood in a clinic or learning to do it at home



General Info

Experienced nurses, dietitians, and social workers share clinical information. People with kidney failure share their experiences as part of the discussions on options.

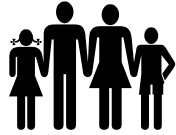
Free classes are offered over two days or scheduled to meet community needs.

Guests are welcome.

Limited help for transportation is available for Missouri residents.

For more information or to sign up for a class, contact:

Eastern MO:	(314) 821-3434
or Toll free:	(877) 794-5469
Northwest MO:	(913) 642-0269
or Toll free:	(888) 642-0269
W Central MO:	(913) 481-7672
Southwest MO:	(417) 882-0474



Do Any of These Apply to You?

Do you have diabetes, high blood pressure or have a family member with kidney disease?

Do you lack the energy to do what you want and need to do?

Do you have a poor appetite or does meat taste funny?

Are your feet swollen?

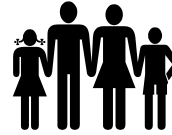
Do you easily get short of breath?

Does your skin feel itchy and do lotions not help?

Do you have sleep problems and do your legs feel “creepy crawly.”

Do you have a hard time remembering things?

Has your doctor checked your kidney function and told you that you have kidney disease?



Recent Attendees' Comments

“This was a great help to me. I am more informed today than yesterday.”

“Thanks for communicating with us as though we had sense.”

“Very informative and enlightening – I wish I had attended one of these programs before...Thank you.”

“I have been hypertensive for 30 years and diabetic for 10 – kidney disease is most likely in my future – but now – maybe not for a long time.”

“I found it particularly helpful to be able to hear from patients using the different types of dialysis options.”

**University of Missouri
Missouri Kidney Program
Center for Chronic
Kidney Disease Education**

Do you have kidney disease?

We can help.



PATIENT EDUCATION PROGRAM

**Funded by
Missouri Kidney Program**