I Was Just Diagnosed with Chronic Kidney Disease: What Are My Next Steps?

Session Time	March 20th, 2023 from 2:30 to 3:30 PM ET
Session Description	Every year, more than 100,000 people in the U.S. are newly diagnosed with chronic kidney disease (CKD). A diagnosis of CKD often comes as a shock, as well as a mix of emotions and big changes to your daily life. Kidney disease may not affect everyone in the same way, as each person living with CKD can have many different experiences. However, there are common things that you can do to live your best life even with kidney disease. In this session, speakers will share their personal journeys with kidney disease and the steps they took after receiving a diagnosis. The discussion will focus on common emotions after a diagnosis, learning more about your current stage of CKD and how to work with your care team.
Key Learning Objectives	1. A diagnosis of kidney disease often comes as a shock and may come with a mix of emotions. 2. Knowledge is power and it will help you gain a better understanding of your diagnosis. Take the time to learn more about how your kidneys work, what stage of CKD you are in, as well as working with your doctor to become an expert on your lab work and eGFR number. 3. After a diagnosis, it is important to have an active role in your treatment, as well as maintaining a positive attitude. 4. Everyone's experience with CKD may be different. It is valuable to learn from others, but still consult your doctor and to recognize the individual ups and downs through the process.

Moderator: Ken Sutha, MD, PhD, Pediatric Nephrologist, Lucile Packard Children's Hospital Stanford, and American Kidney Fund Ambassador

Speakers:
- Melissia Baker, American Kidney Fund Ambassador
- Della Major, American Kidney Fund Kidney Health Coach and American Kidney Fund Ambassador

Takeaway Resources:

- ✓ **AKF – Newly Diagnosed Chronic Kidney Disease**
- ✓ **AKF – Chronic Kidney Disease Diagnosis and Symptoms**
- ✓ **AKF – Slowing Down Kidney Disease**