

## Class 1 – You and your kidneys

1. Urinary tract anatomy
2. Kidney anatomy and functional components

### Kidney duties

3. Filter blood
  - a. Tests that indicate kidney function
  - b. How to interpret test results for kidney function
  - c. How to test health of remaining filters
  - d. eGFR/UACR heat map risk stratification
  - e. Most common causes of CKD
4. Blood pressure control
5. Red blood cell count maintenance
6. Calcium/phosphorus metabolism, bone/blood vessel health
7. Immune system declines with eGFR
  - a. How to decrease chances of infection

### Overview of CKD

8. Definition of CKD
  - a. Early sign
  - b. Lack of early symptoms
9. Definition of uremia
10. CKD management overview
  - a. Diet components
  - b. Meds
  - c. ESRD options and timely preparation
    - i. natural end of life
    - ii. dialysis
    - iii. transplantation

### Overview of your role in the co-creation of your bodily lifetime experiences

11. Life vs. time in bodily form
12. Understanding how choices made every moment can cumulatively nudge toward health vs. chronic disease
13. Overview of upcoming next class Aloha Kidney/Kidney Protection
  - a. Managing risk factors
  - b. Avoidable risks
  - c. Kidney protection, no matter what stage

CKD can mean: Caring, Knowing, Doing aligned with your goals for bodily life

Assignment – Determine goals for this time in body, and about how much more time you would like