



KIDNEYCOUCH

# KidneyCouch - Overview



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Jeff Kallis  
Founder and Owner

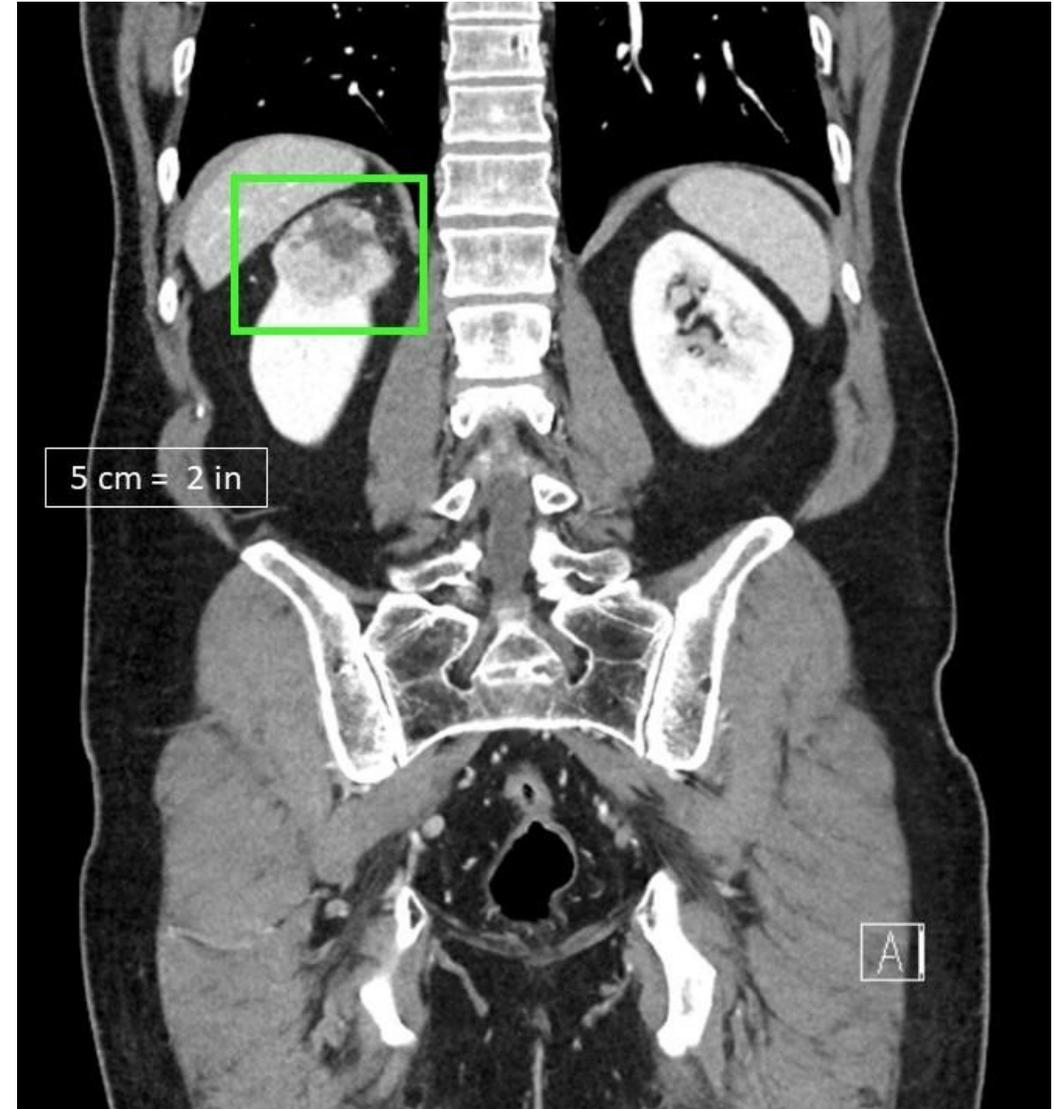




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Diagnosed with Stage 3, Grade 3, Clear Cell Renal Cell Carcinoma in January 2023.

Currently cancer-free.



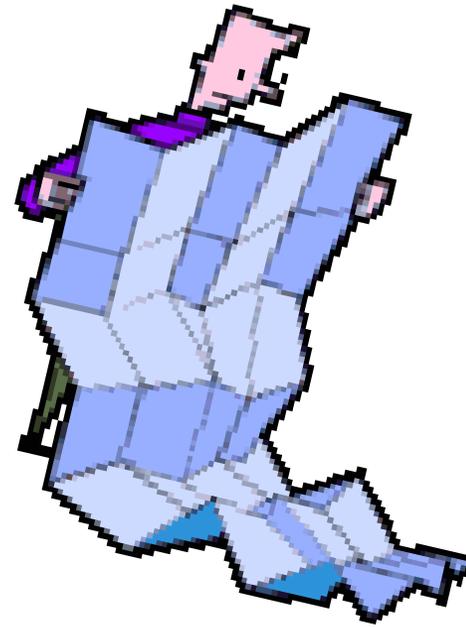


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Founded January 2025

[KidneyCouch.com](http://KidneyCouch.com)

[KidneyCouch Facebook](#)





## Mission



KidneyCouch is committed to offering support and information to individuals battling kidney cancer and/or chronic kidney disease (CKD). Our goal is to create a community that fosters connection, understanding, and empowerment for patients and their loved ones.



KidneyCouch.com

## Resource Library

- Kidney Cancer
- Chronic Kidney Disease (CKD)
- Kidney Stones





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Library with [kidney cancer](#) links to:

- The Basics
- Specifics
- Publications
- General Topics
- Kidney Biopsy

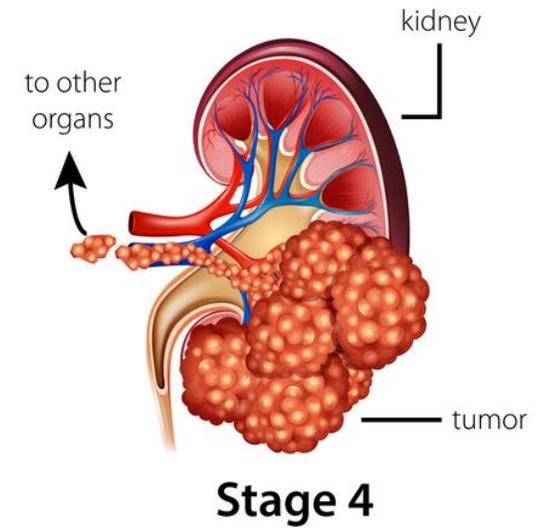
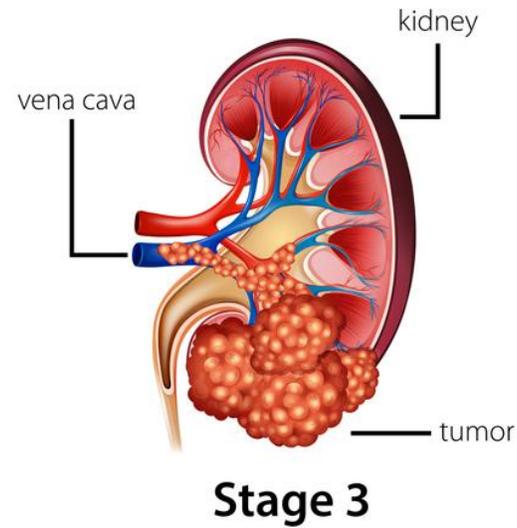
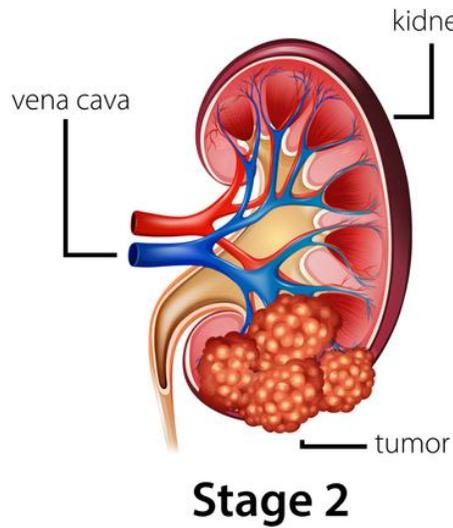
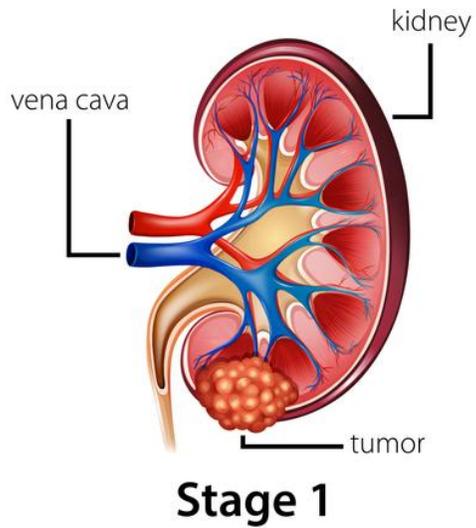




# Kidney Cancer Stages

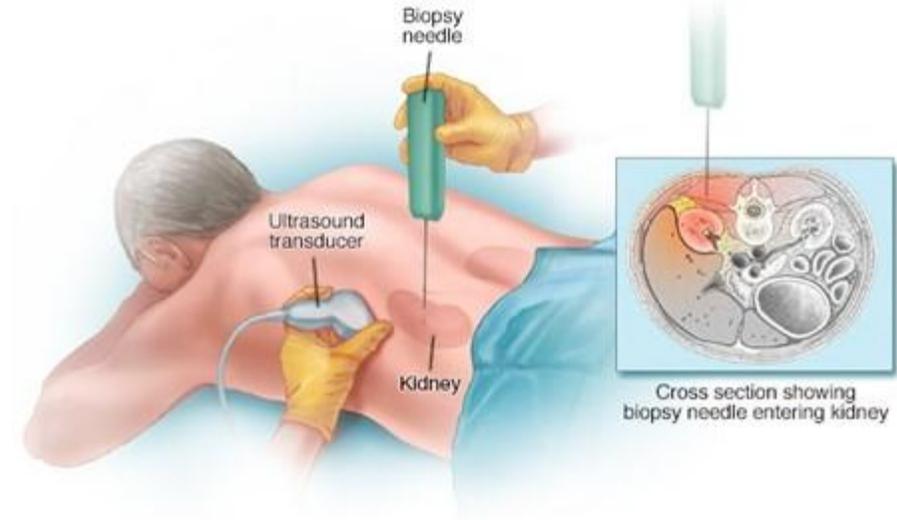


## Kidney Cancer





# Kidney Biopsy



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Advisory Committee member  
for Clinical Trial of Renal Mass  
Biopsy for Localized Renal  
Masses – 3 cm to 7 cm.



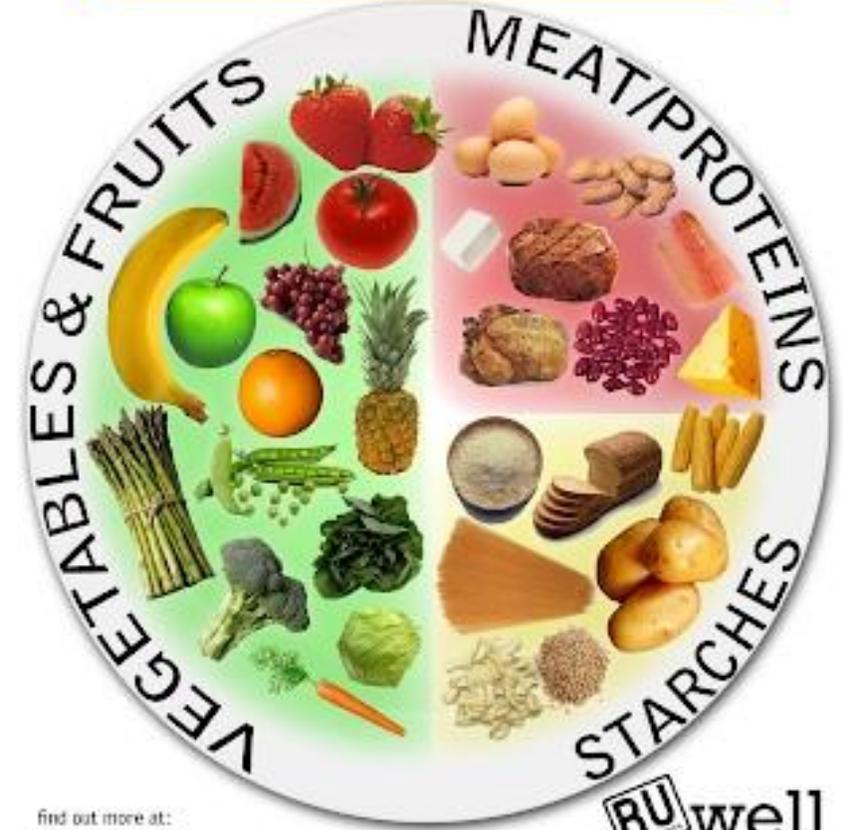
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# Kidney Diet



## THE PLATE METHOD

Use this as a guide in choosing appropriate portion sizes and balancing nutrients at lunch and dinner.



find out more at:  
[wellness.rice.edu](http://wellness.rice.edu)

**RU**well  
The Wellness Center



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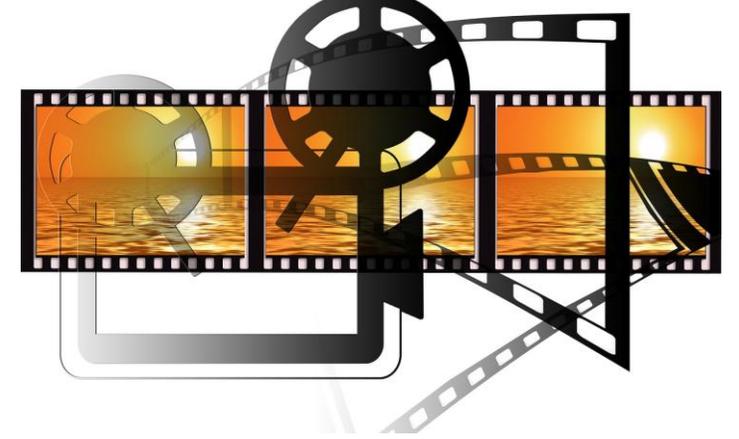
# The Emotional Aspect of Cancer

- Coping
- Support
- Emotions
- Scanxiety





# Around the Couch



**NATIONAL KIDNEY MONTH**

*Jeff Kallis*  
KIDNEY CANCER SURVIVOR

"It can be a heavy lift at times. But educating yourself, rather than depending only on your physician to take care of you, is the best step you can take to manage your health. Your physician cannot care more about your health than you do."

**#FilteringTheFacts**

*Urology Care* FOUNDATION\* | Powered by trusted experts of the American Urological Association

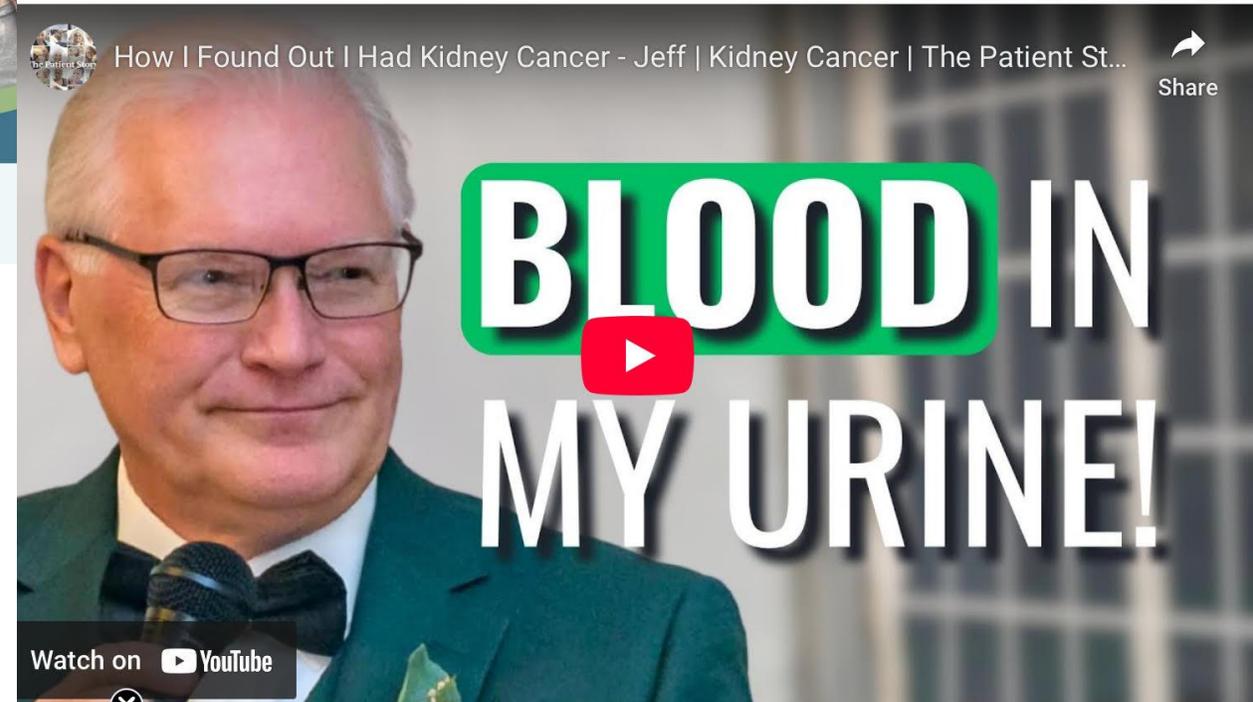


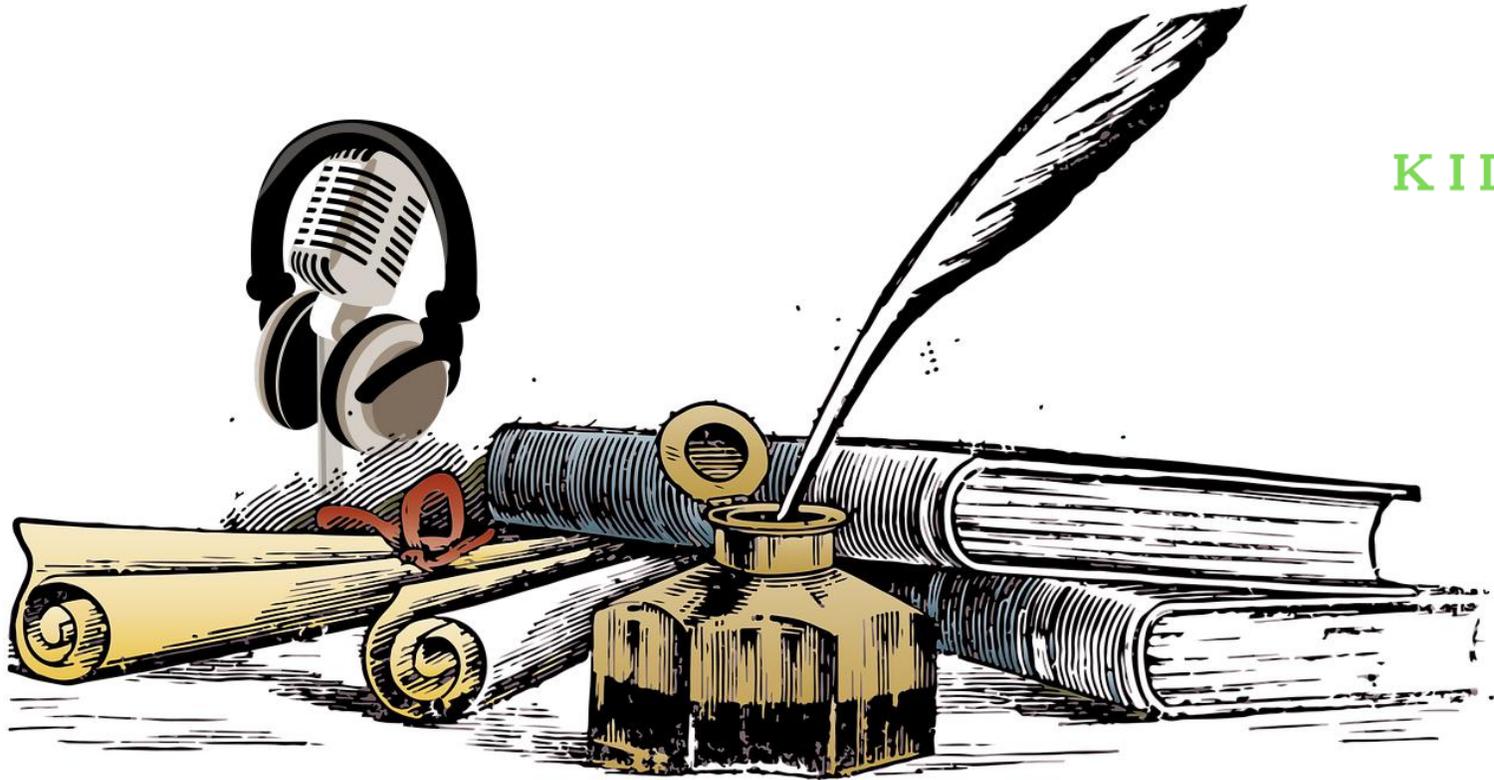
**I SURVIVED  
RENAL CELL  
CARCINOMA**

How I Found Out I Had Kidney Cancer - Jeff | Kidney Cancer | The Patient St... [Share](#)

**BLOOD IN MY URINE!**

Watch on  YouTube





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KidneyCouch Newsletter



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Join KidneyCouch in  
educating others about  
kidney cancer!







KidneyCancerAssociation®

Kidney cancer affects thousands of lives every day, but together we have the power to help bring hope and change.

Join our community of fighters, survivors, and supporters as we raise awareness, fund groundbreaking research, and take strides toward finding a cure.



# One-on-One Support

## Mentor Angels – Imerman Angels

One-on-One Support between a cancer survivor and another patient going through the same cancer – matched according to age, gender, type of cancer and experience – so you are communicating in a safe environment with someone who understands what you are going through.





Smart Patients is an online community for patients and their families. When illness changes everything, you don't have to go through it alone.

Connect with people who understand what you're facing — and who help you feel more informed, less overwhelmed, and more in control.



Shout out to several significant organizations for patients dealing with cancer:

- Kidney Cancer Association
- Imerman Angels
- Smart Patients
- The Patient Story
- Urology Care Foundation
- Cancer Interviews





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# One Kidney – *Dealing with Kidney Cancer*

Jeff Kallis

