



KIDNEYCOUCH

KidneyCouch - Overview



KIDNEYCOUCH



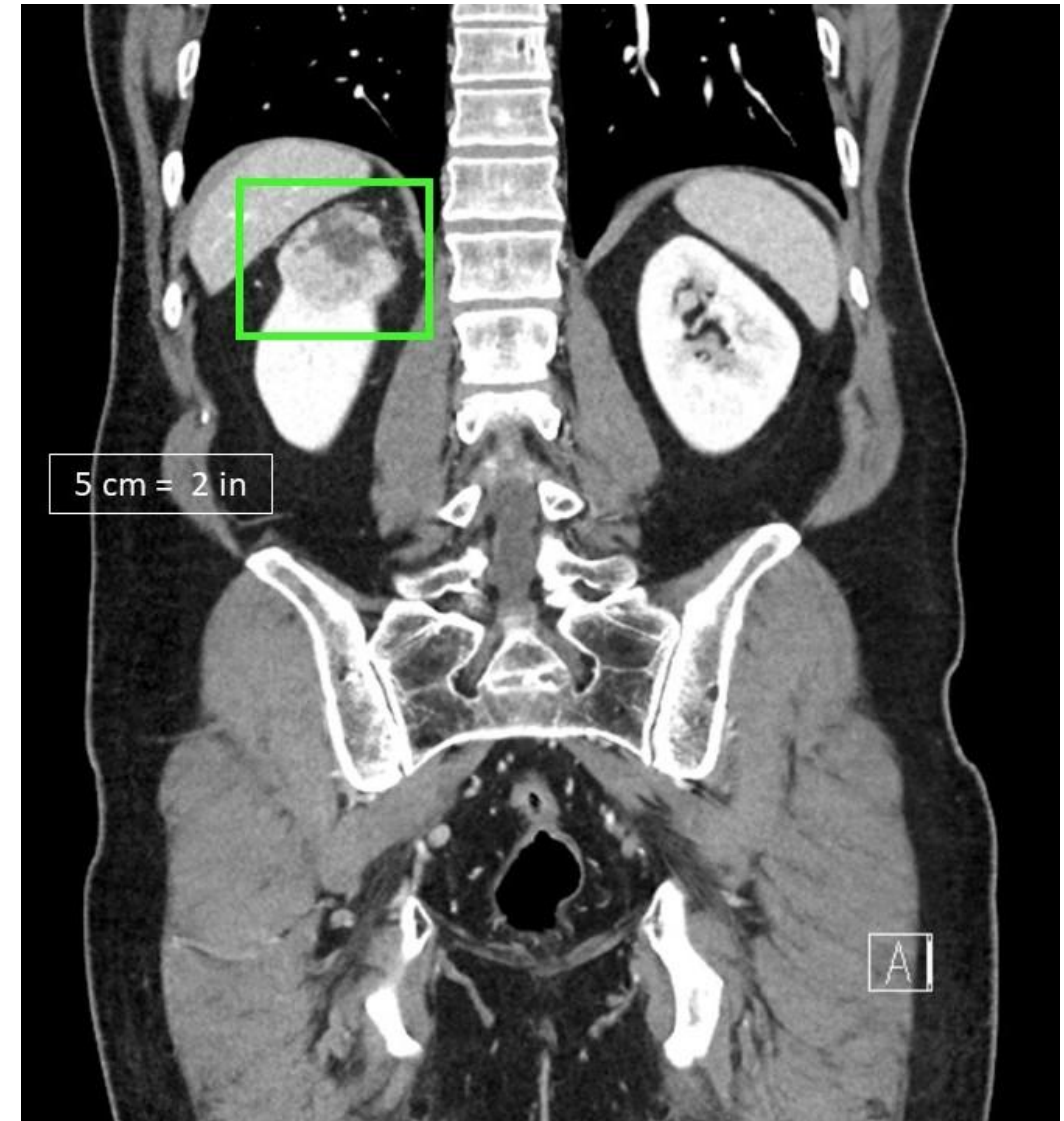
Jeff Kallis Founder and Owner





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

Currently cancer-free.





Founded January 2025

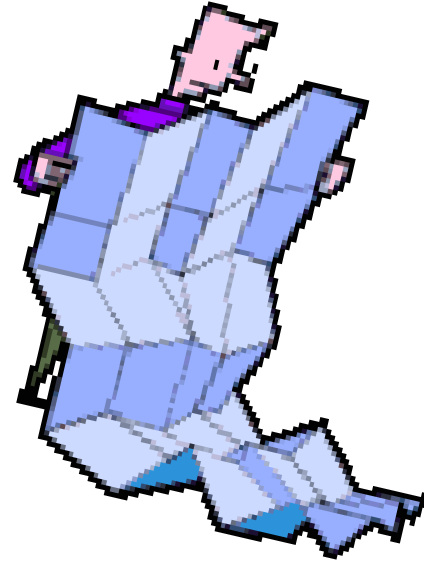
KidneyCouch.com

[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





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

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

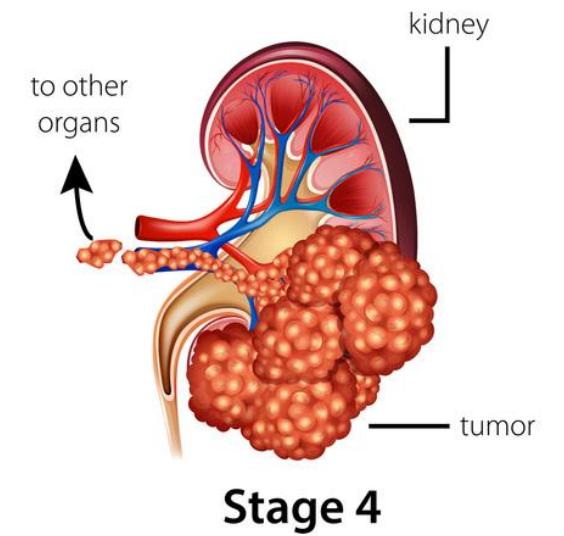
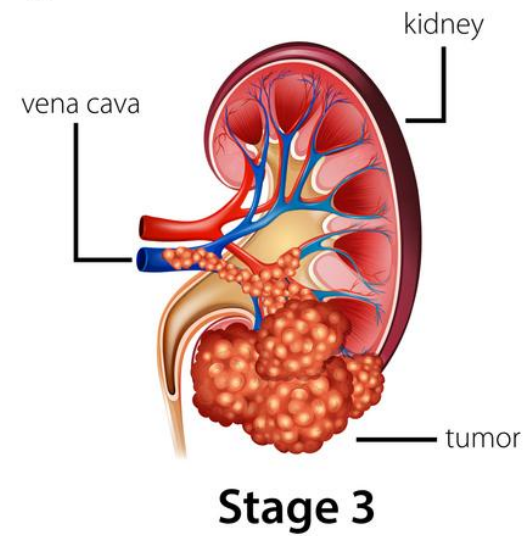
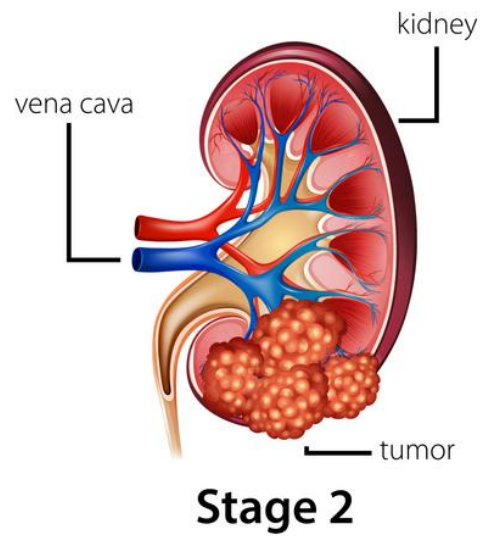
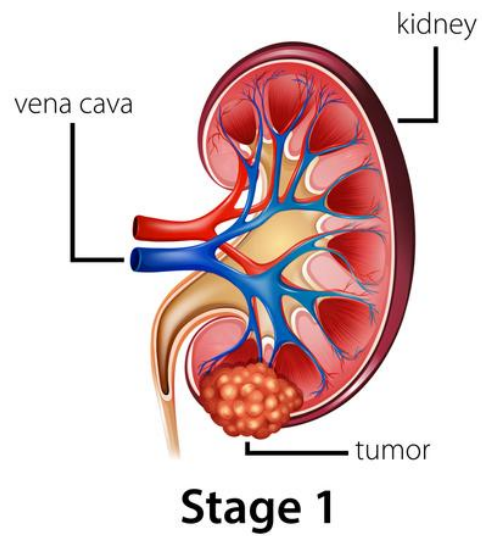




Kidney Cancer Stages

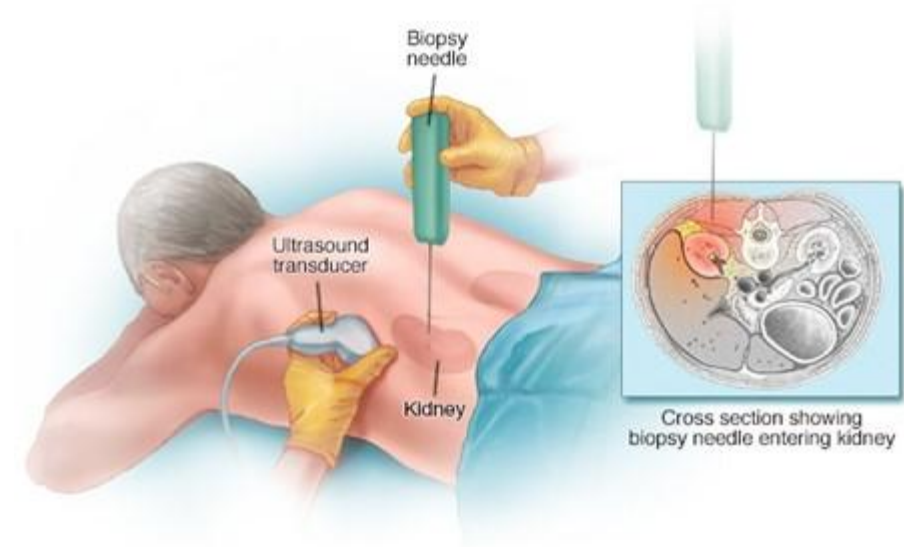


Kidney Cancer





Kidney Biopsy



© MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED.



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

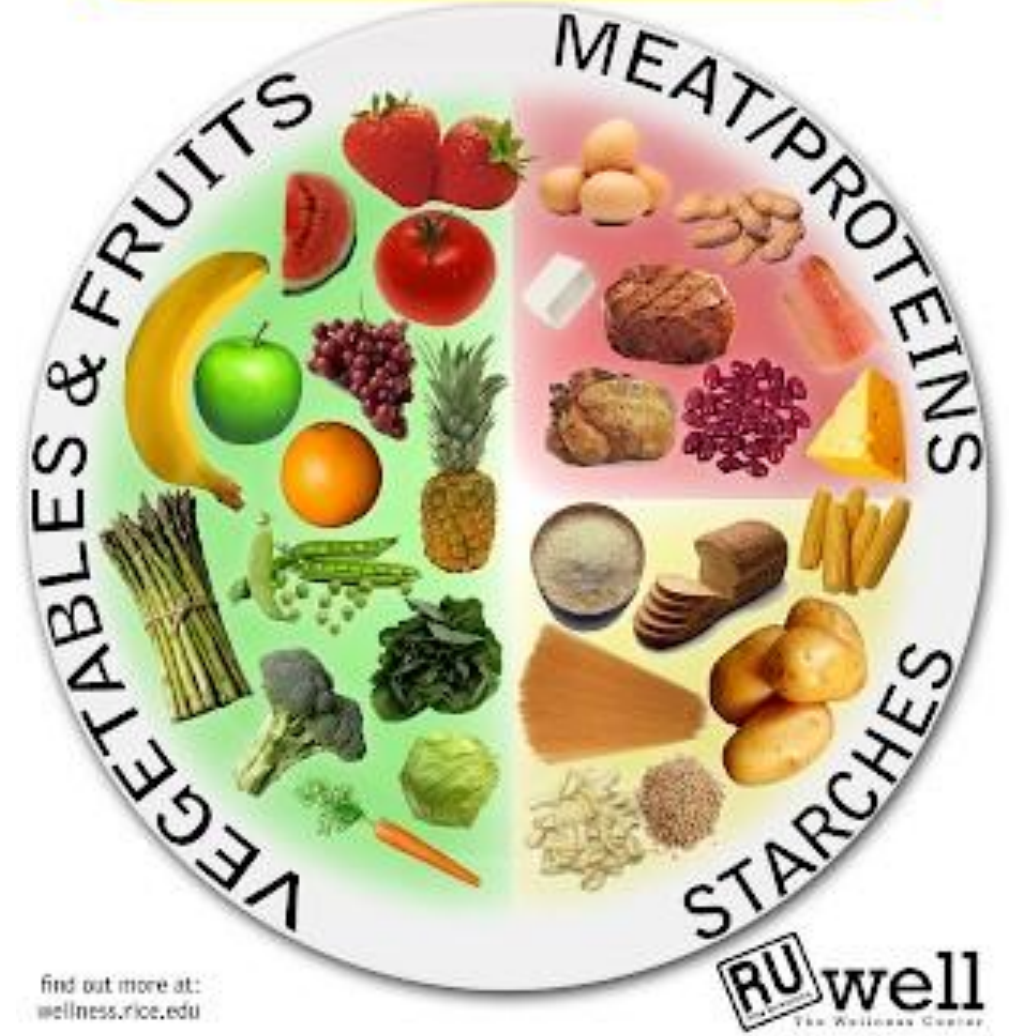


Kidney Diet



THE PLATE METHOD

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





The Emotional Aspect of Cancer

- ☐ Coping
- ☐ Support
- ☐ Emotions
- ☐ Scanxiety





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.





Couch Clips



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

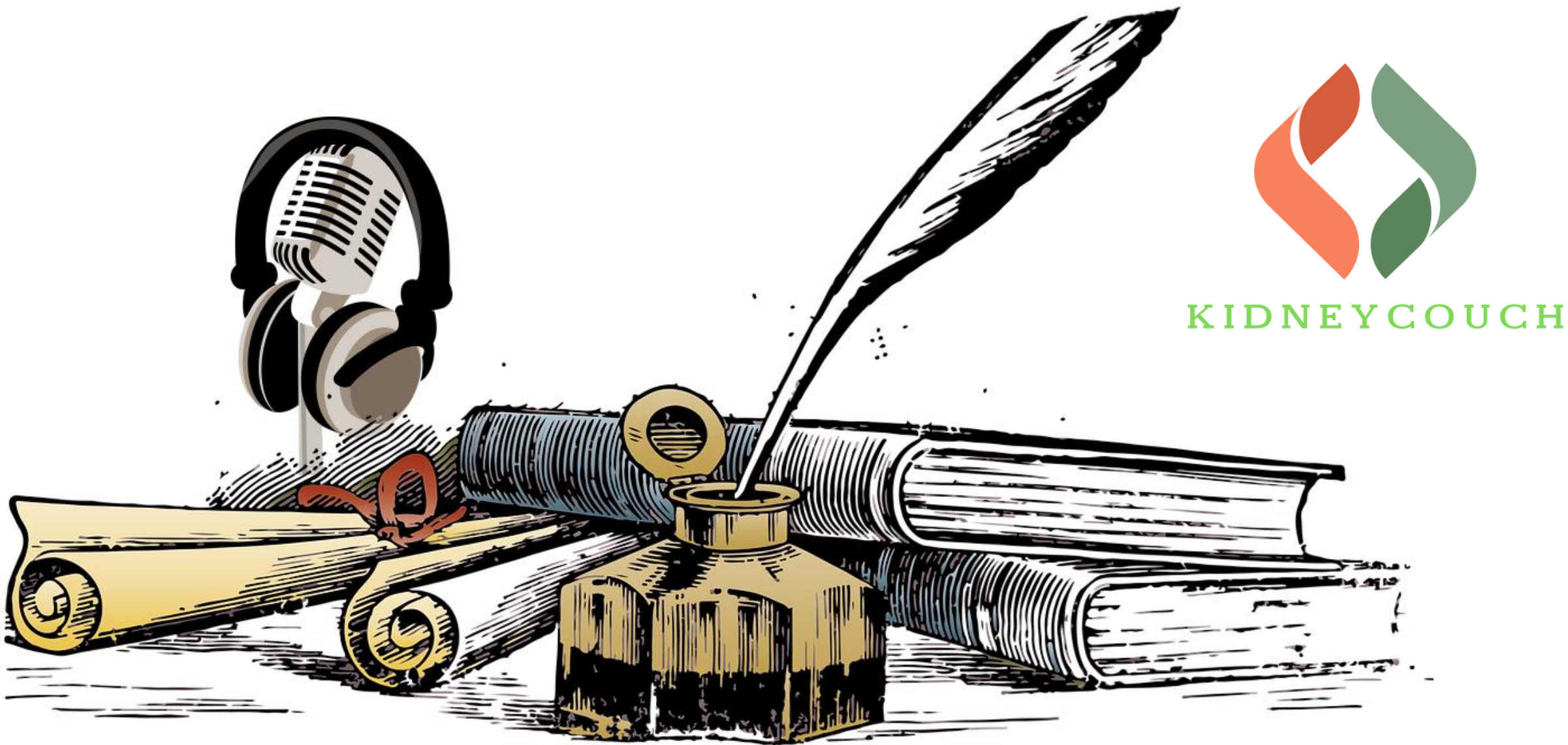


How I Found Out I Had Kidney Cancer - Jeff | Kidney Cancer | The Patient St...

Share

BLOOD IN MY URINE!

Watch on YouTube



KidneyCouch Newsletter



Join KidneyCouch in
educating others about
kidney cancer!





KidneyCouch Partnerships



☐ Imerman Angels

☐ More to come...





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

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





One Kidney – *Dealing with Kidney Cancer*

Jeff Kallis

