



KIDNEYCOUCH

# KidneyCouch - Overview



KIDNEYSOUP



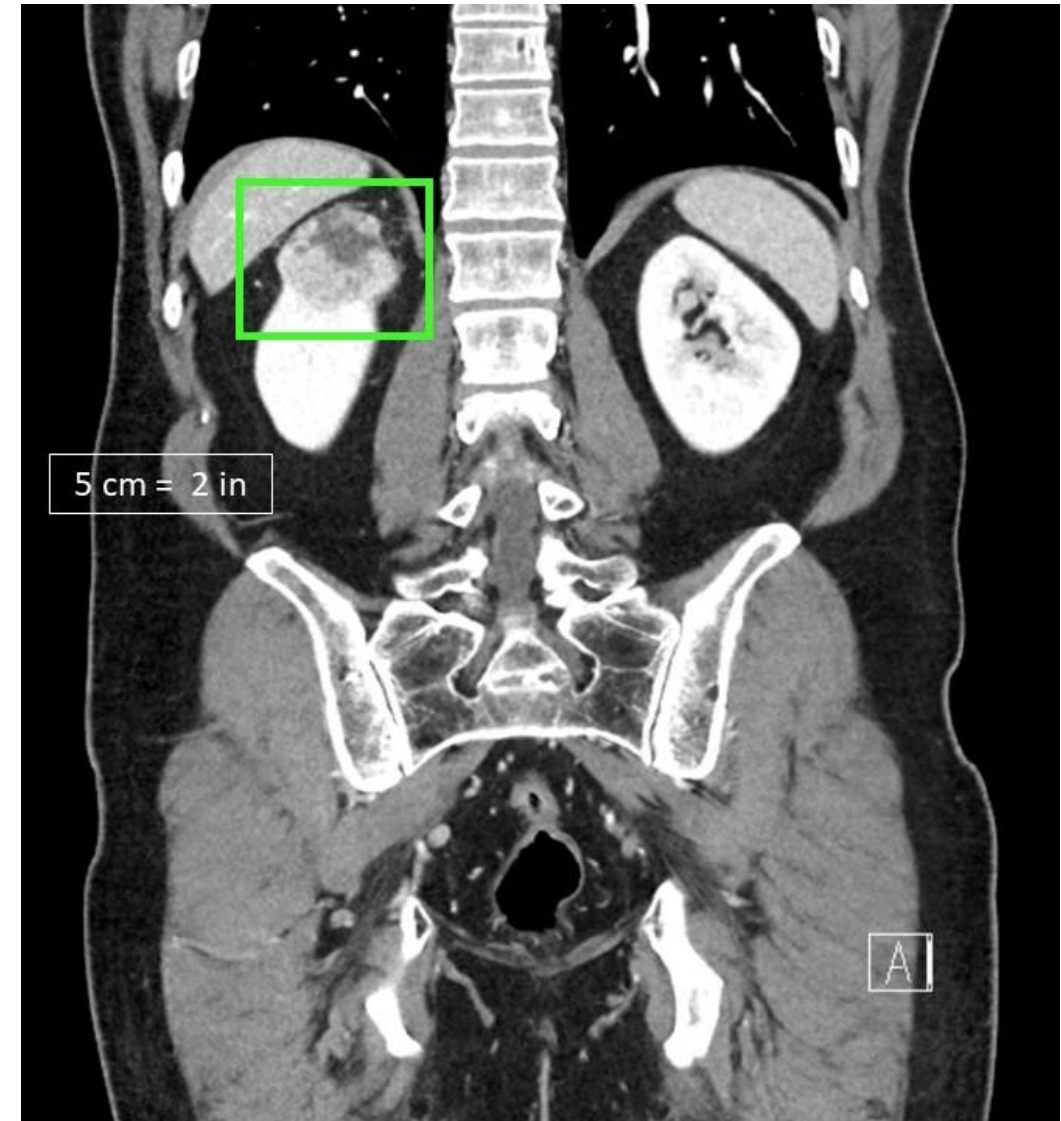
# Jeff Kallis Founder and Owner





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

Currently cancer-free.





Founded January 2025

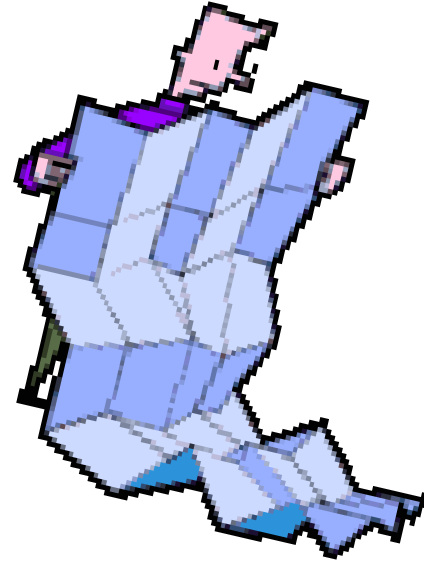
[KidneyCouch.com](https://KidneyCouch.com)

[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



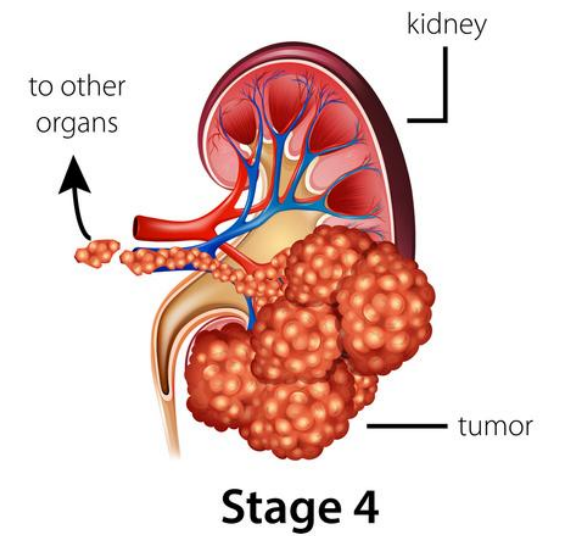
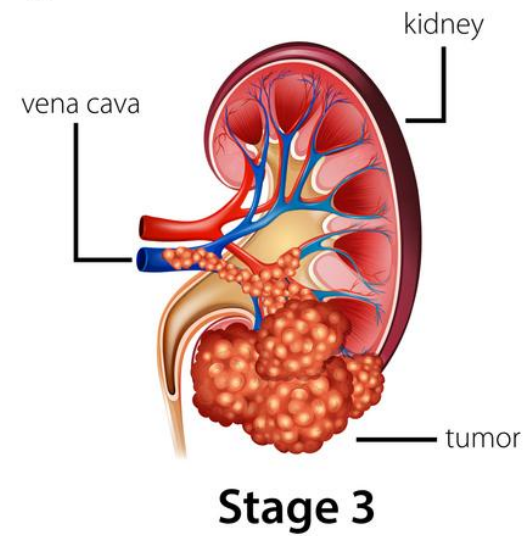
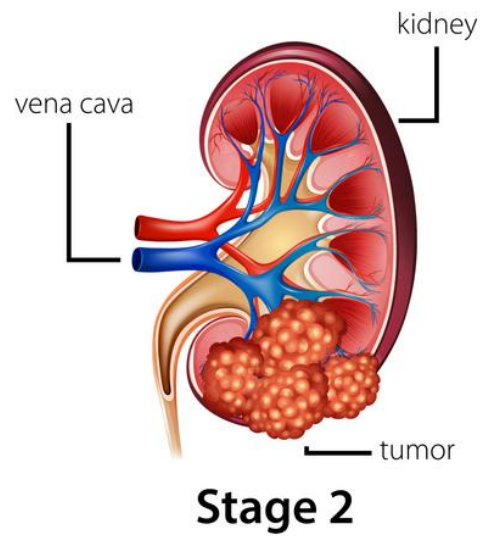
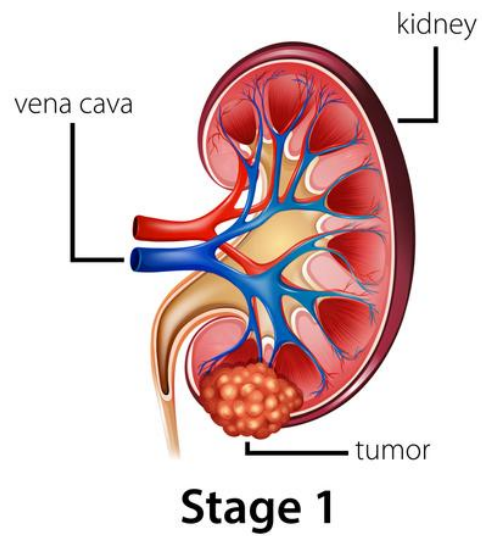




# Kidney Cancer Stages

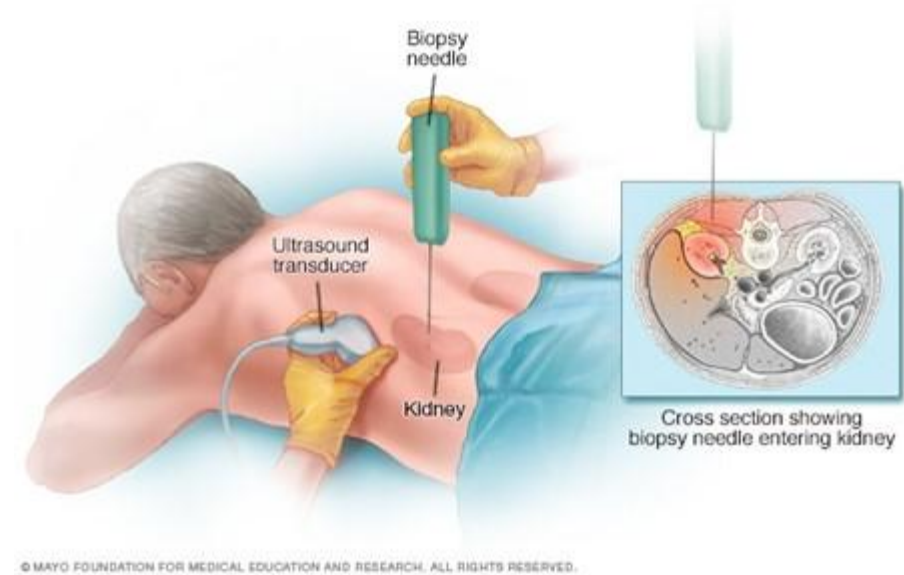


## Kidney Cancer





# Kidney Biopsy



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

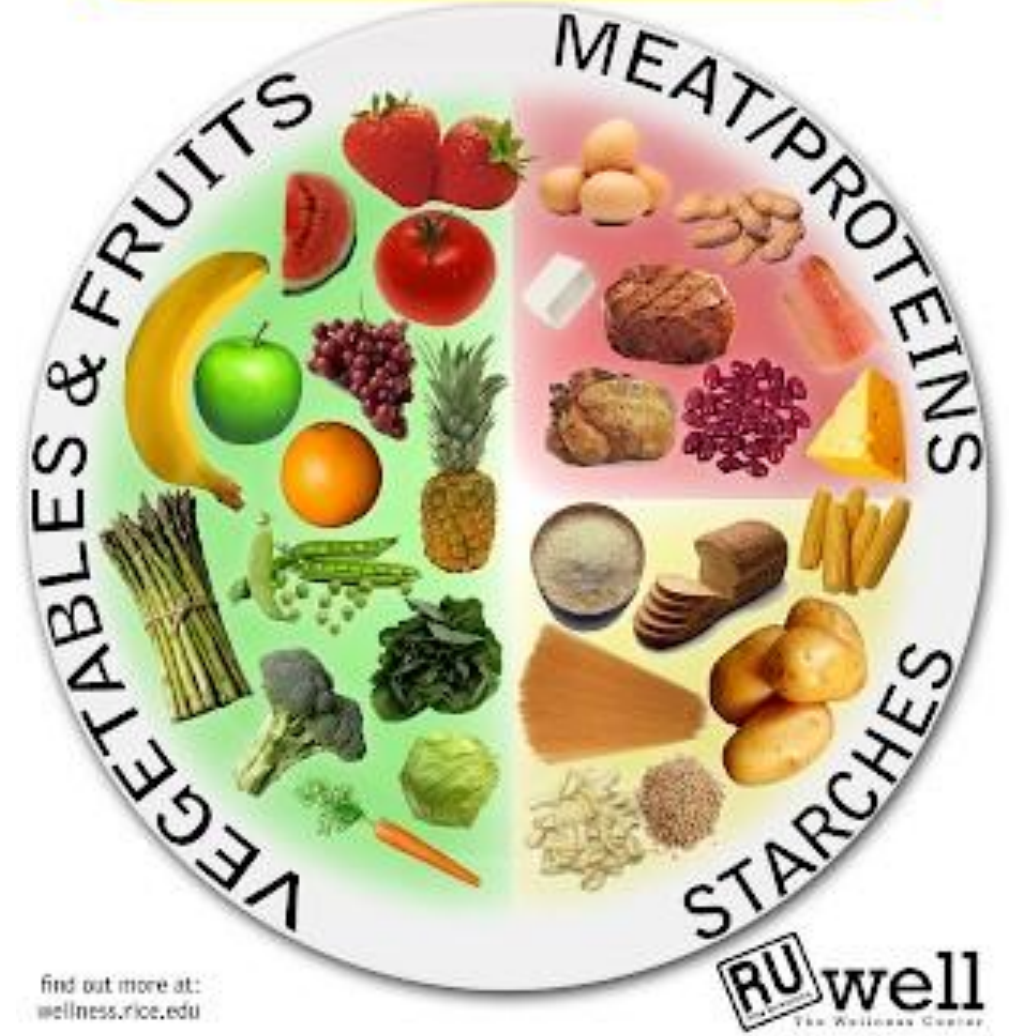


# Kidney Diet



## 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





# Around the Couch



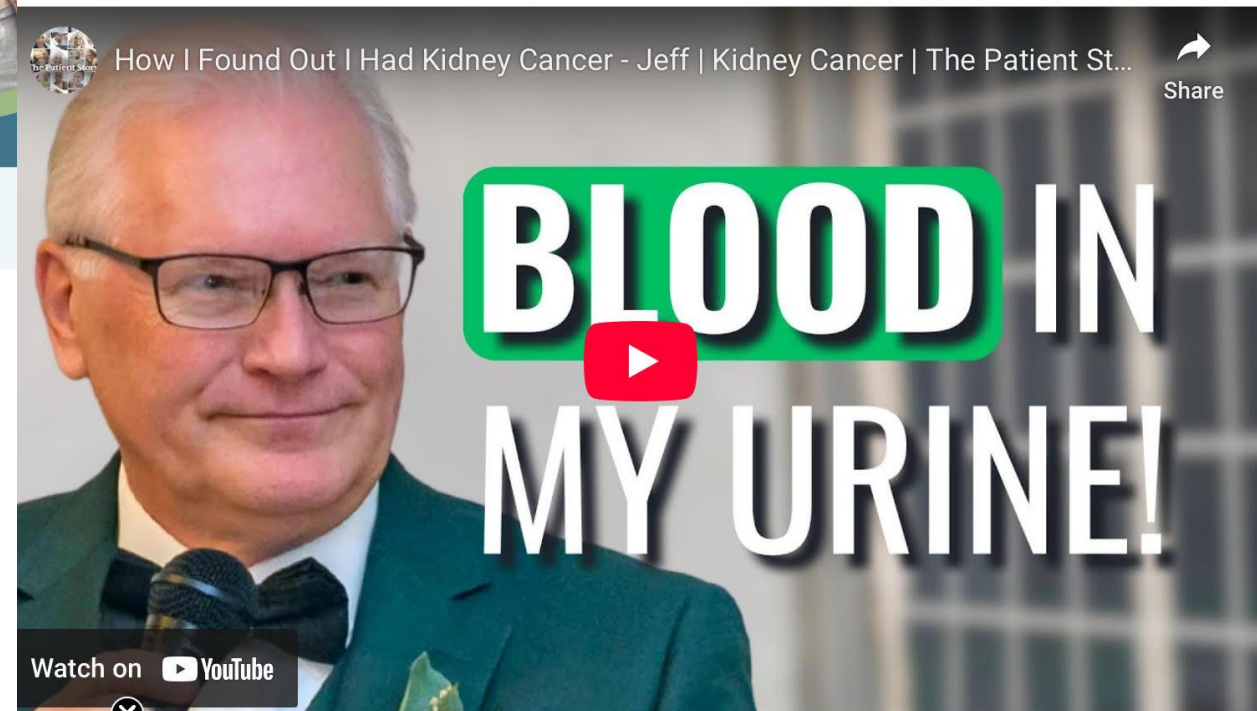
**NATIONAL KIDNEY MONTH**

*Jeff Kallis*  
KIDNEY CANCER SURVIVOR

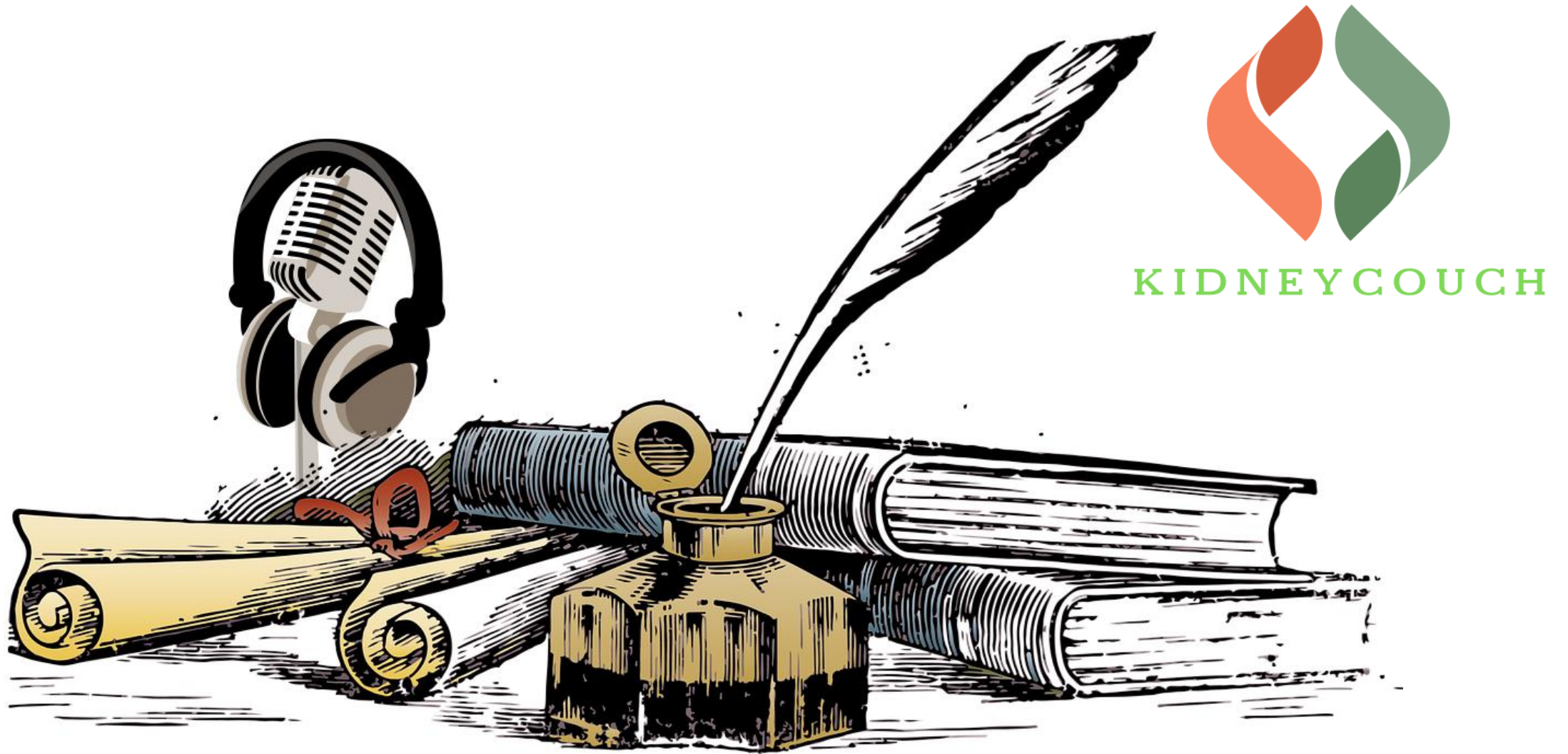
"It can be a heavy lift at times. But educating yourself, rather than depending only on your physician to take care of you, is the best step you can take to manage your health. Your physician cannot care more about your health than you do."

**#FilteringTheFacts**

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







KidneyCouch Newsletter





Join KidneyCouch in  
educating others about  
kidney cancer!





## KidneyCouch Partnerships



☐ Imerman Angels



☐ Kidney Cancer Association



KidneyCancerAssociation®

☐ More to come...



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.





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

