

## Learn about CKD

### [Mount Sinai Health Library: CKD](#)

An overview of CKD causes, symptoms, exams and tests, treatments, outlook, and complications

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### [Questions for My Physician](#)

Bring this sheet with you to your appointment to ensure you have answers to all of your questions about living with CKD

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### [AAKP Patient Plan](#)

A detailed guide on kidney disease, coping with your diagnosis, your health care team, treatment options, and treatment cost and insurance benefits

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### [AAKP Kidney Beginnings](#)

A detailed guide on living with kidney disease, the relationship between diabetes, blood pressure, and kidney disease, lifestyle changes, treatment options, and more

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### [Kidney School \(Español\)](#)

Educational materials about living with kidney disease

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## Diet and Lifestyle Guidelines

### [AAKP Nutrition Counter \(Español\)](#)

Nutrition information for common foods, including fast foods

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[American Kidney Fund KidneyKitchen](#)

Recipes to support kidney health at every stage

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[NIH Eating Right for Chronic Kidney Disease](#)

Tips for eating healthy to support kidney health

Contact your doctor with any questions or concerns