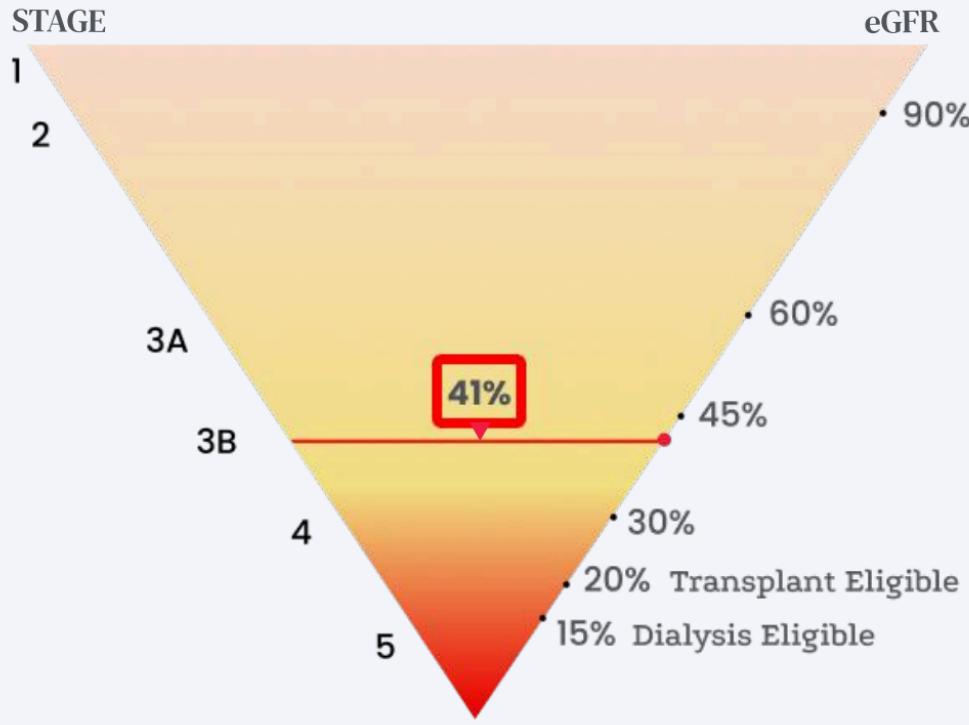


# You have Stage 3 CKD



## Risk Factors for Kidney Disease

## Complications of Kidney Disease

## Nutrition Reports

Sodium

Potassium

Protein

Phosphorus

Fluid

**Next**



# Sodium

Sodium Restriction	Yes
Recommended Intake	<1500 mg/day
Estimated Current Intake	1750 mg/day
Opportunities	
Reduce	Table Salt, Processed Foods
Increase	Table Salt, Processed Foods

**Next**



# Potassium

Potassium Restriction Yes

Goal Potassium Level <1500 mg/day

Your Current Level 1750 mg/day

Potassium Binders Veltassa

High Potassium Foods Oranges, Orange Juice,  
Bananas, Potatoes,  
Avocados, Tomatos,  
Tomato Juice, Dried  
Fruit, Pomegranate,  
Broccoli, Cooked  
Spinach, Milk, yogurt

Low Potassium Foods Apples

**Next**



# Protein

Protein Restriction	Yes
Recommended Intake	<1500 mg/day
Estimated Current Intake	1750 mg/day
Opportunities	
Reduce	Table Salt, Processed Foods
Increase	Table Salt, Processed Foods

**Next**



# Phosphorus

Phosphorus Restriction	Yes
Recommended Intake	<1500 mg/day
Estimated Current Intake	1750 mg/day
Opportunities	
Reduce	Table Salt, Processed Foods
Reduce	Table Salt, Processed Foods

**Next**



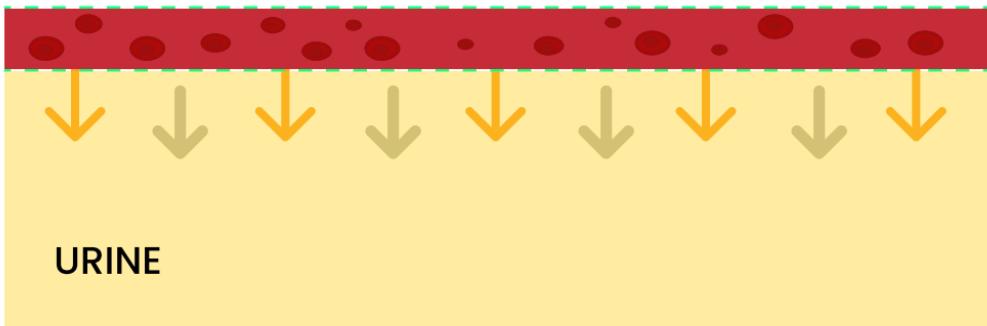
# Fluids

Fluid Restriction	Yes
Recommended Intake	<1500 mg/day
Estimated Current Intake	1750 mg/day
Opportunities	
Reduce	Table Salt, Processed Foods
Increase	Table Salt, Processed Foods

**Next**

# Albuminuria

## A Kidney Filter's Life



A healthy kidney filter eliminates urine i.e excess water and waste from your body.

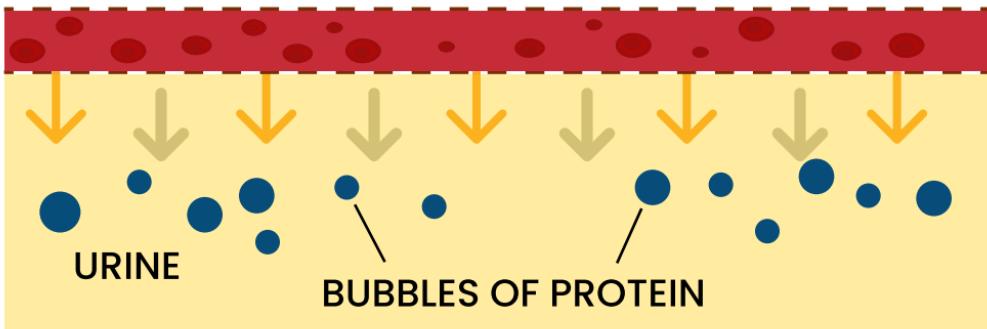
Waste includes:

1. Electrolytes like salt, Potassium, Phosphorus, Acid etc
2. Cell Waste
3. Food Waste
4. Toxins like medicines

**Next**

# Albuminuria

## Damaged Kidney Filters



Kidney filters get damaged due to high sugar levels, high pressure inside the filters or filter inflammation. Damaged filters allow large proteins like Albumin to escape through the filters into the urine.

### Albumin in Urine

Normal levels

None

Your level

--

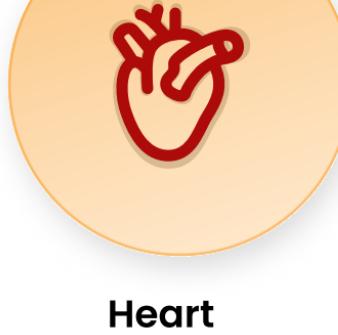
Can we lower it? **YES**

**Next**

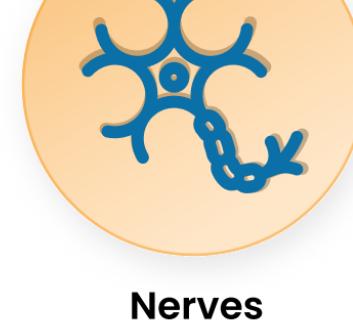
# Albuminuria

Albuminuria is the amount of protein called Albumin you spill in the urine. It may be improved by controlling your **blood pressure**. Your doctor may prescribe medicines like ACE inhibitors, Angiotensin receptor blockers, Aldosterone receptor blockers, SGLT 2 inhibitors, diuretics etc and treat kidney inflammation in select patients.

Improving Albuminuria could mean that your whole body feels healthier



Heart



Nerves



Brain



Eyes

## Medications

You are already taking these medications

Captopril(mg)

ACE inhibitor

Losartan(mg)

Angiotensin receptor

We will continue to monitor your albumin levels regularly.

Next

9:41



# **Listen to your body**

Track your symptoms  
so your doctor can  
take timely action

**Login**

9:41



Please enter your phone number

**Next**



Welcome to NEPHRAWN. Please enter your 4-digit passcode

You should have received a code via SMS from NEPHRAWN.

— — — —

**Submit**

[Resend Code](#)

- ➊ In case of any issues logging in, please [call support](#).

## Login PIN Setup

Enter a 4-digit login PIN. You will use this PIN every time you login to NEPHRAWN

Re-enter Login PIN

Login with face id



**Done**

1

2  
ABC

3  
DEF

4

GHI

5

JKL

6

MNO

7

PQRS

8

TUV

9

WXYZ

0



## Login Screen

Hi Sharina,

Enter your 4 digit login PIN



[Forgot PIN?](#)



Please enter your latest eGFR

eGFR

If you don't know your eGFR we  
can calculate it for you

**Calculate my eGFR**

**Next**

9:41



Age

Gender

Serum Creatinine

Serum Cystatin C

**Calculate**

9:41



Age

Gender

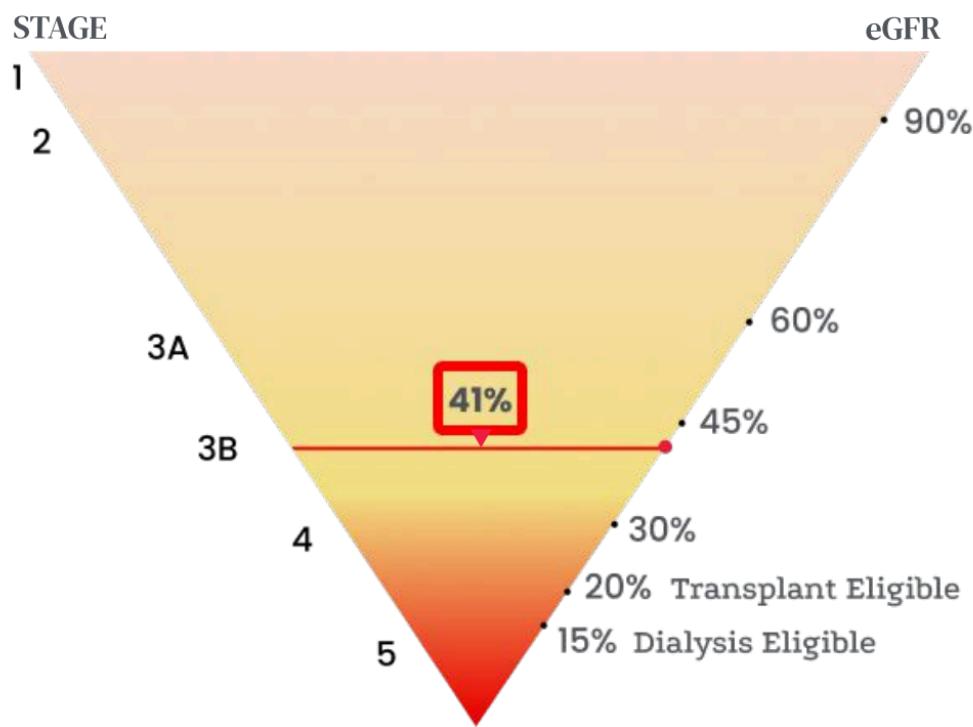
Serum Creatinine

Your calculated eGFR is

**30ml/min**

**Okay**

# You have Stage 3 CKD



## Albumin in Urine

Normal levels	None
Your level	--

**Next**

## Would you like to set up daily monitoring for specific symptoms?

Fatigue

Funny/Metallic taste in mouth

Loss of Appetite

Nausea

Retching

Vomiting

Diarrhea

Weight loss

itching

Rash

Swelling

Weight gain

Shortness of breath

Cough

Breathe better in a recliner

Chest Pressure

Chest Pain

Lightheadedness

Cramps

Tremors

Restless legs

Numbness/Burning of feet

Unable to sleep at night

Sleepy in the daytime

Feeling foggy

Feeling confused

Other

Skip

Next

## Set a Reminder

### Time

5	37
6	38
7	39
8	40
9	41 AM
10	42 PM
11	43
12	44
	45

### Frequency

Daily



Skip

Next

9:41



FRI, 03 FEB



# Good Morning,

## How are you feeling today?

Log in your symptoms



# Do you have any of these symptoms?

(Select all that apply)

I have no symptoms

Fatigue

Loss of appetite

Funny/Metallic taste in mouth

Nausea

Retching

Vomiting

Diarrhea

Weight Loss

Itching

Rash

Swelling



Weight gain



Shortness of breath



Cough



Breathe better in a recliner/head up



Chest Pain



Chest Pressure



Lightheadedness



Cramps

Tremors

Restless Legs

Numbness/Burning of feet

Unable to sleep at night

Sleepy in the daytime

Feeling foggy

Feeling confused

I have a different symptom

**Next**

9:41



Do you have any of the  
below symptoms?  
(Select all that apply)

Swelling

Cough/Shortness of Breath

Chest Pressure/Pain

Lightheadedness



Fatigue

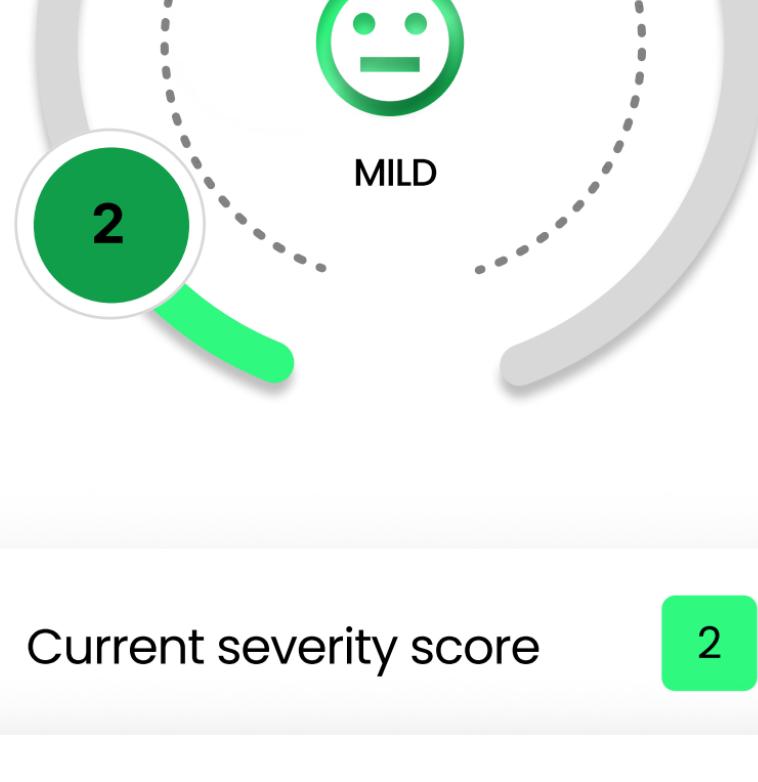


Cramps



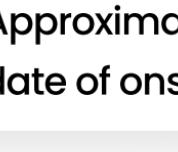
Lightheadedness X

Rate the severity of your  
lightheadedness

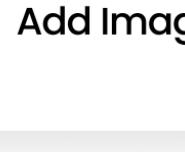


Current severity score

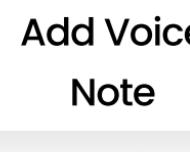
2



Approximate  
date of onset



Add Image



Add Voice  
Note

Save

9:41



Do you have any of the  
below symptoms?  
(Select all that apply)

Swelling

Cough/Shortness of Breath

Chest Pressure/Pain

Lightheadedness



Fatigue



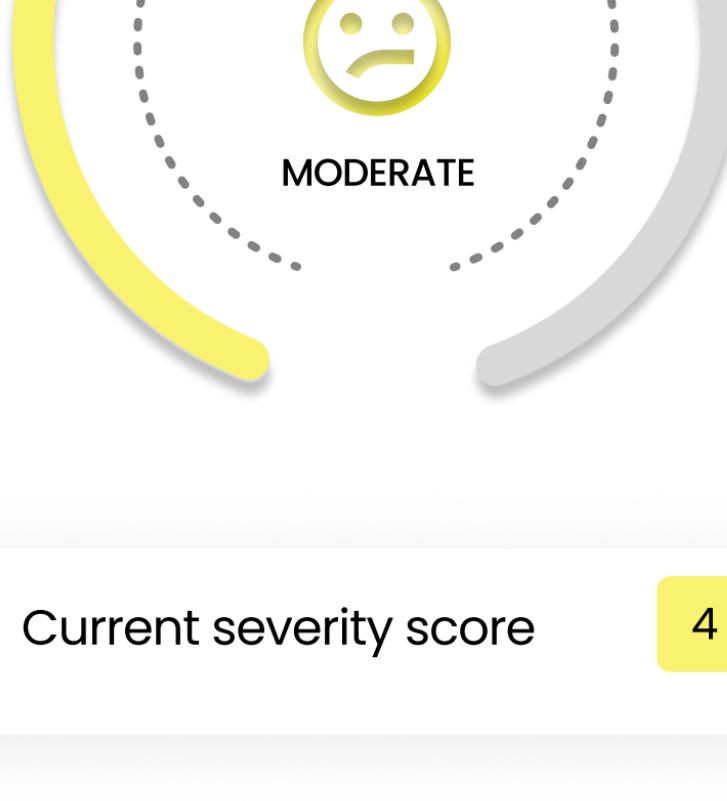
Cramps



Lightheadedness



Rate the severity of your  
lightheadedness



Current severity score

4

Approximate  
date of onset

Add Image

Add Voice  
Note

Save

9:41



Do you have any of the  
below symptoms?  
(Select all that apply)

Swelling

Cough/Shortness of Breath

Chest Pressure/Pain

Lightheadedness



Fatigue



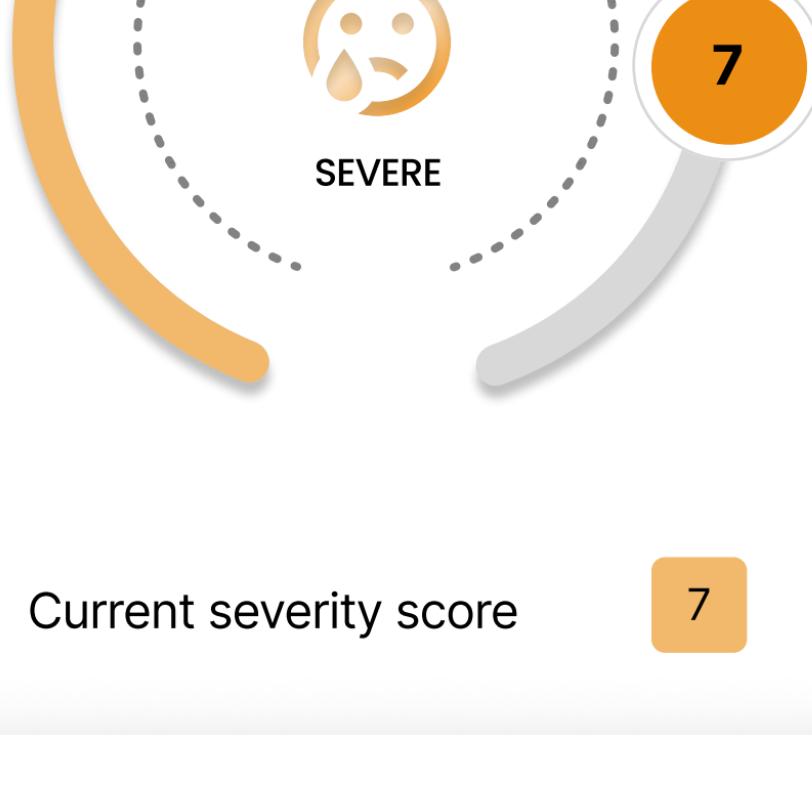
Cramps



Lightheadedness



Rate the severity of your  
lightheadedness



Current severity score

7

Approximate  
date of onset

Add Image

Add Voice  
Note

Save

9:41



Do you have any of the  
below symptoms?  
(Select all that apply)

Swelling

Cough/Shortness of Breath

Chest Pressure/Pain

Lightheadedness



Fatigue



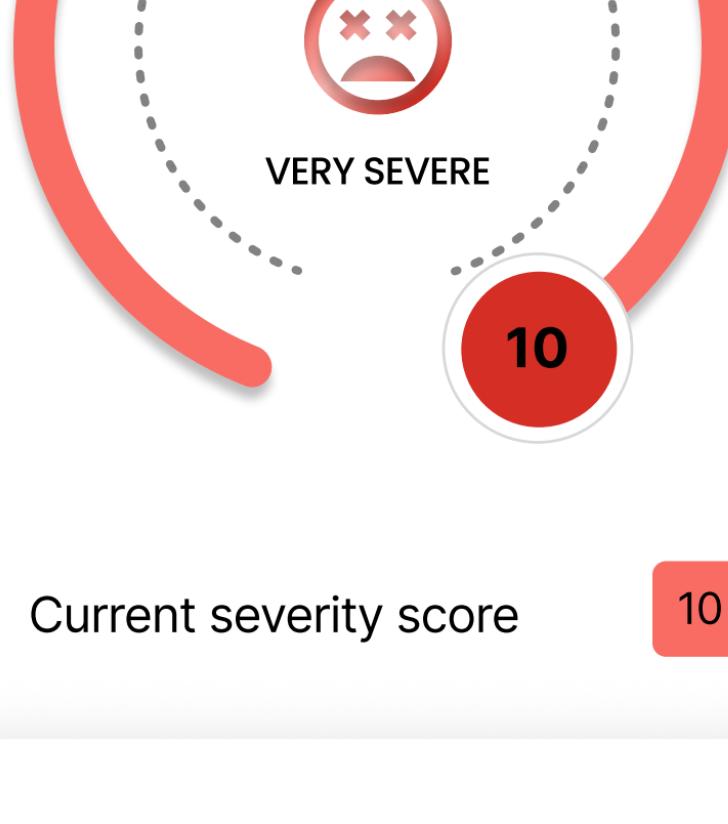
Cramps



Lightheadedness



Rate the severity of your  
lightheadedness



Current severity score

10

Approximate  
date of onset

Add Image

Add Voice  
Note



Save

9:41



## Symptom Summary

Sept 20, 2022



2 Swelling

4 Cough

8 Chest Pressure

10 Shortness of breath

Delete

Save

9:41



FRI, 03 FEB



# Good Morning,

## How are you feeling today?

Log in any new symptoms



### Recent Symptoms

**24** Total Symptom Score

**2** Swelling

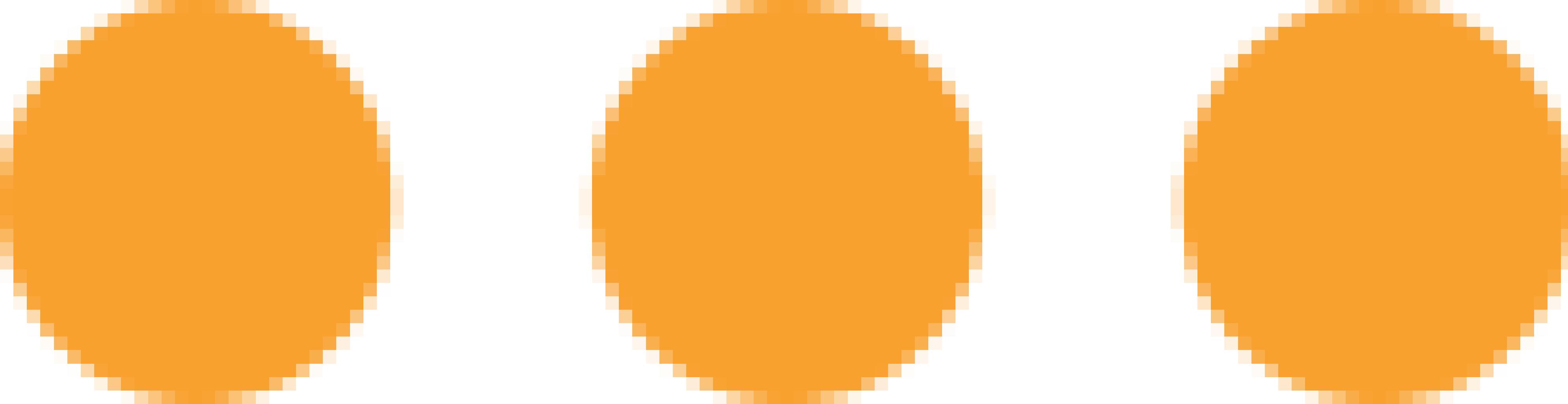
**4** Cough

**8** Chest Pressure

**10** Shortness of breath

**0** Fatigue

Updated on July 26, 2023



← Symptom Trend

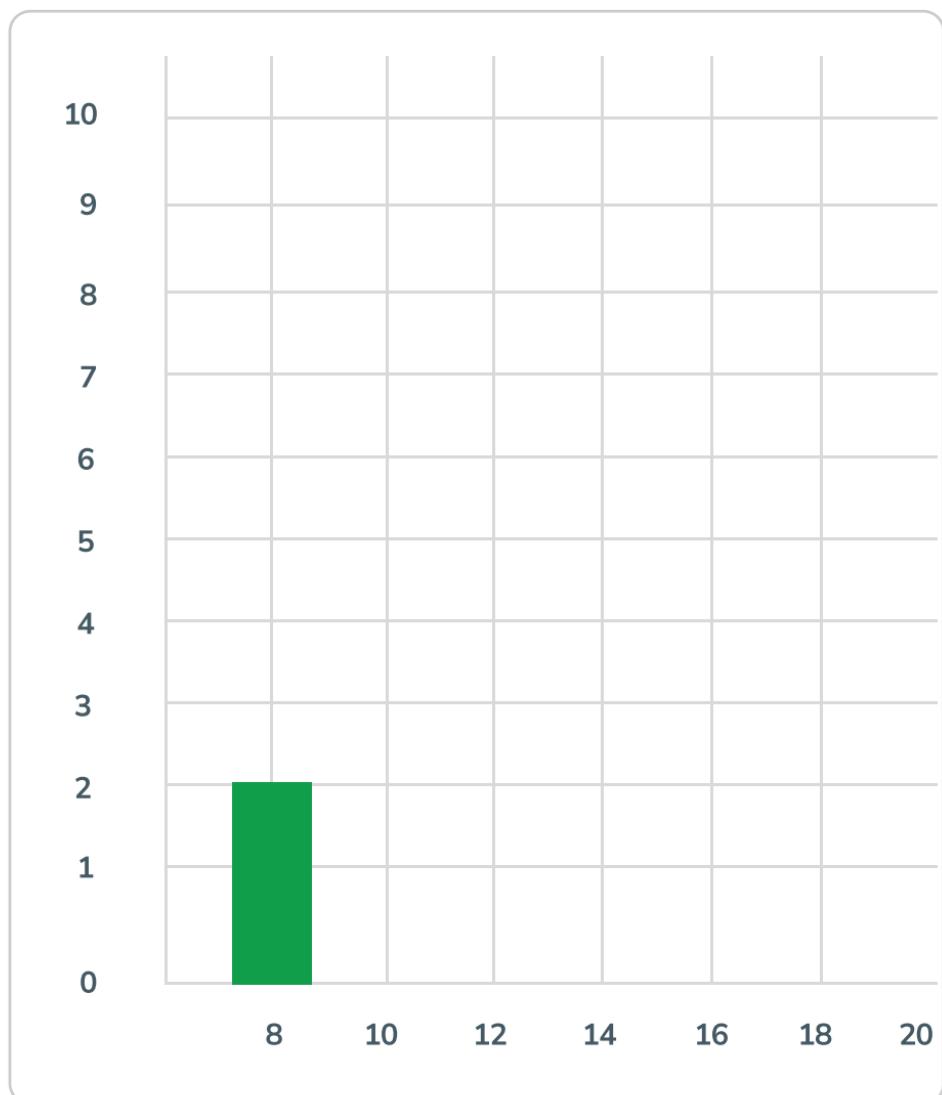
## Swelling

Day

Week

Month

< Sat, 26 July, 23 >





## Symptom Trend

### Swelling

Day

**Week**

Month

< Oct 3 - Oct 9, 22 >

10

9

8

7

6

5

4

3

2

1

0

Sun

Mon

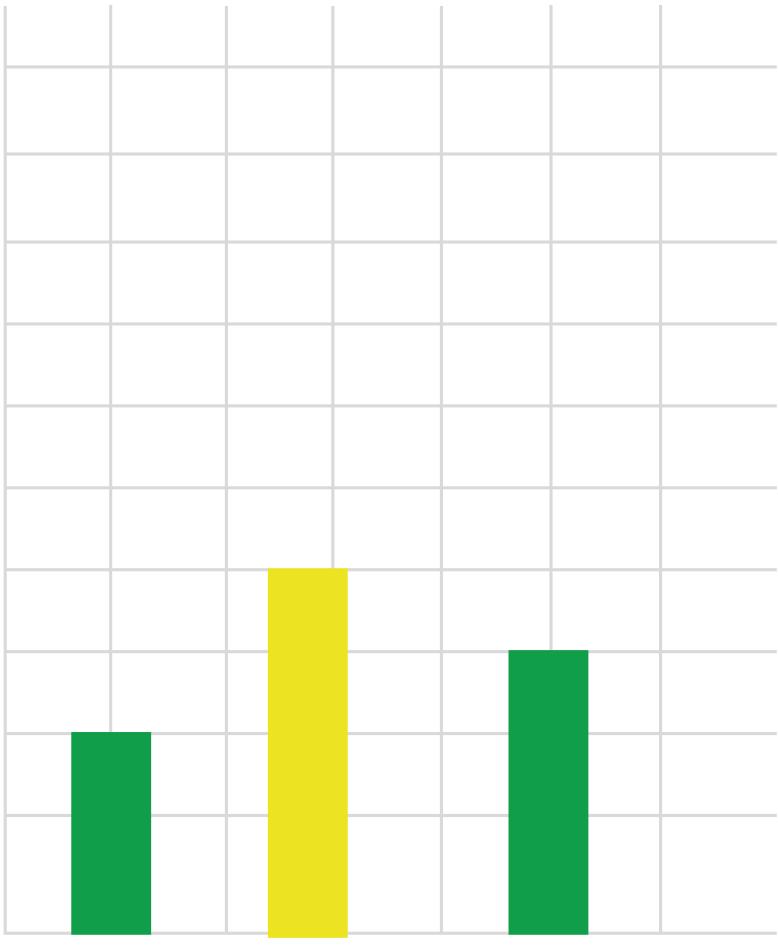
Tue

Wed

Thurs

Fri

Sat



9:41



## Symptom Trend

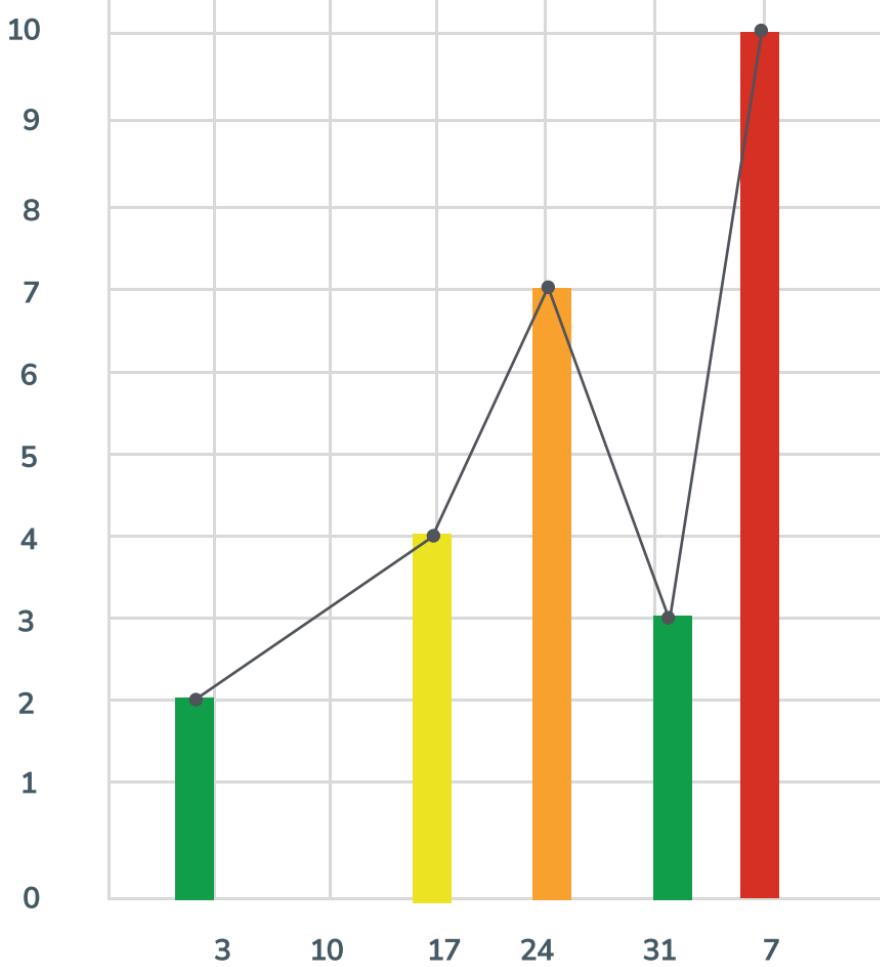
### Swelling

Day

Week

Month

&lt; Oct 3 - Nov 3, 22 &gt;



9:41



## X Set Date

START DATE

END DATE

25 July, 2022

27 July, 2022

July 2022

&lt; Previous

Next &gt;

Su

Mo

Tu

We

Th

Fr

Sa

31

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

**Done**

9:41



## More

- Edit eGFR >
- Notifications >
- Reminders >
- Voice Notes >
- Images >
- About >
- Log out >