

THE *Nephrotic Syndrome*

FOUNDATION

SUPPORT. EDUCATE. FIGHT.

NSF Finding Health

“What Parents Need to Know” A NSF Peer Team Panel

September 19, 2023

Overview

Disclaimer

Introductions

Q & A

Closing

Disclaimer

- Material in this presentation is based on individual experience. It is designed to serve only as a general resource for awareness and discussion purposes. Information provided in this presentation should not be taken as complete, nor acted on without further verification or research.
- In addition, significant differences exist depending on the individual patient, diagnosis, location, provider and medical institution.
- Opinions expressed in this session and on the following slides represent only those of individuals and not those of NSF or other related institutions.

Introductions

NSF Team

- Nicki Kaplan
- Dana Bicker

NSF Peer Team Panelists

- DJ Currin
- Michelle Perales
- Natalie Cellini
- Noah Rubach
- Valarie Herrera

Medicine

What medicine worked best for you?

Food / Diet

When in remission, did you limit any foods?

Travel

**Have you traveled outside of US?
How did you manage?**

Wellness Routine

What is a good diet, meal prep, and exercise routine for a teen?

School

Talk about navigating going to public schools, precautions, stresses, feeling different.

Sports

Talk about sports and sports dreams, when and how hard to play.

Parental Involvement

**How parents influenced their journeys (good and bad).
What you think we should know.**

Lasting Remission

Did you ever reach a lasting remission?

Final Thoughts

Is there anything you wish to convey to parents?

Closing

Thank you NSF Peer Team!!!

Closing

- Thank YOU!
- Feedback and suggestions welcome - email us!
dana@nephroticsyndrome.foundation.org or
andi@nephroticsyndrome.foundation.org
- Requests or suggestions for future Finding Health topics?

Upcoming Opportunities

- Finding Health Sessions
 - **“Vaccinations and Nephrotic Syndrome”**
 - NEXT Tuesday, September 26th @ 5:30pm PST
- Backpacks of Hope
 - **Now accepting requests - Please submit by 9/22**
 - B.Hope Day - Saturday, October 7th
- NSF Peer Team
 - **Fall CONNECTIONS Event**
 - Saturday, October 14th @ 10am PST
- Camp NSF v2.0
 - **In-Person Patient Family Camp**
 - Saturday, November 18 - Monday, November 20

Thank you for being here!
Your involvement & participation helps all of us!

