

# THE WARRIOR'S BLUEPRINT: TURNING A DIAGNOSIS INTO A MISSION

*"In 2018, I watched my father lose his battle with kidney disease. Six years later, I found myself in the same chair. I realized then that I wasn't just fighting for my life—I was fighting to build a bridge for every warrior coming after me."*

**BUILDING THE FOUNDATION.** For twenty years, I lived my life by a simple code: grit, precision, and the pride of building things that last. As a heavy equipment operator, I moved mountains of earth to build the infrastructure of our communities. I loved the "boots on the ground" reality of hard work. But in October 2024, the ground shifted. What began as a routine eye exam ended with a diagnosis of End-Stage Renal Disease (ESRD). My kidneys hadn't just slowed down; they had stopped.

**A NEW KIND OF BATTLE.** I instantly went into "build mode." But I quickly found that the medical system can be a cold, overwhelming wall of authority. You are told how to survive, but rarely how to *live*. I realized that my 20 years in construction gave me the perfect blueprint for advocacy: you need a solid foundation, the right tools, and a crew that has your back.

I wasn't standing alone in this trench. My wife, Cortney, stepped in as my Co-Founder. While I navigated the dialysis chair, she became the architect of our endurance, eventually leading our Battle Buddies Initiative to support the caregivers who are often the unsung heroes of this journey.

**TOGETHER WE THRIVE.** We founded Nephro Warriors to provide the "tactical intel" that clinics don't teach. From our Nephro Corps initiative for veterans to our motivational media hub, we are building the infrastructure of hope. We aren't just looking to survive this disease; we are here to lead the charge against it.

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**OFFICIAL INTEL: PATRICK COLSON**

- **Role: Founder & President, Nephro Warriors**
- **Expertise: 20+ Years Operating Engineer (Local 12)**
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- **Advocacy:**
- **Patient Ambassador (AAKP)**
- **Team Advocates (NxStage/Fresenius)**
- **Co-Founder: Cortney Colson (VP, Director, Battle Buddies)**

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Ready to share the Warrior story? Patrick and Cortney Colson are available for interviews, panel discussions, and guest features to discuss grassroots advocacy, renal health navigation, and the reality of life on dialysis.

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