

Understanding Chronic Kidney Disease (CKD)

Quick Guide

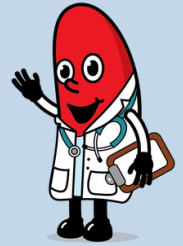
What do your tests mean?



The **estimated glomerular filtration rate (eGFR)** measures how well your kidneys are filtering your blood. eGFR is reported as a number which roughly equals the percentage of kidney function you have.



The **urine albumin:creatinine ratio (uACR)** tests to see how much albumin (protein) is present in your urine. Albumin in your urine is a sign of damage or scarring in the kidneys.



What is your stage of CKD?

	Stage 1-2	Over 60% working eGFR > 60	Kidneys are functioning normally, but there are signs of kidney damage	• Most people don't notice symptoms
	Stage 3	30 - 59% working eGFR 30 - 59	Kidney function has declined below normal + kidney damage may be present	If you do have symptoms, you may notice: • Feeling unwell or tired • Changes in how often you pass urine • Swelling of ankles • Blood pressure increases • Signs of bone disease or anemia
	Stage 4	15 - 29% working eGFR 15-29		
	Stage 5	Less than 15% working eGFR < 15	The kidney function has declined where you may need treatment for kidney failure	+ More frequent night toileting • High blood pressure is nearly always present • Signs of anaemia, fatigue or itching • Restless legs, metallic taste

90%
of kidney function can be lost without experiencing any symptoms

What are the treatments?

When started early, some treatments can help slow down kidney disease.

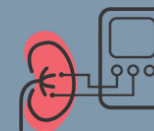


Eat a kidney-friendly diet, get enough exercise, avoid smoking or vaping and maintain a healthy weight.



Medicines

Help to slow down kidney disease and lower protein in the urine. Some help with symptoms or manage blood pressure.



Treatments for kidney failure

Consider dialysis, kidney transplant, or comprehensive conservative care.