

CHRONIC KIDNEY DISEASE

Chronic Kidney Disease and GFR



KIDNEYS

866.414.6565

KNOW YOUR NUMBER!

Chronic kidney disease is a group of conditions that stop your body from doing some very important jobs, like removing wastes and fluid. If kidney disease gets worse, you can become very sick. You may develop other medical problems, too. Some simple tests can let you and your doctor know how serious your condition is.

Knowing your GFR number gives you power!

Knowing your number can help you control your kidney disease and possibly stop you from getting sicker.

GLOMERULAR FILTRATION RATE (GFR)

- GFR is the best test to measure your kidney function.
- GFR also determines the stage of kidney disease.
- Kidney disease ranges from Stage 1 (GFR >90) to Stage 5 dialysis (GFR <15).
- Your GFR number can be determined by a simple blood test for serum creatinine. When kidney function slows, serum creatinine rises.
- If your GFR falls to 30 or below, your PCP will refer you to a kidney specialist called a nephrologist.
- A nephrologist will talk to you about treatments like dialysis or transplantation.
- If your GFR falls to 15 or lower, you will need to begin some type of treatment for your kidney disease.

REFERENCE:

National Kidney Foundation (www.kidney.org), "Glomerular Filtration Rate (GFR)"



FOR MORE INFORMATION about CKD, call Care Management at 1.866.414.6565 (TTY: 1.800.473.0989).