



## GFR..... What You Need to Know

### The Facts:

- Glomerular Filtration Rate (GFR) is a calculation of kidney function.
- Your doctor can calculate your GFR from the results of a simple blood test.
- The calculation will also consider other factors (age, race and gender).
- Your GFR tells your doctor whether you have mild, moderate or severe loss of kidney function. It is used to determine the best course of treatment for you.
- If you are in one of the groups with an increased risk for chronic kidney disease, ask your doctor about having tests for GFR, small amounts of protein in your urine and high blood pressure.
- You are at increased risk for chronic kidney disease if you have any of the following:
  - Diabetes
  - High blood pressure
  - Family history of the disease
  - Older age
  - If you are African American, Hispanic, Native American, Asian American or Middle Eastern American.

## Stages of Chronic Kidney Disease

| <b>Stage</b> | <b>Description</b>  | <b>GFR</b> | <b>Action</b>  |
|--------------|---|------------|--|
| 1            | Kidney damage (protein in the urine) and normal kidney function | Above 90   | ▪Diagnosis & treatment to stop/slow kidney disease<br>▪Reduce cardiovascular risks |
| 2            | Kidney damage and mild loss of kidney function                  | 60 to 89   | ▪Continue treatments to stop/slow kidney disease<br>▪Reduce cardiovascular risks   |
| 3            | Moderate loss of kidney function                                | 30 to 59   | ▪ Evaluate & treat complications   |
| 4            | Severe loss of kidney function                                  | 15 to 29   | ▪ Prepare for dialysis or kidney transplant  |
| 5            | Kidney failure  | Below 15   | ▪ Dialysis or kidney transplant are necessary to maintain life                     |

### **Prevention Strategies:**

- Maintain a normal weight, exercise on a regular basis and don't smoke.
- Treatment of diabetes and high blood pressure (blood sugar and blood pressure control) to lower the risk for chronic kidney disease.
- Treatment of chronic kidney disease to lower the risk of kidney failure and cardiovascular disease.
  - Medications: Angiotensin Converting Enzyme (ACE) inhibitors & Angiotensin Receptor Blockers (ARB's)
  - Strict blood pressure control