

EXPLAIN THE KIDNEY NUMBERS

Many people know their cholesterol and blood pressure numbers. But they also need to know their **kidney numbers**, to see if their kidneys are healthy or if they have **chronic kidney disease**, also called **CKD**. Having CKD means that you've had a kidney problem for at least 3 months.

Chronic kidney disease can creep up on you slowly and silently. You can be losing kidney function for many years without symptoms. Many people find out they have CKD only when their kidneys have failed and it's too late for preventive treatment. At this point, they usually need dialysis or a kidney transplant. That's why knowing your kidney numbers is so important!

There are two KIDNEY NUMBERS:

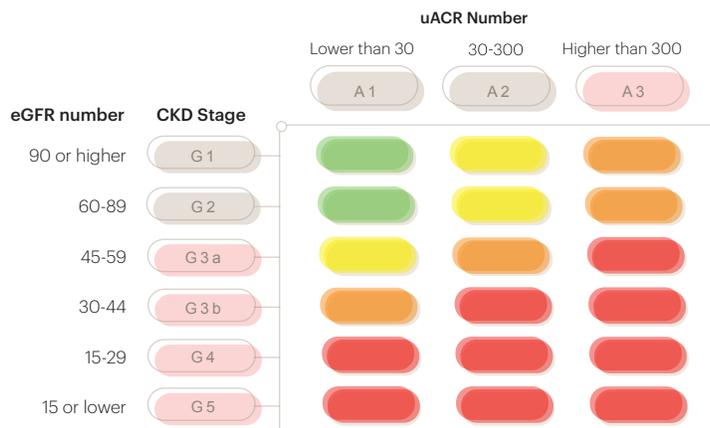
- **Estimated Glomerular Filtration Rate (eGFR)**, measured by a blood test.
- **Urine Albumin to Creatinine Ratio (uACR)**, measured by a urine test.

The **eGFR** shows how well your kidneys clean your blood, and the **uACR** shows if there's a protein called **albumin** in your urine, which may mean that your kidneys are damaged.

Along with your kidney numbers, your doctor reviews your health history and performs other tests to either confirm or rule out if you have CKD.

DESCRIBE THE CKD HEAT MAP

If you do have chronic kidney disease, then your doctor will use the **CKD Heat Map** to find out your risk for CKD getting worse and your risk for heart disease.



On *the left side* of the map, your eGFR number matches up with a CKD stage. A higher eGFR number is better because it means you have a lower CKD stage.

eGFR Number	CKD Stage
90 or higher	G1
60-89	G2
45-59	G3a
30-44	G3b
15-29	G4
15 or lower	G5

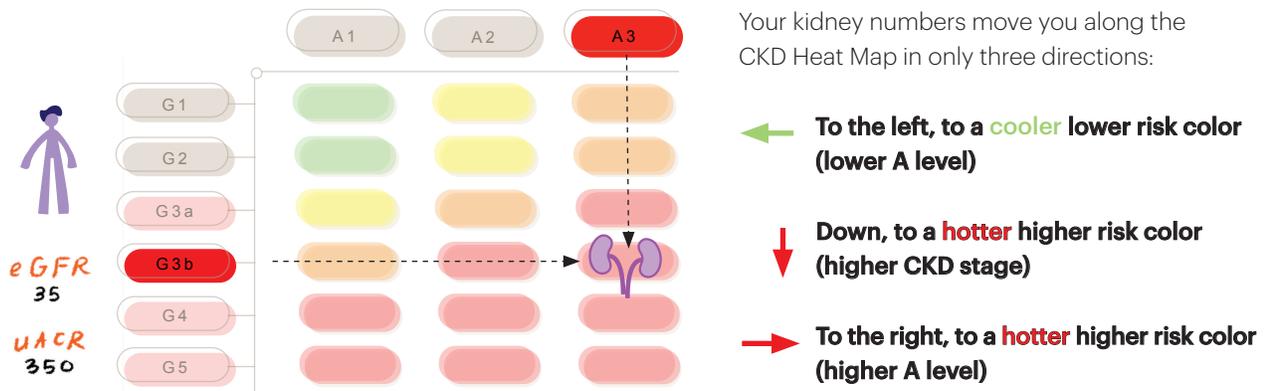
On *the top* of the map, your uACR number matches up with a uACR level. A lower uACR is better because that means less albumin in the urine.

uACR Number	uACR Level
Lower than 30	A1, normal – mildly increased
30-300	A2, moderately increased
Higher than 300	A3, severely increased

A **Green** box means you do NOT have chronic kidney disease, or that you are at the lowest risk for CKD getting worse. **Yellow** means increased risk for CKD getting worse. **Orange** means high risk for CKD getting worse. **Red** means the highest risk for CKD getting worse.

DEMONSTRATE HOW TO READ THE CKD HEAT MAP

If, as in the example below, your eGFR is 35 (CKD stage G3b), and your uACR is 350 (level A3), you can draw a line down from A3 and another line across from G3b. These lines meet at a red box, which means that you're at the highest risk for CKD getting worse. You can draw lines from different points along the top and side of the map depending on your kidney numbers.



You may not be able to travel up the CKD Heat Map to a higher eGFR number, unfortunately, because your kidney function may not improve, but can only be stabilized.

But you CAN improve your A level and move from right to left. This means that you're able to lower the amount of albumin in your urine, so that your kidneys will have less damage. This ultimately means that you're decreasing the risk for your chronic kidney disease getting worse.

How well you take care of your kidneys will affect how you move along the CKD Heat Map.

Do your part, know your kidney numbers, get tested, and stabilize or even improve your numbers through personal choices like eating healthy, exercising, and not smoking. Medicines can also help. For example, medicines for diabetes and high blood pressure lower albumin in the urine. Other drugs protect your heart or even directly stop your chronic kidney disease from getting worse.

YOU CAN START TODAY by doing the things that can move you from right to left. That is a jump in the BEST direction!



Helpful Image

In the same way that rust is the sign of a damaged fence, albuminuria is the sign of damaged kidneys.

We may not be able to remove the rust on the fence that's already formed, but we can protect the fence so that no more rust will form. By doing so, the fence will still be useful.

Likewise, we can stop further damage to the kidneys by protecting them with proper care. By doing so, albuminuria will not get worse or could improve, and the kidneys will still function.



For a video explaining this information, please scan this code using the camera on your mobile phone.

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