

**Take this card with you to provider visits.**

<b>eGFR</b>		<b>Goal: _____</b>	
Date	Result:	Date	Result:
Example: 1/1/2023	65		

<b>uACR</b>		<b>Goal: less than 30</b>	
Date	Result:	Date	Result:
Example: 1/1/2023	40		

<b>A1C</b>		<b>Goal: _____</b>	
Date	Result:	Date	Result:
Example: 1/1/2023	8.0		

<b>Blood Pressure</b>		<b>Goal: _____</b>	
Date	Result:	Date	Result:
Example: 1/1/2023	130/75		



For more information on CKD and wellness programs, visit the National Kidney Foundation of Michigan website at [www.nkfm.org](http://www.nkfm.org).

## Take Charge of Your Kidney Health

The kidney numbers show if you have chronic kidney disease, also called CKD. CKD means you've had a kidney problem for at least 3 months. CKD can increase your risk for heart disease or stroke. CKD often has no symptoms until the kidneys fail and it's too late for preventive treatment. The tests below: eGFR and uACR, can show your risk of kidney disease and progression.

### eGFR: Estimated Glomerular Filtration Rate:

This blood test shows how well your kidneys filter (clean) your blood.

### Stages of Kidney Disease:

**>90:** G1 (normal or high)

**60-90:** G2 (mild decrease)

**44-59:** G3a (mild/ moderate decrease)

**30-44:** G3b (moderate/severe decrease)

**15-29:** G4 (severe decrease)

**<15:** G5 (kidney failure)

### uACR: Urine Albumin to Creatinine Ratio:

Shows if your kidneys are leaking protein (albumin) into your urine, which may mean kidney damage.

### Category (mg/g):

**<30:** A1 (normal to mild increase)

**30-300:** A2 (moderate increase)

**>300:** A3 (severe increase)

**Diabetes** and **high blood pressure** are the two leading causes of CKD. Keeping your blood sugar (A1C) and blood pressure under control will help your kidneys from getting worse.

### To keep kidney disease from getting worse, it might take:

- Different medications over time – check with your health care provider.
- Lifestyle changes: eat healthy foods, be active every day, avoid tobacco use, and avoid NSAIDs.
- Partnering with your doctor to come up with a plan that is right for you.