

KNOW YOUR KIDNEY NUMBER... eGFR



What is my “kidney number”?

- Your kidney number tells you **how well your kidneys are working**. Your kidney number is your eGFR (estimated Glomerular Filtration Rate).
- Think of your eGFR as the percent (%) of waste your kidneys are able to filter.
- If your kidneys are filtering well, your kidney number (eGFR) will be 60% or more.
- **If your eGFR is less than 60% for 3 months**, you may have **chronic kidney disease (CKD)** .

Why does my kidney number matter?

- It’s an early sign that you may have **chronic kidney disease (CKD)**. Most people with CKD don’t have any signs until late in the disease.
- **Diabetes or high blood pressure can cause CKD**, if you have one or both of these, it’s important to know if your kidneys are being damaged.
- If you make positive changes, you can protect your kidneys and improve how they work.

How do I find out what my kidney number (eGFR) is?

- First, you will need a blood test to check your creatinine. The lab will use your creatinine levels along with your age, race, and sex to estimate your eGFR.
- Ask your provider or check your lab results to find your eGFR.

What should I do if my kidney number is less than 60?

- Talk to your provider about why your kidney number (eGFR) is low.
- Ask them what you can do to slow down or improve your CKD.
- CKD education classes are available to help you learn about CKD, how to protect your kidneys and what your options are.

60% and Above

Could be normal depending on age.

30-59%

There are no specific symptoms, but kidney function can slowly decline.

15-29%

Kidney function is very low and treatment for kidney failure may be needed soon

<15%

Kidneys can no longer keep up with removing waste products and extra water. This is called kidney failure. Although there is no cure, treatment options are available.

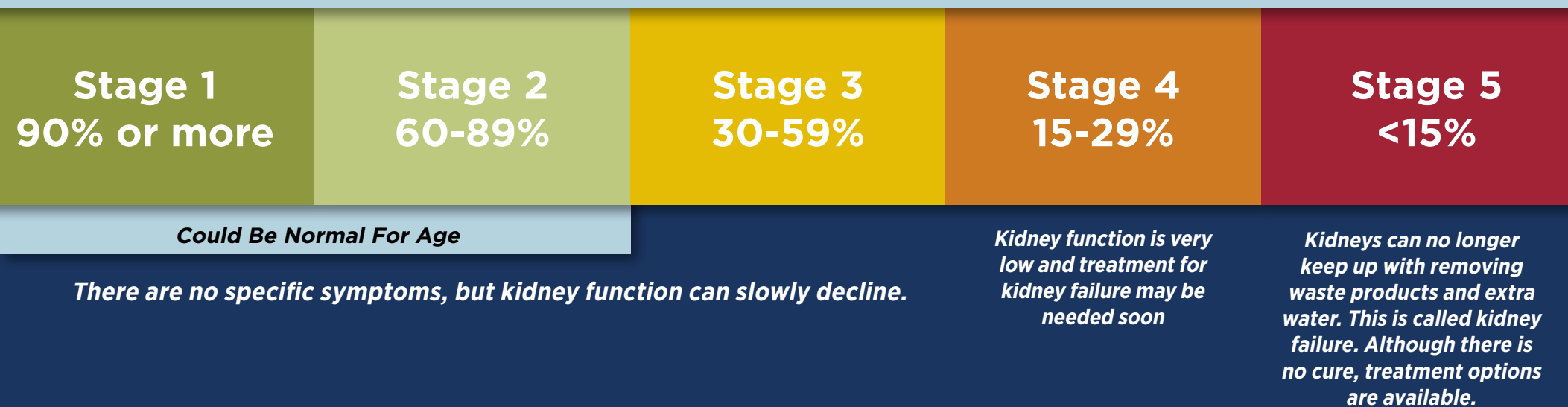
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**estimated Glomerular Filtration Rate*

- Over 450,000 Arkansans have Chronic Kidney Disease (CKD).
- Only about 4500 know it!
- A **common lab test (eGFR)** shows how much (%) of your kidneys are working.
- CKD related damage **starts long before** you have symptoms.
- **Getting better is possible!**

Learn what to do to protect your kidneys and slow CKD progression.

% of Normal Kidney Function



Talk with your health care team:

If you have **Diabetes** or **High Blood Pressure** ask about your kidneys.

Ask what's my **kidney number** (eGFR*).

Ask what you can do to help your **kidneys get better.**