

## Know Your eGFR

### What is eGFR?

- eGFR (estimated glomerular filtration rate) is a measure of how well your kidneys are working
- Your kidneys filter waste and extra water out of your blood
- eGFR is the rate at which your kidneys are filtering and tells the stage of your kidney disease

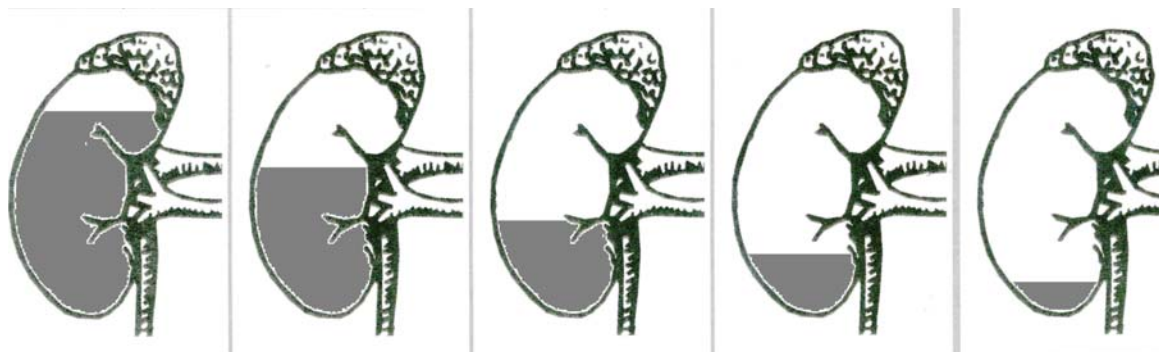
### How does my doctor figure out eGFR?

- Blood test for creatinine, a waste product that is removed by healthy kidneys
- Higher creatinine number means the kidneys aren't working well
- eGFR is calculation based on your creatinine, age, race, and gender
- If you know your creatinine number, you can figure out your eGFR at [http://www.kidney.org/professionals/KDOQI/gfr\\_calculator.cfm](http://www.kidney.org/professionals/KDOQI/gfr_calculator.cfm)

*Find out your stage so you can plan for staying healthy*

### Why should I know my eGFR?

- You may have kidney disease and still feel fine; eGFR is a good way to tell how your kidneys are really working
- Kidney patients can stay at one stage for months or years
- You can keep kidney disease from getting worse with blood pressure control, blood sugar control if you're diabetic, diet, medications, exercise, and a healthy lifestyle
- At all stages, there are things you can do to stay healthy
- If you are at Stage 4, it may be time to start planning for dialysis or transplant



**Stage 1**  
> 90

**Stage 2**  
60-90  
Mild

**Stage 3**  
30-59  
Moderate

**Stage 4**  
15-29  
Severe

**Stage 5**  
<15  
Dialysis or  
transplant