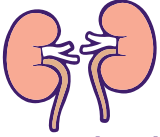


HOW HEALTHY ARE MY KIDNEYS AND HOW DO I STAY WELL?
























Your doctor has done some tests to check your kidney health. This fact sheet can help you understand what your test results tell you about how well your kidneys are working. It also gives tips for keeping your kidneys healthy.

How healthy are my kidneys today?

If you have, or are at risk of, chronic kidney disease, your doctor will regularly check your kidney health. This will be at least once a year or more often depending on how well your kidneys are working. See page 2 for how often you will need to get your kidney health checked. Your doctor will use results from your blood and urine (wee) tests to understand how well your kidneys are working and your chance of other health problems.



Ask your doctor to ✓ the coloured circle that shows your current kidney health.

My blood test result		My urine test result		
 Tells me: how well my kidneys are working Measures how much blood is filtered through my kidneys each minute (estimated glomerular filtration rate or eGFR).		 Tells me: if there are signs of kidney damage Measures how much albumin (a type of protein) is in my urine (albumin-creatinine-ratio or ACR). Damaged kidneys let albumin pass into the urine.		
		Amount of albumin and urine ACR (mg/mmol)		
Kidney function	eGFR (mL/min/1.73m ²)	Normal Male: under 2.5 Female: under 3.5	Small amount Male: 2.5 – 25 Female: 3.5 – 35	Large amount Male: above 25 Female: above 35
Normal	More than 90			
Mild loss	60–89			
Moderate loss	30–59			
Severe loss	15–29			
Very severely reduced	Under 15			
The chance of your kidney health getting worse or other health problems.  Low  Moderate  High  Very high				
Adapted with permission from: Kidney Health Australia. <i>My Kidneys My Health: Living with early stage chronic kidney disease</i> . Kidney Health Australia; 2015				

What is chronic kidney disease?

Chronic kidney disease (CKD) means your kidneys are not working as well as they should, and/or show signs of damage, for 3 months or more. This causes waste to build up in your body and can lead to other health problems, such as high blood pressure, heart attack and stroke.

No matter how your kidney health is today, there are things you and your doctor can do to help you stay well.

Top 3 tips for staying well when you have CKD

Check your kidney health with your doctor

To make sure your treatment is helping your kidneys and keeping you healthy, your doctor will refer you for blood and urine tests. How often this happens depends on how severe the disease is. Use the coloured circle (marked by your doctor) from page 1 to see how often your kidney health needs to be checked.

How often will I need my kidney health checked?



Every 12 months



Every 3-6 months



Every 1-3 months

My next review is due on:

Keep taking your medicines as prescribed by your doctor

If you have chronic kidney disease you may be taking a type of medicine called an ACE inhibitor or an ARB. This medicine can slow down or stop the disease getting worse. These medicines may also help manage your blood pressure.

My ACE inhibitor or ARB is:

Your doctor may also prescribe other medicines to control your blood pressure, blood sugar levels, and lower your chance of heart attack or stroke.

Check before you take any other medicine

Some medicines can cause more damage to your kidneys when you have chronic kidney disease. This includes medicines you can buy without a prescription, like medicines for pain (eg, ibuprofen), as well as vitamins, bush medicines and other natural medicines. Always check with your doctor before taking any medicines. A medicines list can help you keep track of your medicines.

Develop a healthy lifestyle

There are many things you can do to keep your kidneys as healthy as possible for as long as possible.



Be active

Eat healthy food



Be a healthy weight



Cut back on alcohol



Quit smoking



Drink water

Work through the [My Kidney Health Plan](#) with your doctor to understand and plan the things you can do to look after your kidneys.

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