

# What are the 5 STAGES of kidney disease?

*Davita.*  
bringing quality to life™

**Completely healthy kidney function is measured at a GFR of 100, which means that the kidneys are working at 100%. Your kidney function is still considered normal if the GFR number is 90 or greater. If your GFR is 26, you know that your kidneys are working at approximately 26% of the normal rate.**

1 & 2

## :: MILD ::

STAGES 1 & 2, GFR > 60

- Early stages indicate slight damage to the kidneys.
- There are few to no symptoms.
- You can manage your condition through a healthy diet and blood pressure regulation.

3

## :: MODERATE ::

STAGE 3, GFR 30-59

- Waste products build up in the blood.
- Symptoms include fatigue, too much fluid, urination changes, sleep problems and kidney pain.
- You can often manage stage 3 by changing to a kidney-friendly diet plan as well as managing high blood pressure and diabetes.
- Visit your doctor or nephrologist to help manage kidney disease through kidney-friendly living habits and possibly with prescription medication.

4

## :: SEVERE ::

STAGE 4, GFR 15-29

- You may develop complications, such as high blood pressure, anemia, bone disease and cardiovascular diseases.
- Symptoms include fatigue, back pain, nausea, taste changes, nerve problems and difficulty sleeping.
- You will need to see a kidney doctor to help manage your disease.
- You may also be referred to a dietitian to learn more about the right kidney diet for you.

5

## :: END STAGE RENAL DISEASE (ESRD) ::

STAGE 5, GFR < 15

- Symptoms include loss of appetite, nausea, itching, swelling and making little or no urine.
- You will need to consider a couple of different treatment options, such as dialysis (a treatment that removes wastes and excess fluid from your body) or a kidney transplant.

## What stage am I in?

Kidney disease comes in stages. Knowing your chronic kidney disease (CKD) stage is important for deciding your treatment. CKD has five stages, ranging from nearly normal kidney function (stage 1) to kidney failure, which requires dialysis or transplant (stage 5).

Understanding your stage can help you learn how to take control and slow the progression of your condition. The stages are not based on symptoms alone.

In fact, patients with kidney disease in stages 1 and 2 often do not have any noticeable symptoms. Instead, the stages reflect how effectively the kidneys eliminate waste from the blood by using an equation that estimates kidney function, known as glomerular filtration rate, or GFR. Determining your GFR requires a simple blood test.

If you know your serum creatinine you can calculate your GFR at <http://www.davita.com/gfr-calculator> and learn more about stages of CKD.

## OK ... but how did I get kidney disease?

Diabetes and high blood pressure are the number-one and -two causes of kidney disease. Another form of kidney disease is glomerulonephritis, a general term for many types of kidney inflammation. Genetic diseases, autoimmune diseases, birth defects, acute kidney failure and other problems can also cause kidney disease.

## How do I live a healthier life?

Take control by slowing the progression of kidney disease:

- Choose an all-star healthcare team. See the appropriate kidney specialists for your stage of kidney disease.
- Don't smoke.
- Incorporate exercise into your life.
- Take medications as prescribed by your doctor.
- Eat right by limiting foods that are high in protein, saturated fats, phosphorus, potassium and sodium, all of which can put extra strain on your kidneys.
- Expand your knowledge about certain medications. Some prescription and over-the-counter medicines and herbal supplements can be very harmful. Check with your doctor or pharmacist before taking any new medications.

### What is acute kidney failure? Acute kidney failure, or sudden kidney failure, is when kidneys suddenly stop working.

Injury to the kidneys, overexposure to metals, solvents or some medications, infection and obstructions in the urinary tract or renal artery can cause acute kidney failure.

## PARTNERS IN CRIME Diabetes & High Blood Pressure

Get smart about two conditions that could secretly conspire against your kidneys.

**D**iabetes and high blood pressure can work together as silent partners that cause damage to the blood vessels in the kidneys. Many people don't know they have these conditions or are not following their recommended treatment plan. Uncontrolled diabetes and/or uncontrolled high blood pressure can lead to kidney disease.



## Become a crime fighter

Early detection, education, keeping blood sugar levels under control, eating healthy and exercising can put these two bad guys in their place while helping you achieve a better quality of life.

### GET KIDNEY SMART

DaVita Kidney Smart education programs offer instructor-led classes in neighborhoods across the country.

For an up-to-date listing of classes in your area, visit [DaVita.com/Class](http://DaVita.com/Class) or call **1-888-MY-KIDNEY** (1-888-695-4363)

*DaVita*  
bringing quality to life™