



TRACK YOUR GFR AND ALBUMINURIA NUMBERS

Use this handy sheet to keep track of your GFR and albuminuria results. After each test, fill in your GFR number and albuminuria result along with the date you were tested.

RECORD YOUR RESULTS:

DATE OF TEST										
GFR										
ALBUMINURIA										

WHAT IS GFR?

- GFR stands for “glomerular filtration rate.” Your GFR helps you know how much kidney function you have.
- GFR is estimated from a simple blood test. You should be tested regularly for GFR.
- Tracking your GFR helps you know if your kidney function is staying the same or getting worse.
- Keeping as much kidney function as you can is important — regardless of whether you have kidney failure, kidney disease, or a kidney transplant.
- Even people with kidney failure have some remaining kidney function left.
- Preserving kidney function will help you to live longer and feel better.

DO YOU HAVE ALBUMINURIA?

- Albumin is a type of protein made from the food you eat each day.
- Albumin circulates in your blood so it can be used by your body.
- Healthy kidneys do not excrete albumin. Having albumin in the urine is called “albuminuria.”
- Albuminuria is sign of kidney damage.
- Having albumin in the urine for 3 months or more means you have chronic kidney disease.
- People with albuminuria can be treated to lower the risk of chronic kidney disease getting worse.

ABOUT CHRONIC KIDNEY DISEASE (CKD)?

- Kidneys do important work. They:
 - Clean the blood by removing toxins
 - Keep body fluids in balance
 - Make hormones for making red blood cells, controlling blood pressure, and using vitamin D
- A GFR less than 60 for 3 months or more means you have chronic kidney disease
- Having albumin in your urine (called “albuminuria”) for 3 months or more means you have chronic kidney disease
- Treatment may help keep your kidney disease from getting worse
- Even if you have kidney failure, treatment may help you keep the remaining kidney function you have left

STAGES OF KIDNEY DISEASE

STAGE	DESCRIPTION	(GFR)
1	Kidney damage* (i.e. albuminuria) with normal kidney function	90 or above
2	Kidney damage* (i.e. albuminuria) with mild loss of kidney function	89 to 60
3a	Mild to moderate loss of kidney function	45 to 59
3b	Severe loss of kidney function	30 to 44
4	Severe loss of kidney function	29 to 15
5	Kidney failure	Less than 15

Your GFR number tells you how much kidney function you have. As kidney disease gets worse, the GFR number goes down.

Abbreviations/Definitions

GFR = Glomerular filtration rate

*Kidney Damage = Having albuminuria in your urine is a marker of kidney damage and means that you have kidney disease.