

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.
- A GFR less than 60 for 3 months or more means you have **chronic kidney disease**.
- 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.

WHAT IS 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 three months or more means you have **chronic kidney disease**.
- A simple urine test called “ACR” (albumin-to-creatinine ratio) will show whether or not you have albumin (protein) in your urine.
- People with albuminuria can be treated to lower the risk of chronic kidney disease getting worse.

ABOUT CHRONIC KIDNEY DISEASE (CKD)

- If you have kidney disease, treatment may help keep it from getting worse. Talk to your healthcare provider about treatment for kidney disease.



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