NATIONAL KIDNEY FOUNDATION®

IgAN (IgA NEPHROPATHY) - KNOW YOUR NUMBERS

Use this sheet to record your IgAN numbers. After each test, fill in your numbers, along with the date. Ask your healthcare team about your personalized goal for each item. This is a partial list of possible results, so you can add others if they are not included in the table.

	Goal	Results							
Date									
Blood pressure									
Weight									
UPCR									
UACR									
eGFR									
Serum creatinine									
BUN									
Total Cholesterol									
HDL Cholesterol									
LDL Cholesterol									
Triglycerides									

The following tests (and other tests not on this list), may be used to check your health. Ask your healthcare team which tests you will have and how often they will be done. If your numbers are not in the goal range, ask how to improve them.

Blood Pressure

Blood pressure measures the force of your blood pushing against the walls of your blood vessels. High blood pressure happens when the pressure increases enough to cause damage. It is important to monitor your blood pressure because it increases your risk for heart and blood vessel disease.

Weight

Maintaining a healthy weight is important to your overall health. A sudden weight gain may also be a problem. You should check your weight at home every morning. Speak to your doctor if your weight changes suddenly.

UPCR (Urinary Protein-to-Creatinine Ratio)

This test measures the total amount of protein in your in your urine. It measures all the different proteins that may be present. In some forms of kidney disease (like IgAN) or when testing children for protein in their urine, your healthcare professional may choose to measure uPCR instead of uACR.

UACR (Urinary Albumin-to-Creatinine Ratio)

Blood The UACR compares the amount of albumin (a type of protein) to the amount of creatinine (a non-protein waste product) in a single urine sample. When kidneys are healthy, the urine will contain large amounts of creatinine but almost no albumin. Even a small increase in the ratio of albumin to creatinine for 3 months or more is a sign of kidney damage.

eGFR (Estimated Glomerular Filtration Rate)

Your GFR is a measure of kidney function that can be estimated from a simple blood test. If your GFR falls below 30, your healthcare professional will speak to you about treatments for kidney failure. A GFR below 15 indicates that you need to start one of these treatments.

Serum Creatinine

Creatinine is a waste product in your blood that comes from the normal work of your muscles. Healthy kidneys remove creatinine from your blood, but when kidney function slows down, your creatinine level rises. Your creatinine level is used to measure kidney function. The results of your serum creatinine are used to estimate your glomerular filtration rate (GFR).

Blood Urea Nitrogen (BUN)

Urea nitrogen is a waste product in your blood that comes from the breakdown of protein in the foods you eat. It is removed from the body through the kidneys. A “normal” BUN level varies, and usually increases as you get older. Checking your BUN level is usually not very helpful by itself. So, your healthcare provider will likely compare your BUN level to your creatinine and eGFR levels when evaluating your kidney health.

Total Cholesterol

Cholesterol is a fat-like substance in your blood. A high cholesterol level may increase your risk of having heart and circulation problems. However, a cholesterol level that is too low may mean you are not eating well enough to stay healthy.

HDL Cholesterol HDL

HDL cholesterol is a type of “good” cholesterol that protects your heart.

LDL Cholesterol

LDL cholesterol is a type of “bad” cholesterol. A high LDL level may increase your chance of having heart and circulation problems. If your LDL level is too high, your healthcare professional may recommend changing your diet and increasing your activity level.

Triglyceride

Triglycerides are another type of fat found in your blood. A high triglyceride level, along with high levels of total and LDL cholesterol, may increase your chance of having heart and circulation problems.

For more information, contact the National Kidney Foundation

Toll-free help line: 855.NKF.CARES or email: nkfcares@kidney.org

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