

KIDNEY NUMBERS and the CKD HEAT MAP



What are the KIDNEY NUMBERS and why are they so important?

- The kidney numbers show if you have chronic kidney disease, also called CKD.
- CKD means you've had a kidney problem for at least 3 months.
- Diabetes and high blood pressure are the two main causes of CKD, but there are many other causes.
- CKD can increase your risk for heart disease, including heart attack or stroke.
- CKD often has no symptoms until the kidneys fail and it's too late for preventive treatment.
- At that point, dialysis or transplant is needed to keep you alive.

The good news is that the sooner you know your kidney numbers, the more you can do to keep your kidneys healthy.

How healthy are your kidneys?

Get tested for these 2 kidney numbers:

<p>eGFR <i>Estimated Glomerular Filtration Rate</i></p> 	<p>Blood test Shows how well your kidneys filter (clean) your blood</p>	<p>+</p>	<p>uACR <i>Urine Albumin to Creatinine Ratio</i></p> 	<p>Urine test Shows if your kidneys are leaking protein (albumin) into your urine, which may mean kidney damage</p>
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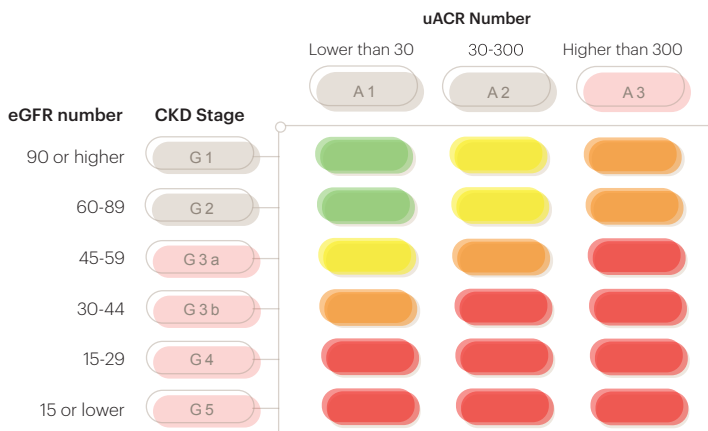
Scan for a short video about the kidney numbers.

How do you get the complete picture of your kidney health?

- Your doctor will review your test results and put your kidney numbers on the **CKD Heat Map**.
- The CKD Heat Map gives you the complete picture of your kidney health.
- The CKD Heat Map is color-coded based on your risk for CKD getting worse, and your risk for heart disease. The kidney numbers and colors help guide treatment.



Scan for a short video about the CKD Heat Map.



CKD HEAT MAP

On the *left side* of the map, your eGFR number matches up with a CKD stage. A higher eGFR number is better because it means you have a lower CKD stage.

On the *top* of the map, your uACR number matches up with a uACR level. A lower uACR is better because that means less albumin in the urine.

Green you do not have CKD, or you are at the lowest risk for CKD getting worse

Yellow you are at increased risk for CKD getting worse and are at risk for heart disease

Orange you are at high risk for CKD getting worse and at greater risk for heart disease

Red you are at the highest risk for CKD getting worse or your kidneys to fail, and you are at a greater risk for heart disease

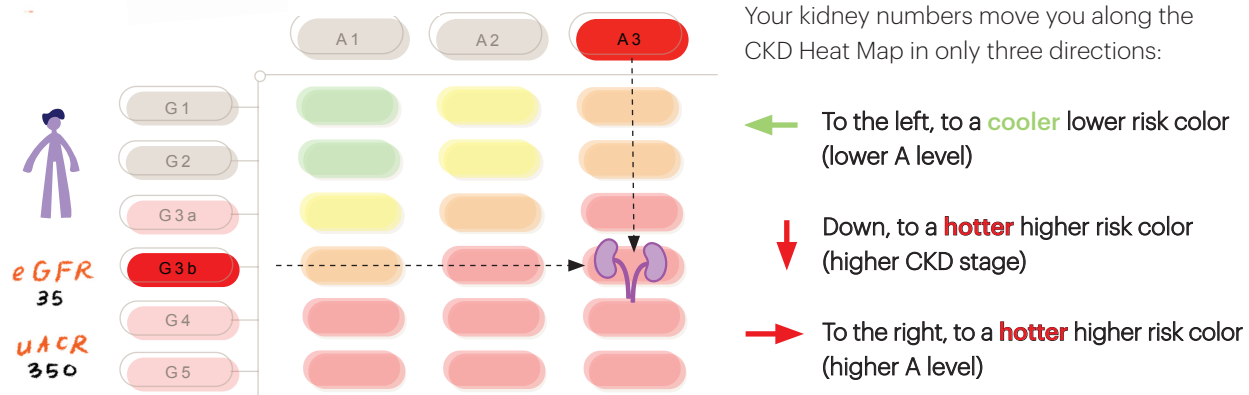
How do you read the CKD HEAT MAP?

If, as in the example below, your eGFR is 35 (CKD stage G3b), and your uACR is 350 (level A3), you can draw a line down from A3 and another line across from G3b. These lines meet at a red box, which means that you're at the highest risk for CKD getting worse. You can draw lines from different points along the top and side of the map depending on your kidney numbers.



Scan for a short video about how to read the CKD Heat Map and learn some kidney health tips.

CKD HEAT MAP



You may not be able to travel up the CKD Heat Map to a higher eGFR number, unfortunately, because your kidney function may not improve, but can only be stabilized.

You CAN, however, improve your A level and move from right to left by working to lower the albumin in your urine. Less albumin in the urine means less kidney damage and less risk for CKD getting worse.



How well you take care of your kidneys will affect how you move along the CKD Heat Map.

Do your part, know your kidney numbers, get tested, and stabilize or even improve your numbers through personal choices like eating healthy, exercising, and not smoking. Medicines can also help. For example, medicines for diabetes and high blood pressure lower albumin in the urine. Other drugs protect your heart or even directly stop your CKD from getting worse.

You can start today by doing the things that can move you from right to left. That is a jump in the BEST direction!



For videos explaining this information, please scan this code using the camera on your mobile phone.



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