

Do You Have Kidney Disease? Take this Test and Know Your Score

Find out if you have silent chronic kidney disease now. Check each statement that is true for you. **If a statement is not true or you are not sure**, put a zero. Then, add up all of the points for a total.

Age		Pts
I am between 50 and 59 years of age	Yes	2 _____
I am between 60 and 69 years of age	Yes	3 _____
I am 70 years of age or older	Yes	4 _____
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I am a woman	Yes	1 _____
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I had/have anemia	Yes	1 _____
I have high blood pressure	Yes	1 _____
I am diabetic	Yes	1 _____
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I have a history of heart attack or stroke	Yes	1 _____
I have a history of congestive heart failure or heart failure	Yes	1 _____
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I have circulation disease in my legs	Yes	1 _____
I have protein in my urine	Yes	1 _____

If You Scored 4 or More Points:

You have a 1 in 5 chance of having chronic kidney disease. At your next office visit, a simple blood test should be checked. Only a professional health care provider can determine for sure if you have kidney disease.

If You Scored 0-3 Points:

You probably do not have kidney disease now, but at least once a year, you should take this survey.



TOTAL POINTS

Improving Care Through Discovery and Education

Screening for Occult Renal Disease (SCORED): a simple prediction model for chronic kidney disease. Bang H, Vupputuri S, Shoham DA, Klemmer PJ, Falk RJ, Mazumdar M, Gipson D, Colindres RE, Kshirsagar AV Arch Intern Med. 2007 Feb 26; 167(4):374-81. Copyright©(2007), American Medical Association. All rights reserved.

remember to ask...Hey doc, how are my kidneys?™

Get Tested!

What: Protein in urine

Why: Traces of a type of protein, albumin, in the urine (albuminuria) is an early sign of chronic kidney disease (CKD).

Good Score: Less than 30 mg of urinary albumin per gram of urinary creatinine is good.

What: Creatinine in Blood (Serum Creatinine)

Why: Healthy kidneys filter creatinine (waste product from muscle activity) out of the blood. When kidney function is reduced, creatinine levels rise.

Good score: A serum creatinine of 0.6 to 1.2 mg per dl of blood, depending on other variables.

<http://www.unckidneycenter.org>

What: Estimated Glomerular Filtration Rate (eGFR)

Why: This is the most effective test of kidney function. It is estimated from an equation using serum creatinine, age, race and gender.

Good score: An eGFR over 90 ml/min/1.73² is good; 60-89 should be monitored.

Major risk factors:

- Diabetes
- High blood pressure
- Heart disease
- Cholesterol
- Obesity
- Family history of kidney disease
- Smoking
- African American, Native American, Hispanic heritage
- Age
- Gender