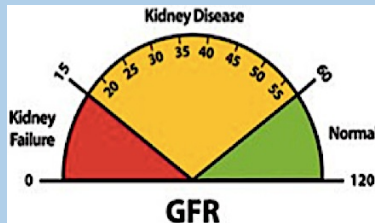


Numbers to Know for CKD Stages 1-4

Glomerular Filtration Rate (GFR)

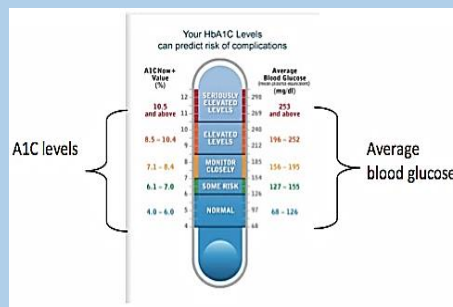
GFR is the best number to know how well a person's kidneys are working. It tells the percentage of kidney function. For example, a GFR of 30 suggests that the kidneys are working at 30 percent of their normal levels.



- GFR score of 60 or higher is a normal score
- GFR score below 60 may mean kidney disease
- GFR score of 15 or lower may mean kidney failure
- GFR cannot usually be raised, but it is important to take steps to try and keep it from getting lower

A1C

The A1C test is used to measure long-term blood glucose (sugar) levels. For someone with diabetes, the goal is to have an A1C reading of less than 7.0 percent.



Blood Pressure Measurement

It is important to keep blood pressure below 130/80 mmHg. Blood pressure medications must be taken regularly to help protect kidney function.



Kidney Education



Diabetes & CKD



HEY DOC, HOW ARE MY KIDNEYS?™
Kidney Education Outreach Program



UNC
KIDNEY CENTER

CKD and Diabetes

An important organ in the body, the kidneys help control blood pressure, remove extra fluid and waste, make red blood cells, and help maintain healthy bones.

When the kidneys are damaged or not able to work as well for at least three months, then a person is considered to have Chronic Kidney Disease (CKD). The most common causes of CKD are diabetes, heart or blood vessel disease (cardiovascular), and high blood pressure (hypertension).

What Is Diabetes?

Diabetes mellitus (diabetes) or “sugar” results from problems converting sugars from food (carbohydrates) into energy (insulin).

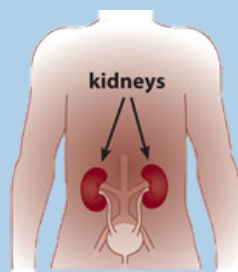
There are two types of diabetes:

- **Type 1:** Less common form of diabetes when the body does not produce enough insulin.
- **Type 2:** The most common form of diabetes when the body does not use the insulin properly.

How Does Diabetes Impact the Kidneys?

Poorly controlled diabetes can damage the small blood vessels and weaken the filters (nephrons) in the kidneys. This damage can prevent the removal of harmful waste and extra fluid from the body.

- Diabetes is the leading cause of Chronic Kidney Disease (CKD).
- About 30% of diabetes patients may eventually develop CKD.



Self Management Strategies

Take charge of diabetes! Good diabetes management also protects kidney health.



EXERCISE Ask the doctor about an exercise schedule —walking, housework count too! Regular physical activity helps the body have healthy sugar levels.



CLEAN teeth and gums daily by brushing and flossing.



AVOID TOBACCO and ALCOHOL products.



EAT SMART Keep a regular schedule of well-balanced meals with the right amount of food. Ask the doctor about any medicines that should be taken before or after eating. Read food labels, check serving sizes and ask the clinic dietitian for ideas about a healthy diet.



KNOW YOUR NUMBERS Keep a list of important numbers like A1C, blood pressure, cholesterol, weight and GFR.



CHECK feet and legs for any cuts or sores that do not heal.



TAKE medicine exactly as prescribed by the doctor.