

## eGFR/UACR heatmap

|         |          | UACR                   |                             |                          |        |
|---------|----------|------------------------|-----------------------------|--------------------------|--------|
|         |          | <30 mg/g<br><3 mg/mmol | 30-300 mg/g<br>3-30 mg/mmol | >300 mg/g<br>>30 mg/mmol |        |
| eGFR    | Stage 1  | >90                    | Green                       | Yellow                   | Orange |
|         | Stage 2  | 60-89                  | Green                       | Yellow                   | Orange |
|         | Stage 3a | 45-59                  | Yellow                      | Orange                   | Red    |
|         | Stage 3b | 30-44                  | Orange                      | Red                      | Red    |
|         | Stage 4  | 15-29                  | Red                         | Red                      | Red    |
| Stage 5 | <15      | Red                    | Red                         | Red                      |        |

Those with risk factors for Chronic Kidney Disease, or an eGFR lower than acceptable for their age, or an increased UACR may not realize how soon a serious health transition is likely to happen, or what they can do to delay it.

Kidney failure, heart attack, stroke, death is associated with eGFR and UACR. Using the heatmap above, find your row from your eGFR, your column from your UACR, then identify your color. The hotter the color, the sooner a health transition is likely to arrive. We're all on this heatmap. Ask your doctor.

## Next step?

Wanna learn how to get the most out of this time in body? Maybe even buy more time in this body?

### Aloha Kidney

offers a free series of classes

[What we talk about:](#)

**You and your kidneys**-What kidneys do and what happens as they fail

**Aloha Kidney** - How to prevent/slow loss of function, protect what's left

**Kidney, heart, brain connection** - Why at risk and what to do about it

**Food, labs, meds...help?!**

Understand what matters with Chronic Kidney Disease

**Options if kidneys fail** - We explain dialysis, transplant, natural life options

**Choices** - Volunteers share their journey through dialysis, transplant and natural life

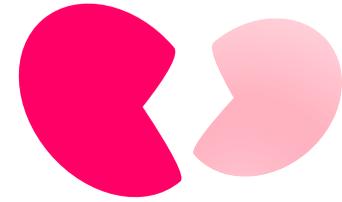
Come and see if these [free classes](#) can help you and your family.

For more info or to enroll:

[www.alohakidney.com](http://www.alohakidney.com) or

call (808) 585-8404

## Got Kidneys?



Wonder how they are working?

Understanding your lab results can help.

**eGFR**

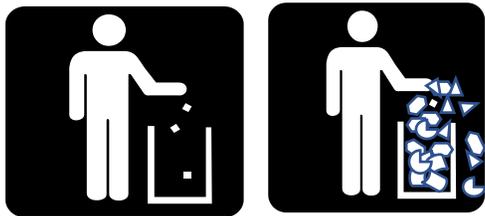
**UACR**

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## Blood creatinine level

Creatinine is a waste product made by all living muscle cells, dumped into the blood, to be carried to the kidney for removal. A rising blood creatinine trend usually means your blood is getting dirtier because your kidneys are not working as well.



Watching your blood creatinine trend as a sign of kidney function, is like looking at your rubbish can as a sign of the City and County trash service function. If pretty clean, the trash service is working well. If fuller, the trash service is probably not working as well.

## eGFR

estimated Glomerular Filtration Rate (eGFR) is an equation based on your blood creatinine level, age and gender. eGFR estimates remaining kidney function. A decreasing trend in eGFR indicates you may be losing kidney function.

Normal aging can result in loss of up to 1% GFR per year after the age of 40.

To calculate an acceptable eGFR for your age, subtract your age from 140. If you are a healthy 100-year-old person, an eGFR of 40 or more is acceptable for you.

$$140 - 100 = 40$$

If your eGFR is lower than acceptable for your age, something may have hurt your kidneys. Ask for a UACR.

## UACR

Urine Albumin/Creatinine Ratio (UACR) measures albumin, a type of protein, in the urine.

Kidneys have millions of filters (glomerulus is the name of a single filter). Healthy filters are like microscopic nets which allow water, small cell waste products like creatinine, and minerals/salts/etc. to pass through, and end up in urine.

Albumin and other proteins are too large pass through a healthy glomerulus.



If there are puka or holes in the net, from damage or



inflammation in the glomerulus, albumin can pass into your urine. A higher UACR points to more inflammation or damage in the remaining working glomeruli.