



# Aloha Kidney – Understanding eGFR

In 2005, Diagnostic Labs and Clinical Labs of Hawai'i added eGFR, a kidney function estimating equation to the lab report. The equation was based on your blood creatinine level, age and gender. It was published by a group of researchers in 2002, studying adults with moderate to severe loss of kidney function. They excluded adults with normal or early loss of kidney function, diabetes, advanced age, and other factors so, the equation was less accurate if remaining kidney function was above 60%. If your eGFR was more than 60 using that equation, it was reported as > 60, without further detail.

In 2019, DLS and CLH updated the eGFR equation. They now use the Chronic Kidney Disease-Epidemiology (CKD-EPI) equation published more recently by the same group of researchers after expanding the study population to include people with normal or early loss of kidney function, advanced age, diabetes, etc. The CKD-EPI eGFR was validated as a reasonable estimate of kidney function in a broader population, even if kidney function is near normal. For that reason, the CKD-EPI eGFR is calculated and reported for all adults

Using the CKD-EPI equation, if your eGFR is greater than (>) 90, it is categorized as "Normal". If your eGFR is less than (<) 90, the report may highlight the result categorized as "Low". These are general automated interpretations. It is best to determine the eGFR acceptable/normal for YOU. Natural healthy aging is associated with a decrease in kidney function of up to 1% per year after the age of 40. To better understand what that means for you, subtract your age from 140, and that would be an acceptable eGFR for your age. For example, if you are 100 years old,  $140 - 100 = 40$ . An acceptable eGFR for a 100-year-old person is 40 or higher.

If your eGFR is lower than acceptable for your age, then you can discuss further with your doctor to measure a urine albumin/creatinine ratio, determine the cause of CKD and next steps to take.

Whether you are healthy, have reduced eGFR or excess urine albumin, anyone interested in learning more can attend Aloha Kidney, a free series of classes taught by a retired kidney doctor, to help you understand your body, kidneys, and how to get the most out of life!

## Aloha Kidney - What we talk about

- You and your kidneys: What kidneys do, what happens when they fail
- Aloha kidney: How to prevent/slow loss of kidney 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: Dialysis, transplant, natural life options
- Choices: Volunteers share their journey through dialysis, transplant, natural life

Come and see if these **free** classes can help you and your family  
Enroll online at [www.alohakidney.com](http://www.alohakidney.com) OR Call **(808) 585-8404**