



Kidney Health Begins with Kidney Smart®

Take control of your kidney health. Attend a no-cost Kidney Smart® class and get your questions answered by certified kidney care educators:

- What causes chronic kidney disease (CKD) and how can it be delayed?
- What is a kidney-friendly diet and what information is available to help make the right food choices at home and while dining out?
- What actions can be taken to lower blood pressure, manage blood sugar, and make simple lifestyle changes?
- How can medication management help lead to better kidney health?
- How does continuing to work and having insurance coverage help with quality of life?
- What treatment options are available that can fit a variety of work and lifestyle needs (including dialysis performed during the day or night, at home or in a clinic)?
- How does the transplant process work, who can receive this treatment and how may it lead to better health?

Find a class nearby at
KidneySmart.org
or call **704-591-6463**.



What Are the 5 Stages of Kidney Disease?

GFR, which stands for glomerular filtration rate, estimates kidney function. If your GFR is 26, that means your kidneys are working at approximately 26 percent of the normal rate.

1 & 2

MILD

STAGE 1 (AT RISK), GFR > 90

STAGE 2, GFR 89-60

- Kidney damage with mild loss of kidney function
- Few to no symptoms
- Often managed through healthy diet and blood pressure and blood sugar regulation

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MODERATE

STAGE 3A, GFR 59-45

STAGE 3B, GFR 44-30

- Could have fatigue, urination change, sleep problems and kidney pain
- Speak to your doctor about a kidney-friendly diet, managing high blood pressure, controlling blood sugar and prescription medications that may help

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SEVERE

STAGE 4, GFR 29-15

- May develop high blood pressure, anemia, bone disease or cardiovascular diseases
- Symptoms include fatigue, nausea, taste changes, nerve issues, difficulty sleeping, and poor appetite and energy
- See a kidney doctor to help manage your disease and ask about kidney transplant
- A dietitian may help manage your diet

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END STAGE RENAL DISEASE (ESRD)

STAGE 5, GFR < 15

- Symptoms include loss of appetite, nausea, itching, swelling and making little to no urine
- Speak to your doctor about treatment options, including dialysis and transplant

Learn more in a no-cost
Kidney Smart® class near you.

KidneySmart.org.
704-591-6463.

