



Tips on Early Diagnosis of Kidney Disease

WHO'S AT RISK?

Patients with:

- diabetes
- hypertension (with or without CVD)
- a family history of kidney disease
- belonging to specific high-risk ethnic groups (First Nations, Pacific Islanders, Asians and of African descent)

HOW CAN I CONFIRM MY DIAGNOSIS?

- measure serum creatinine levels and estimated GFR
- urine testing for macroscopic/microscopic analysis and ACR values

WHAT ELSE CAN I DO?

- monitor BP
- monitor A1C if diabetic
- measure CBC, mineral metabolism (calcium, phosphorous, iPTH) and nutrition profile (albumin)

Stages of Reduced Kidney Function

Description	eGFR (mL/min)
1 Kidney damage with normal or \uparrow GFR (but urine test abnormalities)	≥ 90
2 Kidney damage with mild \downarrow GFR	60-89
3 Moderate \downarrow GFR	30-59
4 Severe \downarrow GFR	15-29
5 Kidney failure	<15 or on dialysis

The CKD Clinical Practice Guideline provides recommendations for identification, evaluation and management of patients with chronic kidney disease. The guideline is available online: www.bcguidelines.ca

Produced by the BC Provincial Renal Agency, the Kidney Foundation of Canada (BC Branch) and the Ministry of Health Services.

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