

Stages of Chronic Kidney Disease (CKD)

En Español



About Chronic Kidney Disease (CKD)

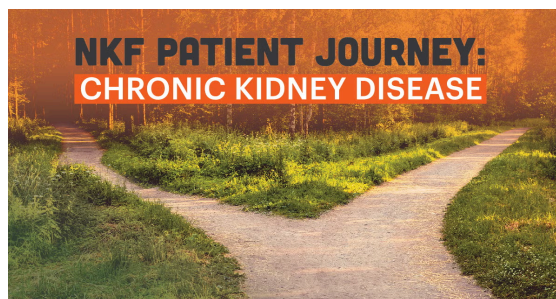
Your kidneys do many important jobs. Some of the ways they keep your whole body in balance include:

- Removing natural waste products and extra water from your body
- Helping make red blood cells
- Balancing important minerals in your body

- Helping maintain your blood pressure
- Keeping your bones healthy

Chronic kidney disease (CKD) is when the kidneys have become damaged over time (for at least 3 months) and have a hard time doing all their important jobs. CKD also increases the risk of other health problems like heart disease and stroke. Developing CKD is usually a very slow process with very few symptoms at first. So, CKD is divided into 5 stages to help guide treatment decisions.

Your kidney health is unique. Your path should be too.



Stages of CKD

CKD is evaluated using two simple tests – a blood test known as the estimated glomerular filtration rate (eGFR) and a urine test known as the urine albumin-creatinine ratio (uACR). Both tests are needed to have a clear picture of your kidney health. When identifying your CKD stage, these tests usually need to be repeated to confirm long-term damage (lasting 3 months or more).

eGFR

Estimated
Glomerular
Filtration Rate



Blood test

Shows how well
your kidneys filter
(clean) your blood



uACR

Urine Albumin to
Creatinine Ratio



Urine test

Shows if your kidneys
are leaking protein
(albumin) into your
urine, which may mean
kidney damage



Stage 1 CKD

eGFR 90 or higher and
kidney damage
(e.g. uACR 30 or higher) for 3
months or more



Stage 2 CKD

eGFR 60-89 and kidney
damage
(e.g. uACR 30 or higher) for 3
months or more



Stage 3a CKD

Mild to moderate loss of
kidney function
(eGFR 45-59 for 3 months or
more)



Stage 3b CKD

Moderate to severe loss of
kidney function



Stage 4 CKD

Severe loss of kidney
function



Stage 5 CKD

Kidney failure
(eGFR less than 15 for 3

(eGFR 30-44 for 3 months or
more)

(eGFR 15-29 for 3 months or
more)

months or more)
or you are on dialysis

Having an eGFR less than 60 and/or a uACR higher than 30
for three months or more is a sign you may have kidney
disease.



One day, no one's life will be lost to kidney disease.

Extraordinary progress is made possible by
YOU. Your gift today will help revolutionize
kidney health and transform lives for the next
75 years and beyond by helping to:

- Equip patients and families with knowledge,
resources, and access to high-quality care.
- Advocate for policies that address disparities
and prioritize kidney health for all.
- Fund research and technology to advance
early detection, improve treatment, and
expand transplant access.

CKD Risk Factors



Diabetes



High blood pressure
(hypertension)



Heart disease
and/or heart failure



Obesity
(having a body mass index
or BMI of 30
or more)



Over the age
of 60



Family history
of CKD
or kidney failure



Personal
history of
acute kidney
injury (AKI)



Smoking
and/or use of
tobacco
products

Anyone can develop CKD – at any age. However, people with one or more of the risk factors above are more likely than others to develop CKD. Usually, developing CKD is not due to any single reason, but because of a combination of physical, environmental, and social factors. Early detection is important – CKD often begins

without causing any obvious symptoms. Knowing the risk factors can help you know your level of risk and if you should get checked for CKD.

Take this [one-minute quiz](#) to find out if you are at high risk for CKD.

The Kidney Disease, Heart Disease, and Diabetes Connection

Watch some short, animated videos and learn about:

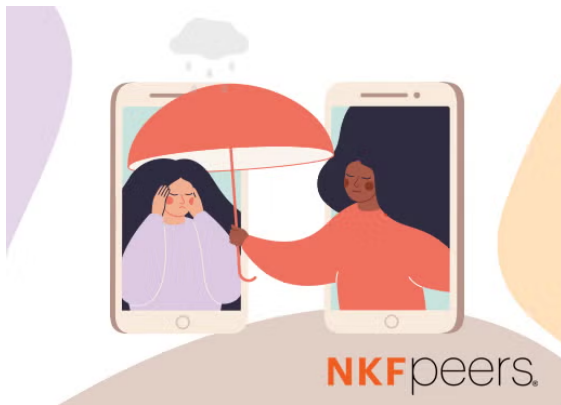
- What happens in your body when you have kidney disease, cardiovascular disease, and/or diabetes
- How each condition affects the others
- Tips for lowering your risk of complications



Kidney failure

Having kidney failure means that 85% to 90% of your kidney function is gone and your kidneys don't work well enough to keep you alive. There is no cure for kidney failure, but it is possible to live a long and full life with treatment. Having kidney

failure is serious but with treatment, many people with kidney failure continue to have full, active lives doing things they love.



Are you coping with kidney disease?

We can help! We can connect you with another kidney patient to talk about kidney disease, dialysis, transplant, or living kidney donation.

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