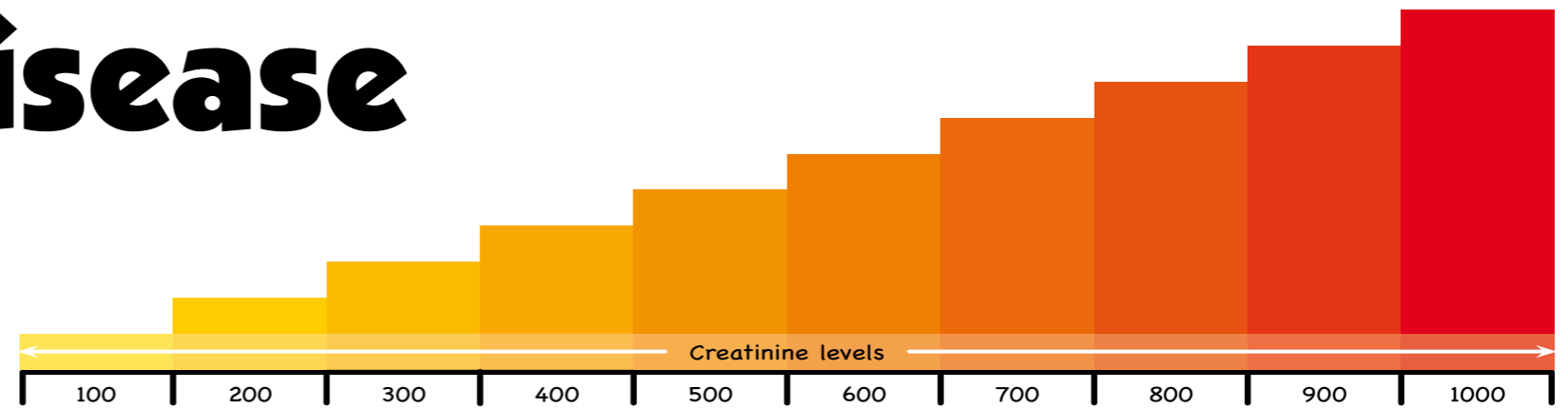


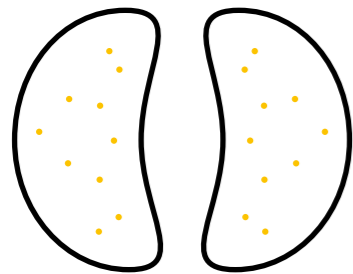
# Stages of Kidney Disease



## PROTEINURIA

1

eGFR > 90

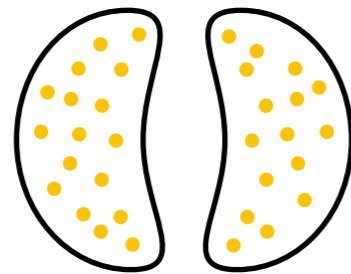


EARLY STAGES

Calculate eGFR

2

eGFR 89 - 60

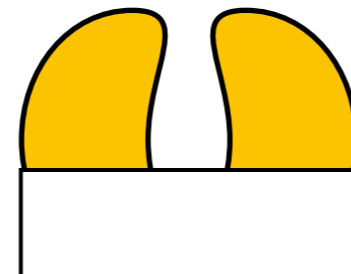


MILD

## CHRONIC KIDNEY DISEASE

3

eGFR 59 - 30

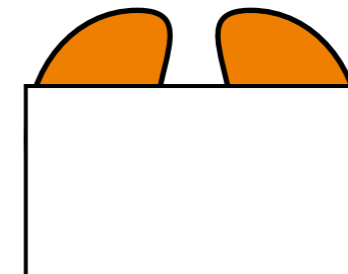


MODERATE

## END STAGE KIDNEY FAILURE

4

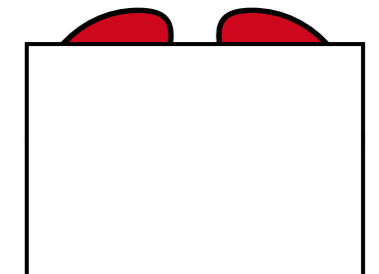
eGFR 29 - 15



SEVERE

5

eGFR < 15



FINISHED

If you are in the 'EARLY STAGES' to 'MODERATE' area, you need to...



Eat lots of healthy food, don't eat too much junk food, exercise and watch you don't get too fat.

Don't smoke or chew tobacco / ash.



No grog is best. Drink lots of water.



Check your blood pressure and take your medication.



This is what happens if your kidneys are 'FINISHED'...



You will need to be on dialysis for the rest of your life or until you get a kidney transplant.