

NEPHROLOGY ASSOCIATES OF MICHIGAN

STAGES OF KIDNEY DISEASE

Stage	Description	GFR
1	Kidney damage (structural damage with a normal GFR)	90 or above
2	Kidney damage with mild decrease in GFR	60-89
3	Moderate decrease in GFR	30-59
4	Severe decrease in GFR	15-29
5	Kidney failure	Less than 15
6	Kidney failure on dialysis	Less than 15

GFR is a blood test that tells your doctor how much kidney function you have. As kidney disease progresses your GFR number goes down. Your GFR may fluctuate over several months or years and can be affected by other illnesses, medications, level of hydration, weight gain or weight loss.

A GFR over 60 is considered close to normal. Do not panic if you are not 90 or above but be sure to follow your doctor's advice to help prevent and slow down progression of disease.

Kidney replacement therapy such as dialysis may be recommended for GFRs less than 15 but not in all cases. Your doctor looks at several factors when making the decision to start dialysis.

Know your GFR number and see your doctor regularly to monitor your kidney function and get appropriate medical advice when needed.