VITALS VAULT

FREE GUIDE

Kidney Number Decoder

Place your eGFR on the standard stage scale and know which numbers to ask about next. Creatinine is only one piece of the kidney picture.

EGFR STAGES (ML/MIN/1.73 M2)

Stage	eGFR	Where I am
1	90 or above (normal)	
2	60 to 89	
3	30 to 59	
4	15 to 29	
5	Below 15	

WHAT THE NUMBERS MEAN

An eGFR below 60 points to chronic kidney disease. A doubled creatinine likely means about half the filtration rate. With age, eGFR is expected to drift down by about 0.4 to 2.6 mL/min each year.

KIDNEY RISK FACTORS TO NOTE (TICK)

- [ ] Diabetes
- [ ] High blood pressure
- [ ] Heart disease
- [ ] Smoking
- [ ] Obesity
- [ ] Eating a lot of red meat
- [ ] Older age

QUESTIONS TO ASK

- [ ] Which stage is my eGFR in, and is it steady across my past results?
- [ ] Should I also have a urine albumin test?
- [ ] Could my muscle mass affect my creatinine?
- [ ] How often should my kidney numbers be rechecked?

Sources: Abu 2022; Erema 2022; Dybiec 2022. Standard eGFR stages, not optimal ranges; creatinine also reflects muscle mass.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com