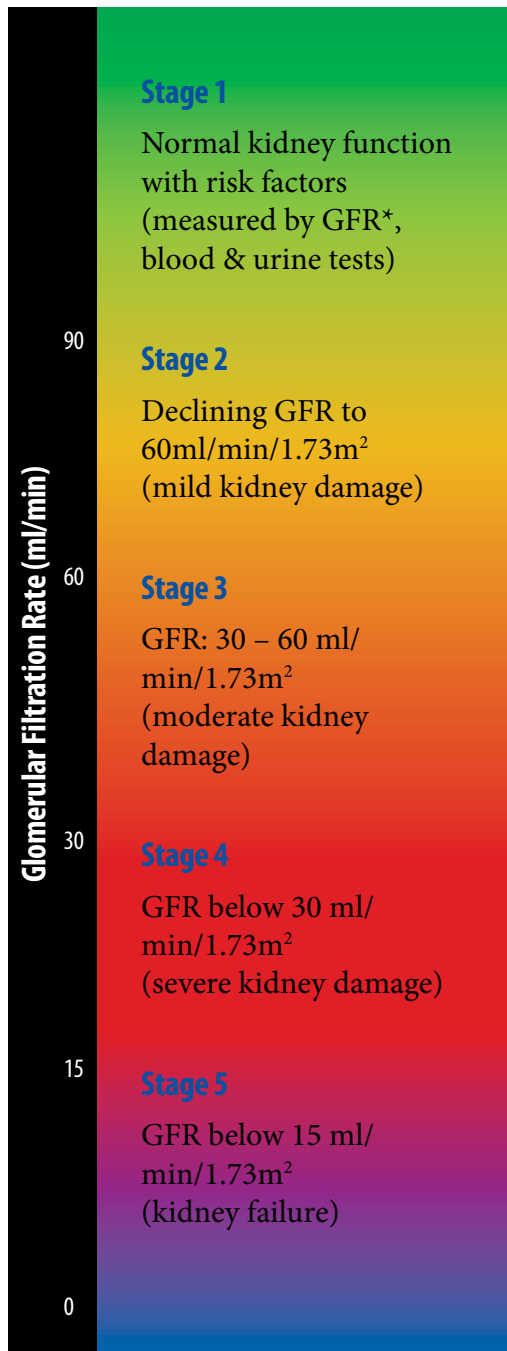


# Manitoba Renal Program Chronic Kidney Disease Stages

\*GFR = glomerular filtration rate  
 A test that shows how well the kidneys are working.  
 (The higher the number the better your kidneys are working)

For more information:  
[www.kidneyhealth.ca](http://www.kidneyhealth.ca)



## PEOPLE AT RISK: need yearly screening

- ▶ Diabetes
- ▶ High blood pressure
- ▶ Heart and blood vessel disease
- ▶ Family history of kidney disease
- ▶ Immune disorders such as lupus
- ▶ Heavy use of pain medication

## STAGES 1, 2, 3, 4, 5

- ▶ Follow a healthy lifestyle:
  - Healthy eating
  - Be physically active
  - Stop smoking
  - Limit alcohol intake
- ▶ Take medications as prescribed
- ▶ Aim for a healthy weight
- ▶ Avoid anti-inflammatory pain medications e.g. ibuprofen, naproxen, high-dose ASA (more than 325 mg per day)
- ▶ Maintain good blood pressure (less than 130/80)
- ▶ If you have diabetes maintain good blood sugar \*A1c less than 7% (blood test done at a lab)

## STAGES 4, 5

- ▶ Same as above
- ▶ Follow a prescribed kidney friendly diet

## STAGE 5

- ▶ Same as above
- ▶ May require the following:

### A. Kidney replacement therapy:

- Home dialysis (Peritoneal Dialysis OR Hemodialysis)
- In Centre Hemodialysis
- Kidney Transplant

OR

### B. End-of-life care (no dialysis or transplant)