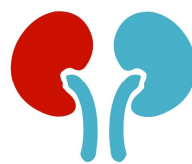


Glomerular Filtration Rate (GFR)



Renes
CARE

What is GFR?

Glomerular Filtration Rate measures how well your kidneys are filtering blood and removing waste. It is an essential indicator of kidney health.

How is GFR Measured?

GFR is estimated using a blood test to measure *creatinine* levels, along with factors like age, gender, and race. The result is expressed in milliliters per minute (mL/min).

This pamphlet is for informational purposes only and should not replace professional medical advice. Please consult your healthcare provider for personalized care.

Why is GFR Important?

Early Detection: Identifies kidney disease early.

Monitoring: Tracks progression of kidney disease.

Treatment: Helps in making informed treatment choices.

GFR Categories:

Normal or High:	Above 90
Mildly Decreased:	60-89
Mild to Moderate:	45-59
Moderate to Severe:	30-44
Severe:	15-29
Kidney Failure:	Below 15

Remember:

- **Hydration:** Drink plenty of water.
- **Diet:** Eat a balanced diet, low in salt and processed foods.
- **Regular Check-ups:** Monitor your kidney health with regular tests.
- **Control Blood Pressure:** Keep your blood pressure in check.
- **Manage Diabetes:** Control blood sugar levels.