

How well are your kidneys working?

Explaining Your Kidney Test Results

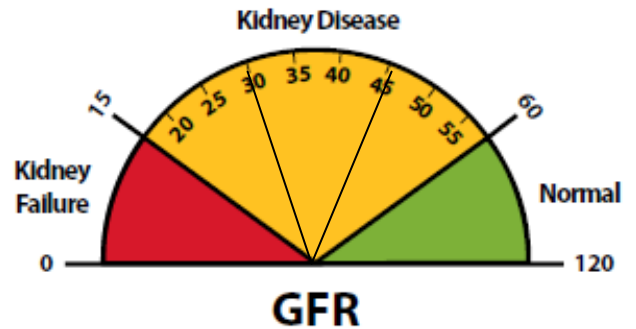
Your GFR Results

Your **most recent** GFR result was:

- 41 on 6/3/2010

Your **lowest** GFR result was:

- 40 on 2/17/2009



What is GFR (“glomerular filtration rate”)?

GFR measures how well your kidneys clear waste and extra water from the body. *The goal is to keep the GFR from going lower.*

- A GFR of 60 or higher is in the normal range
- A GFR below 60 may mean kidney disease
- A GFR of 15 or lower may mean kidney failure

An important point about your GFR:

Your GFR can go up and down, sometimes going up into the normal range. Please look at both your lowest GFR and your most recent GFR.

What Are My Personal Risks For Kidney Failure?

- Diabetes: It is very important to control your blood sugar to protect the kidneys. Your most recent Hemoglobin A1c result was 6.2 on 6/3/2010.
- High blood pressure
- Low GFR (less than 45)

Based on your risks above, you should see a kidney specialist (nephrologist) at least once per year. Our records show that you have not yet had a visit with a kidney specialist. Please call 781-306-5300 to schedule this appointment.

How can I protect my kidneys?

Goal #1: Keep your blood pressure as low as possible.

Goal #2: Treat kidneys with special blood pressure medicines (called “ACE” or “ARB” medicines) to keep protein from leaking into the urine.

Goal #3: Avoid using medicines that harm the kidneys, especially “NSAIDS” (Motrin, Advil, Ibuprofen, Naprosyn, Aleve).

Blood Pressure

Why is blood pressure so important?

High blood pressure can damage blood vessels in the body. If the blood vessels in the kidney are damaged, they may not be able to filter wastes out of your body.

Your last blood pressure on 6/3/2010 was 142/76.

- This is above your goal for blood pressure. The goal is less than 130/80 (“130 over 80”).
- Please review the information in this mailing to bring down your blood pressure.

Urine Protein

What is urine protein?

Protein (also called “albumin”) is normally found in the blood. A healthy kidney does not let protein pass into the urine. A damaged kidney lets some protein pass into the urine. The less protein in your urine, the better!

Your last urine protein (albumin) result on 6/3/2010 was 22.1.

- Your last result is up to date.
- Your urine protein level is normal.

Medication

You are being prescribed an “ACE” or “ARB” medication.

- This medicine is called Lisinopril Oral and is very important for your kidneys.

What Other Tests Do I Need for Kidney Disease?

These tests should all be checked at least once per year:

Test Performed	Your recent results are...		The goal is...	Your last result is...
"Bad" (LDL) cholesterol	121 6/9/2009	132 6/3/2010	Less than 100	High
Hemoglobin (blood count)	15.4 6/9/2009	14.9 6/3/2010	Higher than 10.0	Normal
Calcium	9.1 6/9/2009	9.9 6/3/2010	Between 8.4 and 9.5	High
Vitamin D			Between 30 and 100	No result available
Parathyroid hormone			Between 35 and 70	No result available
Phosphorous			Less than 4.6	No result available

What Medicines Am I Taking For My Kidney Disease?

Medication Name	This medicine is for...
Lisinopril 5 mg Tab	A special blood pressure pill that also treats urine protein
Hydrochlorothiazide 25 mg Tab	Blood pressure
Simvastatin 20 mg Tab	Cholesterol

What should I do next?

- Your blood pressure is high. Please look in the brochure for more advice.
- You are overdue for these lab tests, please contact my office to have them done:
 - Vitamin D
 - Parathyroid hormone
 - Phosphorous
- Please call me to talk about these lab results:
 - "Bad" (LDL) cholesterol
 - Calcium
- Schedule an appointment with a kidney specialist by calling 781-306-5300.