

Kidney Health Information

Stages of Kidney Disease

How is kidney disease measured?

There are various stages of chronic kidney disease (CKD). In order to determine which stage of CKD a person is at, the glomerular filtration rate (GFR) of the kidneys are measured. This tells how quickly the kidneys are cleaning the blood and is reported in millilitres per minute. A normal GFR is greater than 90 mL/min.

Stages of Chronic Kidney Disease (CKD):

Stage	Description	GFR Level
Normal kidney function	Healthy kidneys	90 mL/min or more
Stage 1	Kidney damage with normal or high GFR	90 mL/min or more
Stage 2	Kidney damage and mild decrease in GFR	60 to 89 mL/min
Stage 3	Moderate decrease in GFR	30 to 59 mL/min
Stage 4	Severe decrease in GFR	15 to 29 mL/min
Stage 5	Established renal failure (ERF)	Less than 15 mL/min or on dialysis

In Stages 1 and 2, there are often few symptoms. If at this stage CKD is caught early, medications and lifestyle changes can slow down its progress, and even stop or reverse CKD depending on its cause. In stage three CKD, anaemia (a shortage of red blood cells) and / or early bone disease may appear and should be treated immediately. When CKD has progressed to stage four, it's time to begin preparing for dialysis and / or a kidney transplant.

Over 3 million people face chronic kidney disease in the UK today; and this number is expected to rise over the next ten years. Meanwhile, an estimated 13,000 people are killed by the disease annually in this country.

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YOU MUST CONSULT YOUR OWN DOCTOR**

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Kidney Health Information telephone number: 0845 300 1499

Or text keyword KIDNEY with message to 0778 620 0505

Or email: info@kidneyresearchuk.org

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