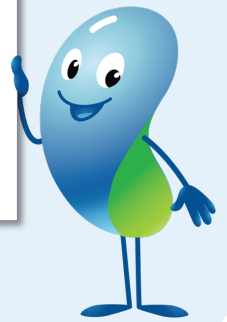
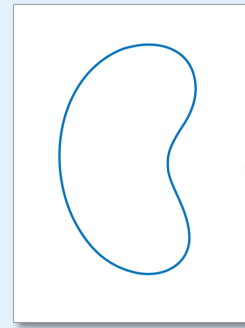




The Kidney Experts

Your kidneys are filters.

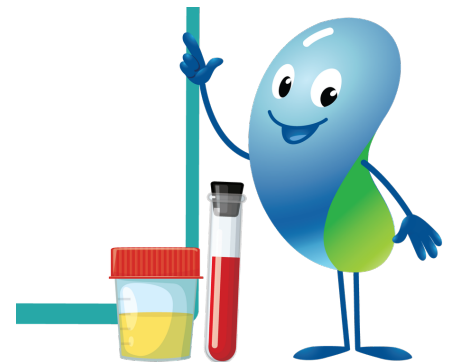
Blood goes in. Your kidneys clean out waste.
The waste leaves your body in your urine.



When kidneys don't work well, two things can happen.

1 The filter gets leaky.

We check your urine. Blood or protein in your urine means the filter is leaking. Things that should stay in your blood are getting through.



2 Waste builds up in your blood.

One waste we check is called creatinine.
We check it with a blood test.

- When your kidneys filter less, creatinine goes up.
- When your kidneys get better, creatinine comes down.

Your eGFR estimates how well your kidneys filter.

It comes from your creatinine.
Higher is better.

These numbers change a little every day.

We watch them over time to see how your kidneys are doing.



Do not take pain pills like ibuprofen (Advil, Motrin) or naproxen (Aleve). Ask us first. They can hurt your kidneys.