



FREE PATIENT TOOLKIT

CKD Success Toolkit™

A simple, printable guide to understanding and protecting your kidneys. Built by a practicing nephrologist for the people who matter most —> Patients.

“Finally, I understand my kidney disease.”

WHAT'S INSIDE

- 1 My Kidney Dashboard™ —> your five numbers that matter
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- 3 Questions Every CKD Patient Should Ask™
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KidneyStronger.com

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These are **your five most important numbers**. Together they tell the whole story of your kidney health, how well your kidneys filter, whether they are leaking protein, and the pressures (blood pressure, blood sugar, weight) acting on them every day. Write your latest results below and bring this page to every appointment.

A trend matters more than any single value.

<p>eGFR</p> <p>FILTERING SPEED</p> <p>An estimate of how well your kidneys clean your blood. The higher the number, the more filtering power you have. This single value sets your CKD stage.</p> <p>Your result: _____ Goal: stable (mL/min/1.73m²)</p>	<p>uACR</p> <p>PROTEIN LEAK</p> <p>Urine albumin-to-creatinine ratio. Detects tiny amounts of protein leaking into urine and is often the earliest warning sign of kidney stress.</p> <p>Your result: _____ Goal: < 30 mg/g</p>
<p>Blood Pressure</p> <p>THE SILENT PRESSURE</p> <p>High pressure damages the delicate filters inside your kidneys. Controlling blood pressure is the single most powerful change most patients can do to slow CKD.</p> <p>Today's reading: _____ Goal: often < 130/80*</p>	<p>A1c</p> <p>3-MONTH BLOOD SUGAR</p> <p>Your average blood sugar over about three months. High sugar is a leading cause of kidney damage. Keeping it in range protects the filters.</p> <p>Your result: _____ Goal: often < 7%* (if diabetic)</p>
<p>Weight</p> <p>FLUID & METABOLIC CLUE</p> <p>A steady weight helps your heart and kidneys. Unhealthy weight accelerates disease. Sudden gains can signal fluid buildup. Gradual healthy loss can ease pressure on the kidneys and heart.</p> <p>Your weight: _____ Goal: steady (lbs / kg)</p>	<p>Date of Results</p> <p>TRACK THE TREND</p> <p>Note when these labs were drawn. Comparing the same numbers a few months apart shows whether your plan is working.</p> <p>Date: _____ Goal: ___ / ___ / ___</p>

CKD Stage Tracker: circle where you are today

Stage 1	Stage 2	Stage 3a	Stage 3b	Stage 4	Stage 5
eGFR ≥ 90	60–89	45–59	30–44	15–29	< 15

My Personal Kidney Goal

One specific, meaningful goal in your own words — e.g., “Keep my blood pressure under 130/80,” “Walk 20 minutes a day,” or “Cut my sodium in half.”

Chronic kidney disease is described in **five stages**, based mainly on your eGFR. Think of it as a roadmap, not a countdown. Many people stay in an early stage for years (sometimes even decades) when CKD is caught early and managed well. **The goal at every stage is the same: protect the kidney function you have.**

Stage 1 eGFR 90+	Normal filtering, but a warning sign is present Kidneys filter normally, yet there's a marker of damage (such as protein in the urine). Focus: find and treat the cause, control blood pressure and sugar, and protect kidneys early.
Stage 2 eGFR 60–89	Mildly reduced filtering A slight drop, still with signs of kidney damage. Focus: the same protective habits as above. Keep blood pressure and blood sugar in range, stay active, and review medications.
Stage 3a eGFR 45–59	Mild-to-moderate reduction A meaningful checkpoint. One of the most common stages for a patient to be identified. Focus: partner with a nephrologist if you haven't already. Monitor labs more closely and ask about kidney-protective medications proven to slow CKD.
Stage 3b eGFR 30–44	Moderate-to-severe reduction Kidneys are working noticeably harder. One of the most common stages for a patient to be identified. Focus: watch for anemia, maintain bone health, and potassium. Tighten diet and medication review. Be sure to keep every appointment.
Stage 4 eGFR 15–29	Severely reduced filtering Time to plan ahead both calmly and early. Focus: learn about all future options (transplant, home and in-center dialysis, conservative care) long before they're needed.
Stage 5 eGFR < 15	Kidney failure Kidneys can no longer meet the body's needs on their own. Focus: begin the treatment path you and your team chose. A planned start leads to better outcomes than an emergency one. It offers less stress and a easy and planned transition to your treatment plan.

Two numbers, not one.

Stages use eGFR, but your uACR (protein leak) refines the picture. Higher protein means higher risk at any stage, which is why both numbers live on your Dashboard.

Direction beats position.

A stable Stage 3 is healthier than a Stage 2 that's dropping fast. Tracking your trend is the most useful thing you can do between visits.

Top 10 Kidney Protection Habits

You can't always change your diagnosis, but you have real power over the habits that protect your kidneys every day. None of these require perfection. **Pick one or two to start, build the habit, then add another.** Small, consistent actions add up to years of protected kidney function.

1	Control your blood pressure The number one protector of kidney filters. Know your target, check it at home, and take your medication as prescribed.	<input type="checkbox"/>
2	Cut back on sodium (salt) Aim for less than ~2,300 mg a day. Most salt hides in packaged and restaurant food, not the shaker. Read labels and cook more at home.	<input type="checkbox"/>
3	Keep blood sugar in range If you have diabetes, steady glucose control directly slows kidney damage. Ask about kidney-protective diabetes medications.	<input type="checkbox"/>
4	Take your medications as prescribed Several modern medications are proven to protect kidneys. Consistency matters more than any single dose so don't stop without asking.	<input type="checkbox"/>
5	Avoid NSAID pain relievers Frequent ibuprofen, naproxen, and similar drugs can quietly damage kidneys by decreasing blood flow through the filters. Ask which pain relievers are safe for you.	<input type="checkbox"/>
6	Move your body most days Aim for about 150 minutes of activity a week. A daily walk lowers blood pressure, helps blood sugar, and protects heart and kidneys together.	<input type="checkbox"/>
7	Eat more plants and free range meats; aim for less processed food A diet rich in vegetables, fruit, free range and grass feed meats, and healthy fats eases the workload on your kidneys. Ask if any nutrients need limiting.	<input type="checkbox"/>
8	Protect your sleep Aim for 7–8 hours and ask about screening for sleep apnea. Poor sleep raises blood pressure and strains the kidneys and heart.	<input type="checkbox"/>
9	Stop smoking & limit alcohol Smoking narrows the blood vessels feeding your kidneys. Quitting is one of the highest-impact choices you can make at any age. Excessive alcohol use the majority of the days in a week will actually damage blood vessels and increase inflammation in the body.	<input type="checkbox"/>
10	Keep your appointments & labs CKD is mostly silent, you can feel fine while numbers shift. Regular monitoring keeps you and your team one step ahead.	<input type="checkbox"/>

Kidney Strong Quick Start Guide

Feeling overwhelmed is normal so let's make this simple. Forget the long list for a moment. Here are **three actions to take this week**. Do these, and you've already started protecting your kidneys.

ACTION

1

Know your numbers

Fill in your Kidney Dashboard (Page 1). If you don't have your eGFR and uACR, call your clinic or check your patient portal. These two numbers are your starting line.

Write down my eGFR & uACR

ACTION

2

Make one protective change

Choose a single habit from the Top 10 list and start it this week. Measure your blood pressure at home, cut one salty food, or take a 15-minute walk daily. One change you'll actually keep beats five you won't.

My one change this week: _____

ACTION

3

Book & prepare for your next visit

Schedule your next appointment (or labs) and bring the Questions sheet (Page 3). Walking in prepared turns a rushed visit into a real plan.

Appointment booked for: _____

My Kidney Strong Commitment

"This week, I will take one step to protect my kidneys. I understand that small, steady actions (not perfection) are what keep me Kidney Strong."

Signature _____

Date _____