



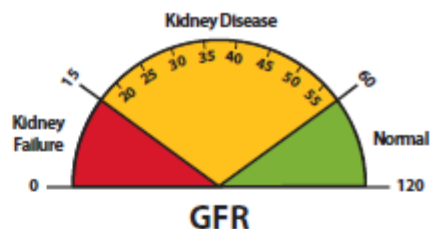
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How well are your kidneys working

Your GFR result on _____ was _____.
Date

- 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.



What is GFR?

GFR stands for glomerular filtration rate. GFR is a measure of how well your kidneys filter blood.

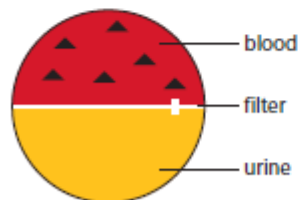
Your urine albumin result on _____ was _____.
Date

- A urine albumin result below 30 is normal.
- A urine albumin result above 30 may mean kidney disease.

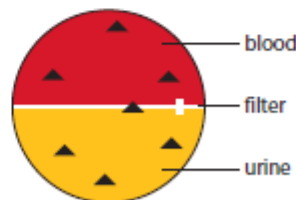
What is urine albumin?

Albumin is a protein found in the blood. A healthy kidney does not let albumin pass into the urine. A damaged kidney lets some albumin pass into the urine. The less albumin in your urine, the better.

Inside a healthy kidney



Inside a damaged kidney



▲ albumin

Your blood pressure result on _____ was _____.
Date

Keeping your blood pressure below 130/80 may help to protect your kidneys.