



# AUGUST 2025

## MONTANA KIDNEY NEWSLETTER

### Chronic Kidney Disease

Chronic kidney disease or CKD is when the kidneys do not function normally. In people with chronic kidney disease, the kidneys do not filter blood and remove waste as they should. Chronic kidney disease is when kidney function is diminished for three months. This is different than acute kidney dysfunction. Some of the symptoms of CKD include swelling of the feet, ankles and legs, high blood pressure and fatigue.

Chronic kidney disease is diagnosed by two specific tests. The first is a blood test called eGFR or estimated glomerular filtration rate which shows how well your kidneys filter waste from your blood. The second test is a urine test, known as the urine albumin to creatinine ratio, or uACR. This test shows if your kidneys are leaking protein or albumin into your urine which can mean kidney damage. Both tests need to be repeated to confirm long term kidney dysfunction lasting 3 months or more.



### STAGES OF CKD

Stage 1: eGFR 90 or higher and kidney damage (uACR 30 or greater) for 3 months or more

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Stage 2: eGFR 60-89 and kidney damage (uACR 30 or greater) for 3 months or more

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Stage 3a: eGFR 45-59 for 3 months or more  
Stage 3b: eGFR 30-44 for 3 months or more

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Stage 4: eGFR 15-29 for 3 months or more

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Stage 5: eGFR less than 15 for 3 months or more

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RESOURCE: NATIONAL KIDNEY FOUNDATION

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