



Living with chronic kidney disease (CKD)


The 5 stages of kidney disease:




STAGE 1
Evidence of kidney disease
with normal kidney function
eGFR of 120-90




STAGE 2
Mild to moderate loss
of kidney function
eGFR of 89-60



STAGE 3
Moderate to severe loss
of kidney function
eGFR of 59-30



STAGE 4
Severe loss of
kidney function
eGFR of 29-15



STAGE 5 – end stage renal disease (ESRD)
Kidney failure and the need for dialysis or transplant
eGFR of less than 15

What is eGFR?

Estimated glomerular filtration rate (eGFR) is a measurement of how well your kidneys are cleaning your blood.

It's usually estimated from the results of a blood test, along with age and gender.


Whenever possible, a transplant is your best treatment option. During your waiting period, choose the best dialysis treatment to fit in with your lifestyle. Partner with your nephrologist to discuss what's best for you.

Treatment options for ESRD


Most people can choose from these 3 dialysis options:



At-home peritoneal dialysis
Allows the most flexibility for work and lifestyle



At-home hemodialysis
Allows for a more custom schedule



In-center hemodialysis
Allows for staff-assisted treatment



See how certain lifestyle factors, like work or social schedules, may fit better with one treatment option over another. Visit [FreseniusKidneyCare.com/TreatmentDecisionGuide](https://www.freseniuskidneycare.com/TreatmentDecisionGuide).

Eating well with CKD

Your body processes things differently with CKD. Committing to kidney-friendly eating can help you feel better and stay healthier! Your nephrologist can talk you through your goals for eating and drinking and recommend a renal dietitian to help guide you.

Foods to choose for CKD

Get great ideas for making healthy food choices at [FreseniusKidneyCare.com/EatingWellWithCKD](https://www.freseniuskidneycare.com/EatingWellWithCKD).

Bread, cereal and grains

Cereal
Couscous
Pasta
Quinoa
Rice

Fruits

Apple
Berries
Pear
Pineapple
Plum
Watermelon

Vegetables

Asparagus
Broccoli
Carrots
Corn
Lettuce
Squash

Fluids

Coffee
Lemonade
Soda (club or lemon-lime)
Tea
Water

Protein

Beans
Beef
Eggs
Fish
Lentils
Poultry
Tofu

Choose fresh, all-natural—not processed—foods.

We're here to help.

At Fresenius Kidney Care, we're passionately committed to helping people with CKD and ESRD lead fuller, more active and vibrant lives. That means, in addition to providing you with the best dialysis care, we care for the whole “you” by supporting your emotional, medical, dietary and financial resource needs.



CONTACT US

For more information, call **1-844-441-3444**. You can also connect with our online communities by visiting:



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