



Kidney Health Terms: *What You Need to Know*

AKI (Acute Kidney Injury):

◦ AKI occurs when your kidneys suddenly become unable to filter waste from the blood. It often develops within hours or days, with most cases emerging within a 48-hour timeframe. A variety of factors can contribute to AKI, including medication use and other urgent health concerns.

BUN (Blood Urea Nitrogen):

◦ A BUN test helps measure your kidney function by measuring the urea nitrogen in your blood. Urea nitrogen is a waste product formed by your liver that travels through your bloodstream to the kidneys and is passed through urine.
◦ High levels may indicate kidney injury or disease

CAPD (Continuous Ambulatory Peritoneal Dialysis):

◦ CAPD is a treatment for kidney failure that helps you filter waste from your blood without using a machine; rather, the lining of the abdomen, the peritoneum, is used as a natural filter.

CCPD (Continuous Cycling Peritoneal Dialysis):

◦ A type of peritoneal dialysis that involves a dialysis machine that automatically instills dialysate fluids to absorb waste and be drained afterwards. The advantage of this is that this automated process does not require you to be awake, and can be used at nighttime to filter blood.

CKD (Chronic Kidney Disease):

◦ When the kidney is damaged slowly over time, it disrupts the important functions that the kidney performs. CKD can lead to End Stage Kidney Disease (ESRD). This disease is divided into 5 stages and can be assessed through tests such as the eGFR and the uACR.

Creatinine:

◦ Creatinine is a chemical compound that is left over from the protein and muscle breakdown that is filtered out of the blood system by the kidneys. It is most often released from the body through urine. Your creatinine levels can help health professionals understand how well your kidneys are functioning. High levels of creatinine can indicate that the kidneys are not functioning properly.

eGFR/GFR (Estimated Glomerular Filtration Rate):

◦ The GFR is a number that represents how well your kidneys can excrete albumin and creatinine daily, two proteins that build up in urine. A GFR below 60 for three or more months or a GFR above 60 with kidney damage, marked by high albumin levels, indicates chronic kidney disease. This information can help your doctor determine your specific stage of kidney disease, investigate its causes, and create the most effective treatment plan possible.

ESRD (End Stage Renal Disease):

- Commonly called kidney failure, ESRD is the name used to describe the point at which the kidneys have declined to permanent waste filtration dysfunction and will require dialysis or transplantation. Left untreated, ESRD can be life-threatening.

KDPI (Kidney Donor Profile Index):

- The KDPI combines a variety of donor factors into a single number that summarizes the likelihood of graft failure after deceased donor kidney transplant.
- Lower KDPI scores are associated with longer estimated function. For example, a kidney with a KDPI of 20% is expected to have shorter longevity than 20% of recovered kidneys (i.e., longer function than 80% of recovered kidneys).
- The majority (65%) of deceased donor kidneys have KDPI between 21 and 85% and are expected to function for about 9 years.

Kt/V:

- This ratio of numbers represents how efficiently your kidney dialysis is working to filter waste products from your blood, and will be used by your physicians to monitor dialysis.

PKD (Polycystic Kidney Disease):

- PKD is a condition that causes fluid-filled cysts to grow in the kidneys. As the cysts enlarge, they reduce kidney function and can lead to kidney failure. There are different types of PKD, including: Autosomal Dominant PKD (ADPKD), which is inherited from a parent and occurs when a mutation in a single gene from one parent causes the disease; Autosomal Recessive PKD (ARPKD), which is inherited when mutations in genes from both parents cause the disease; and Acquired Cystic Kidney Disease (ACKD), which develops due to long-term kidney damage and scarring, leading to cyst formation.

Renal Scan (Kidney Scan):

- A test in which a small dose of radioactive material is injected into the body, followed by imaging with a special camera to capture an image of the kidney. A renal scan evaluates the kidneys' shape, size, and position to assess function and detect potential blockages. Healthcare providers may also use renal scans for post-transplant monitoring and follow-up care.

uACR (Urine Albumin-Creatinine Ratio):

- A test is performed to detect the presence of albumin, a type of protein, in the urine. The test is divided into three levels: A1, A2, and A3. A1 indicates that the albumin level in your urine is less than 30 mg/g, which is considered normal. Any level above this threshold suggests signs of kidney disease. The albumin level ranges from 30 to 299 mg/g in the A2 category, while levels exceeding 300 mg/g place you in the A3 category, where the risk of kidney disease significantly increases.

Urinalysis:

- A test performed by dipping a chemical test strip into a urine sample to measure protein levels, pH, glucose, and other indicators, helping to detect signs of kidney disease or urinary tract infection.