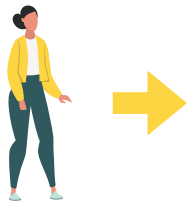
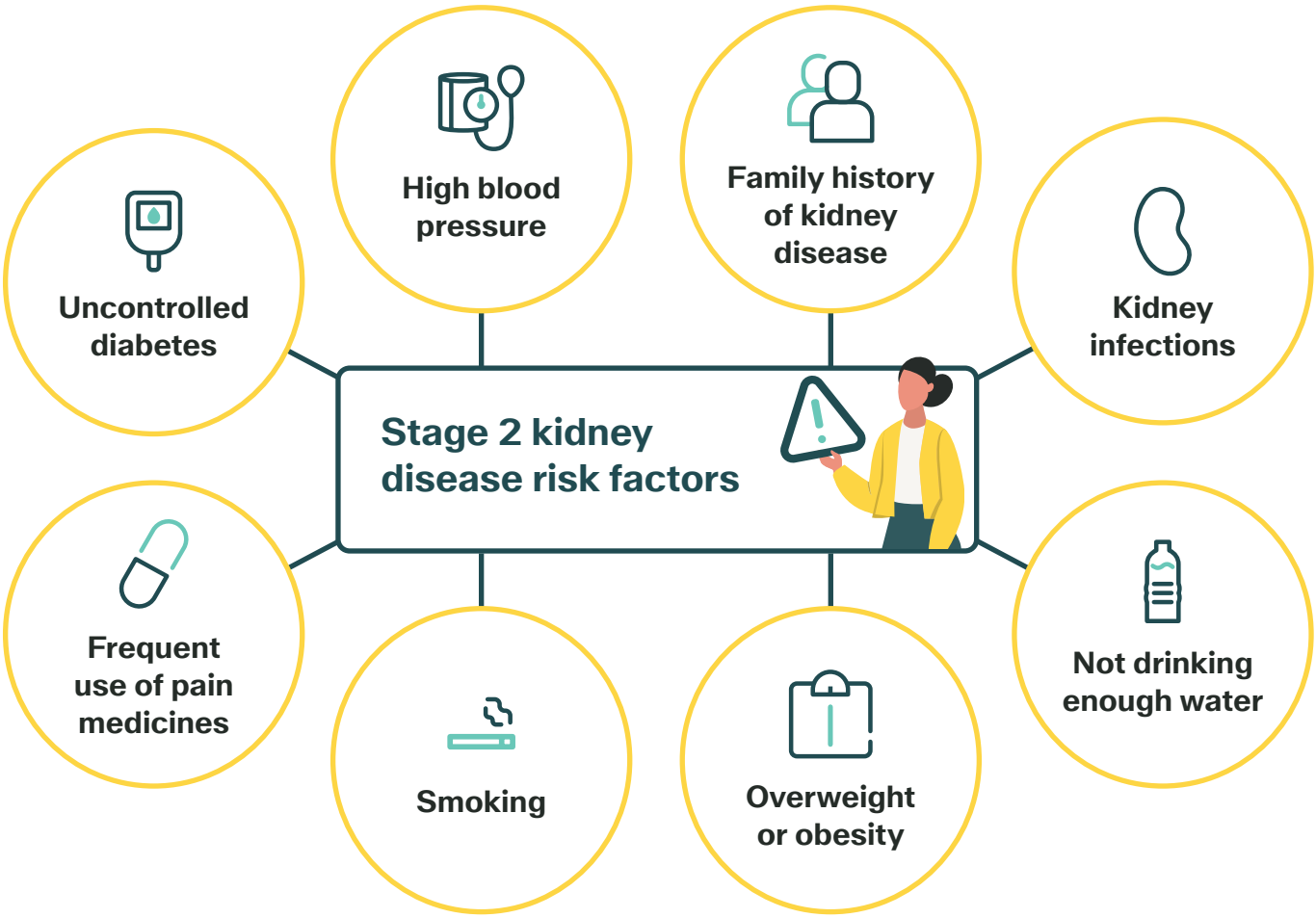
Chronic Kidney Disease: Stage 2



Stages of chronic kidney disease		GFR	% Kidney function
Stage 1	Normal or high function	90 or higher	90–100%
Stage 2	**Mildly decreased function**	**60–89**	**60–89%**
Stage 3a	Mild to moderately decreased function	40–59	40–59%
Stage 3b	Mild to moderately decreased function	GFR 30–44	30–44%
Stage 4	Severely decreased function	GFR 15–29	15–29%
Stage 5	Kidney failure	Less than 15	Less than 15%

Stage 2 means your kidneys have mild damage. Lab tests may show early signs of kidney damage, such as protein or a small amount of blood in your urine.

CENTRAL HEALTH



What this means for you

You may feel fine at this stage, but your kidneys need extra care to stay healthy. This is the best time to protect your kidneys, get early treatment, and maintain healthy habits to prevent further damage.

How to help protect your kidneys at Stage 2

- Control your blood sugar if you have diabetes.
- Control your blood pressure.
- Drink more water.
- Do not smoke or drink alcohol.
- Do not use illegal drugs.
- Take your medicines exactly as directed.
- Eat less salt and fewer processed foods.
- Keep regular doctor visits.

Diet

At this stage, your kidneys are still working well. Follow a heart-healthy meal plan with more plant-based foods. One example is the DASH diet (Dietary Approaches to Stop Hypertension).

Eat more

- Fruits and vegetables (aim for a variety and choose options based on your lab values if your potassium is elevated).
- Plant-based proteins such as beans, lentils, tofu, nuts, and seeds in appropriate portions.
- Fiber-rich foods such as vegetables, fruits, oats, brown rice, quinoa, and whole grains.
- Healthy fats such as olive oil, avocado oil, nuts, and seeds.
- Herbs, spices, garlic, lemon, and salt-free seasonings to flavor foods instead of salt.
- Water and fluids as recommended by your health care team.



Eat less

- Salty and processed foods.
- Large portions of animal proteins.
- Fast food and fried foods.
- Sugary drinks and sweets.
- Packaged foods.



Medicines

Some medicines can help slow kidney damage and protect the heart and blood vessels. Your doctor will tell you what is right for you.



Blood pressure medicines
These help protect your kidneys and lower your blood pressure.

Examples include: ACE inhibitors (lisinopril) and ARBs (losartan).

Blood sugar medicines
These help keep your blood sugar in a healthy range.

Examples include: metformin and insulin.

Anemia medicines

If you have anemia, these medicines help your body make red blood cells. Your kidneys may not make enough of a hormone called EPO.

Examples include: Erythropoietin (EPO) injections, iron pills, or iron given through an IV.

Bone and mineral medicines
They help control calcium, phosphorus, and vitamin D to keep bones strong.

Examples include vitamin D (calcitriol) and phosphate binders such as sevelamer or calcium acetate.

Water pills (diuretics)
These help remove extra fluid from your body, reduce swelling, and lower blood pressure.

Examples include: furosemide and torsemide.

Cholesterol medicines
These help keep your heart and blood vessels healthy.

Examples include statins such as Atorvastatin and Rosuvastatin.

Medicines to avoid

Some pain medicines can harm your kidneys. These are called NSAIDs (nonsteroidal anti-inflammatory drugs). Always ask your doctor before taking over-the-counter pain medicine.

Common examples include:

- Ibuprofen (Advil®, Motrin®, Midol®, NeoProfen®)
- Naproxen (Aleve®, Naprosyn®, Anaprox®, Naprelan®)
- Aspirin at high doses (Bayer®, Ecotrin®, Bufferin®, Anacin®)
- Diclofenac (Voltaren® tablets, Cataflam®, Zipsor®, Cambia®, Solaraze®)
- Celecoxib, which is a COX-2 inhibitor (Celebrex®)
- Meloxicam (Mobic®, Vivlodex®)
- Ketorolac (Toradol®)
- Indomethacin (Indocin®)
- Etodolac (Lodine®)
- Piroxicam (Feldene®)
- Nabumetone (Relafen®)
- Ketoprofen (Orudis®, Oruvail®)
- Oxaprozin (Daypro®)

