Chronic Kidney Disease: Stage 3a



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 3a means your kidneys have moderate damage. Lab tests may show early signs of kidney damage, such as protein or a small amount of blood in your urine, and your primary care provider often refers you to a kidney specialist.

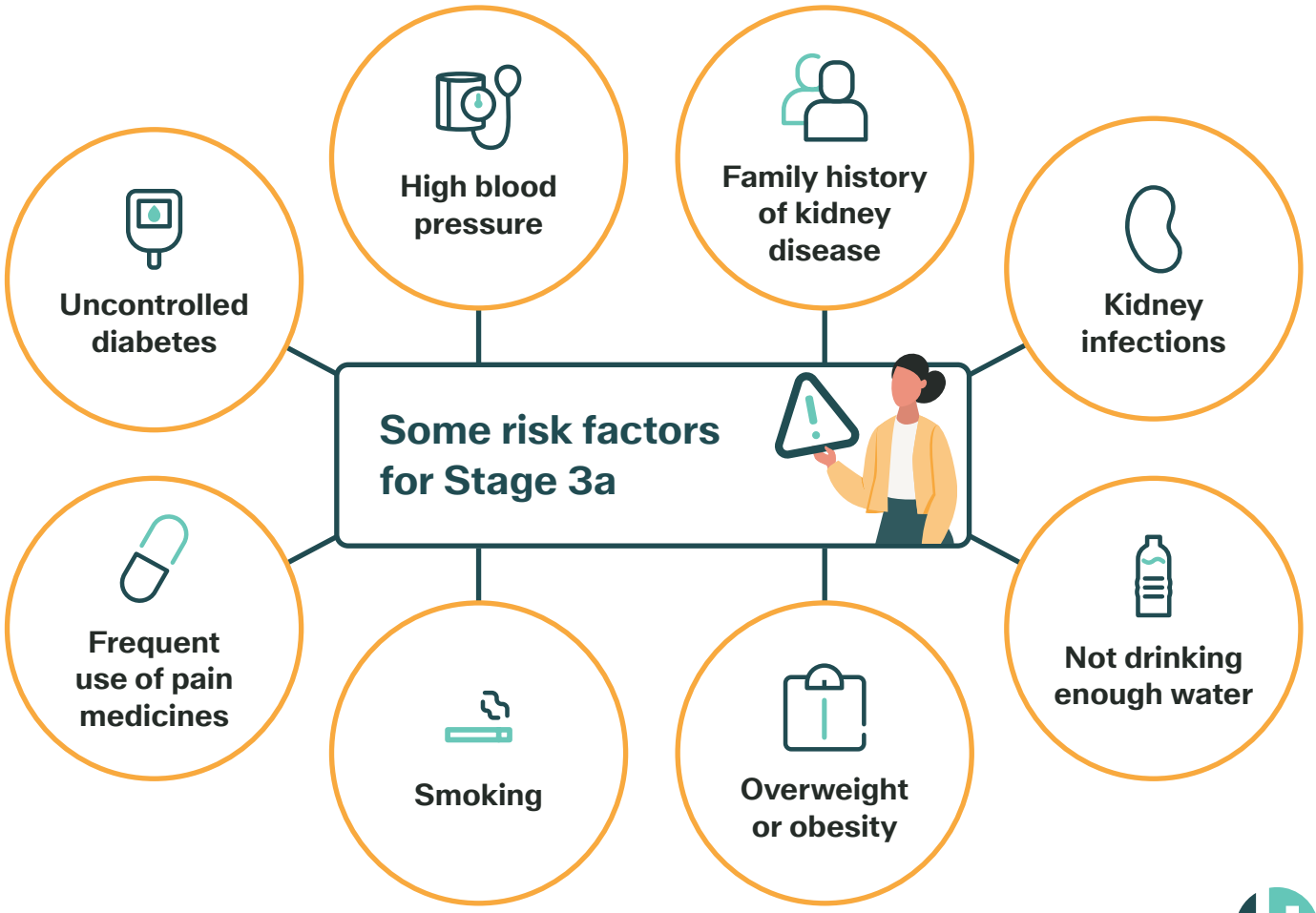
CENTRAL HEALTH

What this means for you

Your kidneys are not working as well as they used to. Some of the millions of tiny filters still clean your blood. At Stage 3a, some of these filters are damaged, and scar tissue forms.

When this happens:

- Waste such as creatinine increases in your blood.
- Swelling in your legs or even puffiness in your face may happen.
- Acid can increase in your blood, which can make you feel sick.
- Your kidneys may not make enough of the hormone that helps make red blood cells. This can cause anemia, which may make you feel tired or weak.
- Bone strength reduces over time, which increases the risk of breaking bones.
- Potassium and phosphorus levels may rise. This affects your heart rhythm, and you will need to see a doctor more often for checkups.



Care at Stage 3a

Taking care now can help slow kidney damage. These steps may help:

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

Diet

At this stage, your kidneys are still working, but need support to help slow progression. Follow a kidney-friendly meal plan. Focus on plant-based foods, limit meat and other animal proteins, and cut back on salt.

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 if these are right for you.



Blood pressure medicines
These help protect kidney function and lower the risk of damage.

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

Blood sugar medicines
These help people with diabetes to keep their blood sugar in a healthy range.

Examples include: metformin and insulin.

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

Examples include statins such as atorvastatin and rosuvastatin.

Newer medicines
GLP-1RA and SGLT2 medicines may help protect the kidneys and heart, even in early CKD. These medicines are often used for people with diabetes.

Examples include empagliflozin (Jardiance®), dapagliflozin (Farxiga®), canagliflozin (Invokana®), semaglutide (Ozempic®), and liraglutide (Victoza®).

Vitamin D or calcium supplements
These are given to help keep bone strength.

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®)

