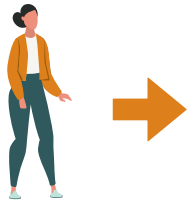
Chronic Kidney Disease: Stage 3b



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 3b means your kidneys have moderate-to-severe damage. Lab tests may show signs of kidney damage, such as protein or a small amount of blood in your urine, and it is recommended that you start care with 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 are still cleaning your blood. At Stage 3b, some of these filters are damaged, and scar tissue forms. At this stage, it's important for you to see a kidney specialist doctor as soon as possible. Now is the time to push the need for dialysis as far into the future as possible.

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 3b

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

This is the best time to see a kidney dietitian, they can help you create a personalized meal plan that supports your kidneys, heart, and overall health. What you eat and drink becomes more specific at this stage, it is important to limit foods that are high in potassium, phosphorus, and protein.

You will be asked to follow a heart-healthy meal with high-plant-based foods, such as 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 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.

Anemia medicines

If anemia develops, the following medicines help your body make red blood cells when your kidneys cannot make enough hormones (EPO): 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 excess salt and water, 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®)

