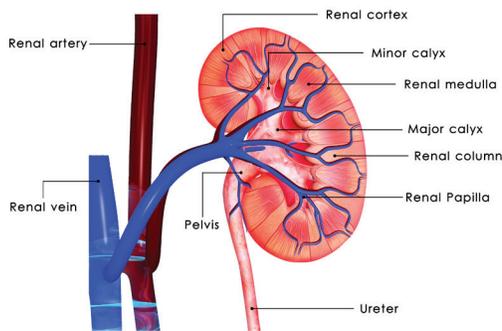


# KIDNEY VOCABULARY



**Chronic Kidney Disease (CKD)** – a diagnosis your doctor(s) can make. This is usually based on abnormal blood and urine labs that may show decreased function, or injury that has occurred over time.

**Glomerular Filtration Rate (GFR)** – an estimation of your kidneys' overall function (i.e., their ability to filter your blood and remove toxins).

**Creatinine** – a normal muscle-breakdown product measured in your blood (as part of your routine blood work). It is used as part of the math formula to estimate GFR. used to via a math formula to estimate GFR.

**Hypertension** – high blood pressure. Persistent elevation of blood pressure above 140/90, unless you have CKD or diabetes (which lower your goal).

**Anemia** – a lower-than-normal number of red blood cells in the body. Measured by hemoglobin or hematocrit. Can be from many causes, including CKD.

**Parathyroid Hormone (PTH)** – produced by your parathyroid glands (located inside the thyroid gland). Regulates the calcium and phosphorus levels in your body. Can get out of balance in CKD.

**Vitamin D** – needed to absorb calcium and phosphorus from your gut. Has a complex regulation that involves the kidney, the liver, and sunlight. Many people in our area are low in vitamin D, especially those with CKD.

**Potassium (K+)** – an essential electrolyte/mineral for bodily function. Very high or low values can cause problems. Your kidneys are the main regulators of your blood potassium level.

**Sodium (Na+)** – when complexed with chloride, you get salt (NaCl). We take in far more sodium than we need in our diets. Excess often leads to hypertension and swelling, especially in CKD patients.

**Proteinuria** – protein that is present in the urine. This is an abnormality that suggests injury to the kidneys.

**Hematuria** – blood in the urine that comes from injury or inflammation of the urinary tract (anywhere from your bladder to your kidneys). Often seen only by microscope. Common causes are bladder infection and kidney stones.

**Edema** – swelling caused by fluid that has leaked out of the blood vessels into the body's tissues. Usually occurs in the lower legs, but can occur elsewhere. Often related to too much sodium intake. Patients with CKD have trouble excreting extra salt and fluid, so they are at greater risk for edema.



**GEORGIA KIDNEY  
& HYPERTENSION CLINIC**

*by NPS*