

# Topics to discuss about early stage CKD

Being an active participant in your chronic kidney disease (CKD) treatment is essential. Here are some questions to help you start important conversations with your doctor or care team.

## Early Stage

Evidence of kidney disease with normal kidney function

**eGFR of 90–120**

Mild to moderate loss of kidney function

**eGFR of 60–89**

Moderate to severe loss of kidney function

**eGFR of 30–59**

## Questions to ask your primary care physician or nephrologist (kidney doctor)

- // What causes kidney disease?
- // What steps can I take to improve my overall health?
- // What signs or symptoms of CKD should I look for and monitor?
- // Is there anything I may experience that I should contact you about?
- // Do I need to modify my diet? Should I see a renal dietitian?
- // Are there other health conditions that could impact my CKD?
- // Do I need to modify my medications or treatments for other current conditions such as diabetes or high blood pressure?
- // What should I expect next with CKD?
- // How can I reduce my risk of complications?

## If you aren't seeing a nephrologist yet

- // When should I start seeing a nephrologist? Do I need a referral?