PicnicHealth

Keep an Eye on These Test Results

Creatinine

Creatinine is a waste product created by the muscles in the body. The kidneys filter it out of your blood and release it through urine. Since the kidneys play a major role in removing creatinine from the bloodstream, creatinine levels in the blood are used to gauge how well your kidneys are working. High levels of creatinine in the blood may indicate reduced kidney function.

The normal range for creatinine levels can vary depending on factors such as age, sex, and muscle mass. In general, a creatinine level of 0.6 to 1.2 milligrams per deciliter (mg/dL) is considered normal.

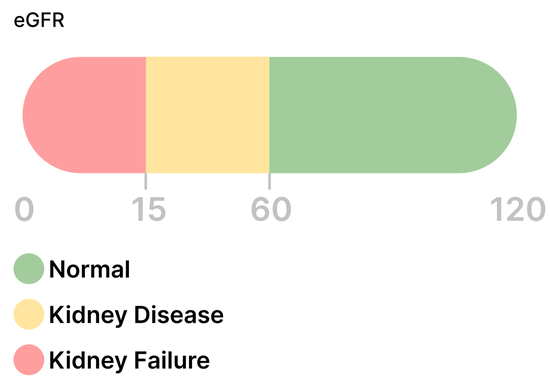
Dangerous creatinine levels in IgAN depend on the severity of the disease and the individual's baseline creatinine levels. Generally, a creatinine level above 2.5 mg/dL is considered a sign of moderate to severe kidney dysfunction, while levels above 4.0 mg/dL may indicate severe kidney damage or even kidney failure.

Please note that these creatinine level ranges can slightly vary between different laboratories

Glomerular filtration rate (GFR)

GFR is a measure of how effectively the kidneys filter waste products from the blood. It's calculated by measuring the amount of creatinine in the blood and other factors like age, sex, and weight.

A lower GFR indicates poorer kidney function, while a higher GFR suggests better kidney function.



Keeping track of your creatinine levels and GFR is crucial if you have kidney disease or are at risk for developing it. You might wonder, "How often do I measure GFR?" The frequency depends on the stage of kidney disease. For people at risk of kidney disease, it's typically recommended to check GFR at least once a year. However, those with known kidney disease should do it more frequently.

Urine protein

This test measures the amount of protein in the urine. High levels of protein in the urine (proteinuria) can be a sign of kidney damage.

Urine sediment

A urine sediment test can detect the presence of red blood cells, white blood cells, and other particles in the urine. Abnormalities in the urine sediment can be a sign of kidney damage.

Imaging studies

Imaging studies, such as a kidney ultrasound or CT scan, can be used to visualize the kidneys and assess their structure and function.