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LAB REPORT CARD  
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LAB	YOUR LAB VALUE	NORMAL RANGE
GLOMERULAR FILTRATION RATE (GFR)		GFR tells how well your kidneys are removing waste products.  Stage 1: > 90 ml/minute Stage 2: 60 - 90 ml/minute Stage 3: 30 - 59 ml/minute Stage 4: 15 - 29 ml/minute Stage 5: < 15 ml/minute
CREATININE (Cr)		Your Creatinine level rises as your kidneys get weaker 0.6 - 1.2 mg/dL for those without kidney disease
BLOOD UREA NITROGEN (BUN)		BUN rises as your kidneys fail. It will also rise if you don't drink enough water or if you eat too much protein. 5 - 25 mg/dL for those without kidney disease
ALBUMIN (Alb)		Albumin will fall too low if you don't eat enough protein. 3.5 - 5.5 g/dL for all stages
PROTEIN TO CREATININE RATIO (PROT/CREAT)		Protein/Creatinine estimates the amount of protein you leak into your urine. <0.2 g protein per 1.0 g creatinine
CALCIUM (Ca)		Calcium is a mineral that is important for strong bones. 8.4 - 10.3 mg/dL
PHOSPHORUS (Ph)		A high Phosphorus level is caused from eating high phosphorus foods such as dairy products and dark sodas, or from not taking our binders with meals. Stages 1 & 2: 2.5 - 5.0 mg/dL Stages 3 & 4: 2.7 - 4.6 mg/dL Stage 5: 3.5 - 5.5 mg/dL

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LAB	YOUR LAB VALUE	NORMAL RANGE
PARATHYROID HORMONE (PTH)		If your PTH is high, keep your Phosphorus level down and take vitamin D as prescribed. Stages 1 & 2: 10 - 55 pg/ml Stage 3: 35 - 70 pg/ml Stage 4: 70 - 110pg/ml Stage 5: 150- 300pg/ml
POTASSIUM (K)		A Potassium that is too high or low may weaken muscles and change your heartbeat. Foods that are high in Potassium include orange juice, bananas, and potatoes. 3.5 - 5.3 meq/L for all Stages
HEMOGLOBIN (Hgb)		A low Hemoglobin means you have anemia. If low, take your iron pills and erythropoietin (EPO) as prescribed. 11.4 - 16.0 g/dL for all stages
TSAT		TSAT is a measurement of your iron level. >20% for all stages
BLOOD PRESSURE		Keeping your Blood Pressure normal will slow the loss of kidney function. Be sure to take your medication and follow your diet. Stages 1 to 3: <130/80 Stages 4 & 5: <140/90
BODY WEIGHT		Maintaining a healthy weight is important to your overall health.
BODY MASS INDEX (BMI)		BMI shows your weight status using both weight and height 18.5 to 25 for all stages
BICARBONATE (HCO <sub>3</sub> AND CO <sub>2</sub> )		Bicarbonate is the measure of acid/base balance in your body. The Bicarbonate level decreases with renal insufficiency because of acid build-up. 22 to 30 mmol/L for all stages
URIC ACID		A high Uric Acid level might cause gout or kidney stones and add to progressive kidney failure. It can be controlled with medication and diet 3.0 to 7.0 mg/dL for all stages