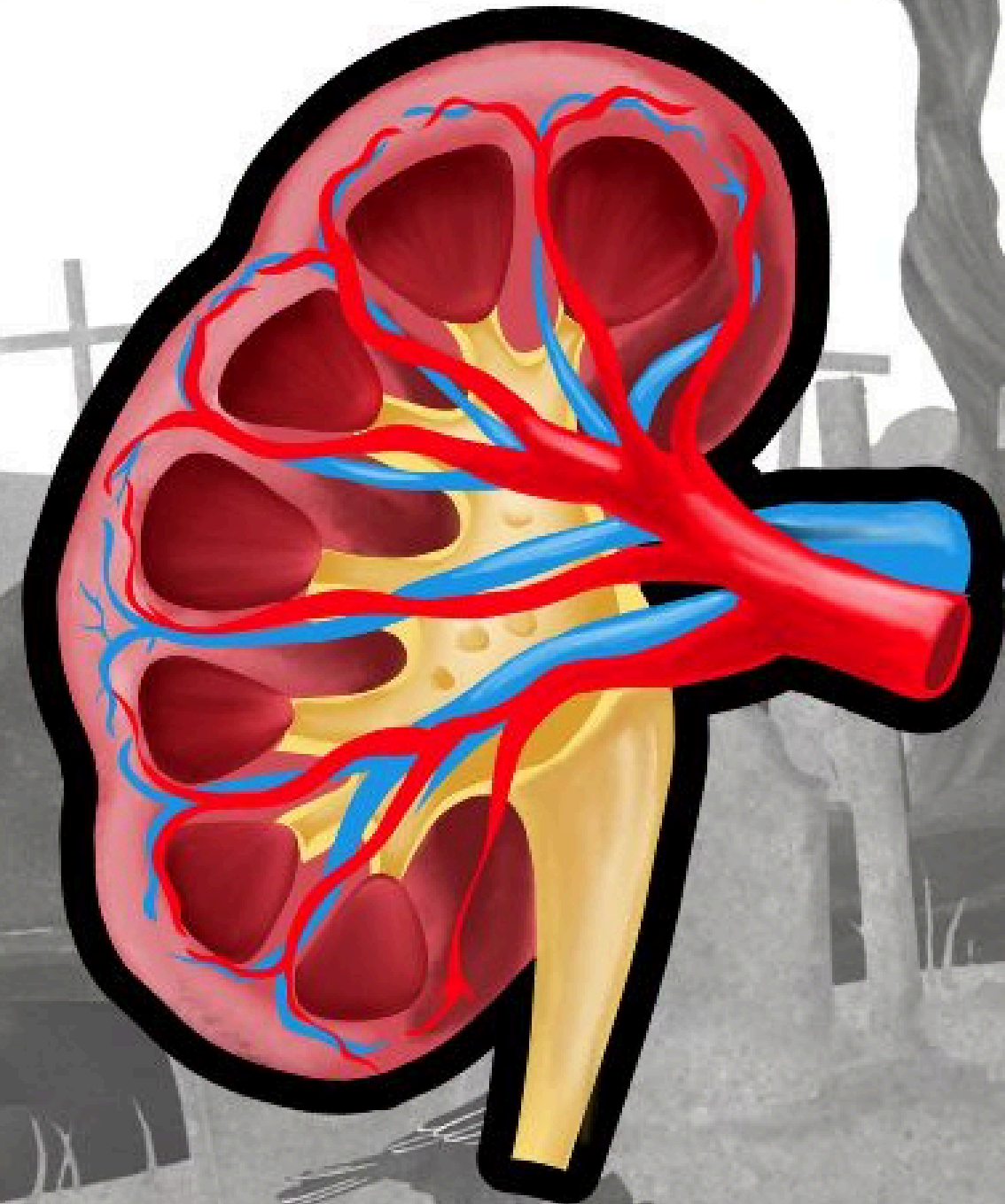
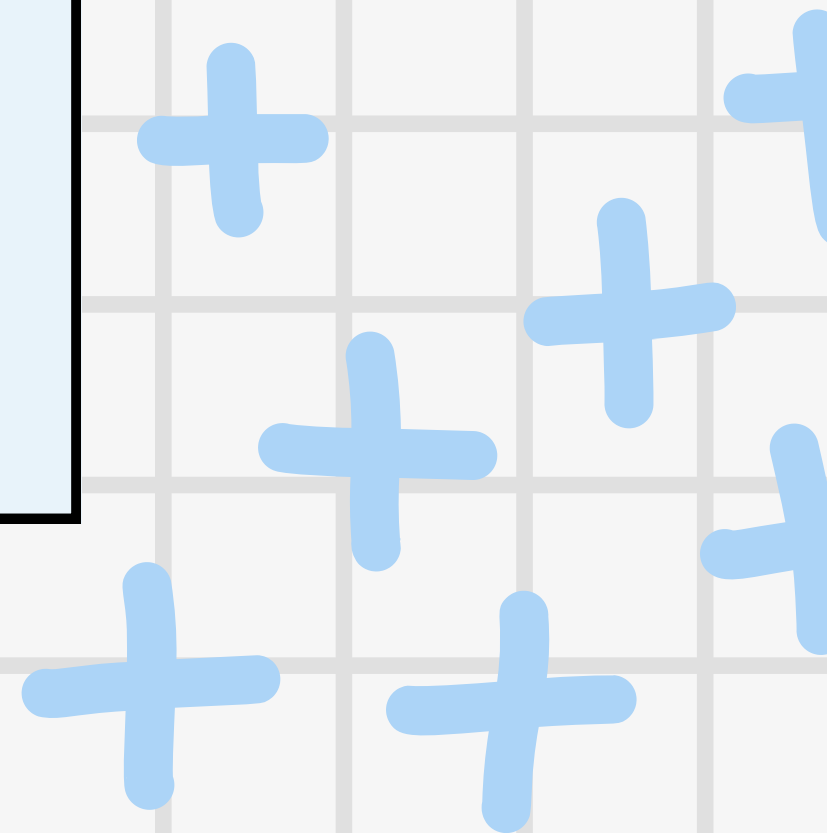
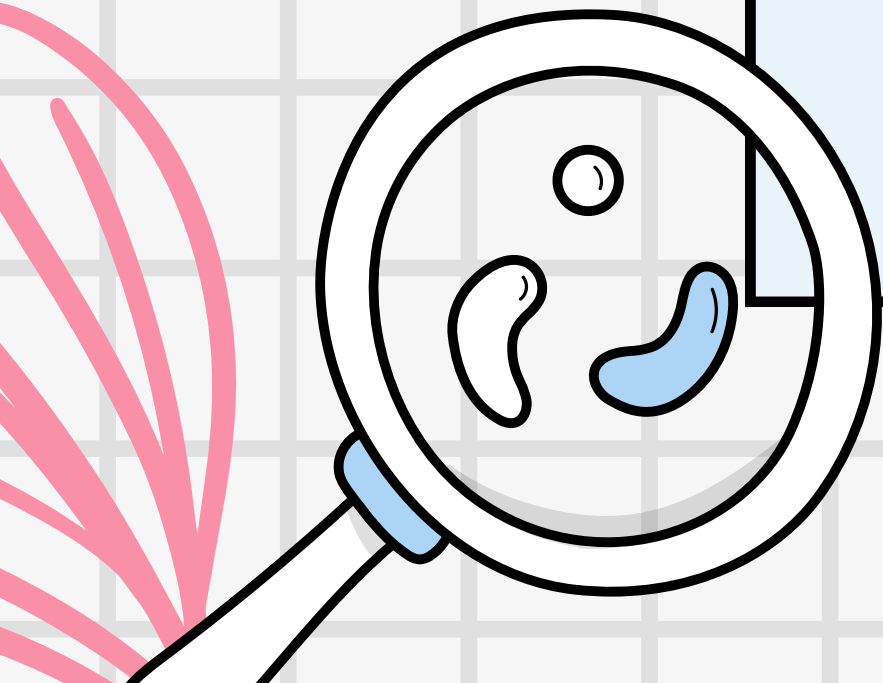


MY STAGE 3 KIDNEY DISEASE



Lab Report

Dr. Hugh Wegwerth



December 5th 2024

Comp. Metabolic Panel (14)

Test	Current Result and Flag	Previous Result and Date	Units	Reference Interval
Glucose ⁰¹	90		mg/dL	70-99
BUN ⁰¹	19		mg/dL	6-24
▲ Creatinine ⁰¹	1.43 High		mg/dL	0.76-1.27
▼ eGFR	59 Low		mL/min/1.73	>59
BUN/Creatinine Ratio	13			9-20
Sodium ⁰¹	142		mmol/L	134-144
Potassium ⁰¹	4.7		mmol/L	3.5-5.2
▲ Chloride ⁰¹	107 High		mmol/L	96-106
▼ Carbon Dioxide, Total ⁰¹	18 Low		mmol/L	20-29
Calcium ⁰¹	9.7		mg/dL	8.7-10.2

December 12th 2024

Comp. Metabolic Panel (14)

Test	Current Result and Flag		Previous Result and Date		Units	Reference Interval
▲ Glucose ⁰¹	102	High	90	12/05/2024	mg/dL	70-99
▲ BUN ⁰¹	25	High	19	12/05/2024	mg/dL	6-24
▲ Creatinine ⁰¹	1.53	High	1.43	12/05/2024	mg/dL	0.76-1.27
▼ eGFR	55	Low	59	12/05/2024	mL/min/1.73	>59
BUN/Creatinine Ratio	16		13	12/05/2024		9-20
Sodium ⁰¹	139		142	12/05/2024	mmol/L	134-144
▲ Potassium ⁰¹	5.3	High	4.7	12/05/2024	mmol/L	3.5-5.2
Chloride ⁰¹	104		107	12/05/2024	mmol/L	96-106
Carbon Dioxide, Total ⁰¹	20		18	12/05/2024	mmol/L	20-29

THIS IS NOT LAB ERROR

Stage of CKD	eGFR result	What it means
Stage 1	90 or higher	<ul style="list-style-type: none"> - Mild kidney damage - Kidneys work as well as normal
Stage 2	60-89	<ul style="list-style-type: none"> - Mild kidney damage - Kidneys still work well
Stage 3a	45-59	<ul style="list-style-type: none"> - Mild to moderate kidney damage - Kidneys don't work as well as they should
Stage 3b	30-44	<ul style="list-style-type: none"> - Moderate to severe damage - Kidneys don't work as well as they should
Stage 4	15-29	<ul style="list-style-type: none"> - Severe kidney damage - Kidneys are close to not working at all
Stage 5	less than 15	<ul style="list-style-type: none"> - Most severe kidney damage - Kidneys are very close to not working or have stopped working (failed)

eGFR levels and stages of chronic kidney disease

Stage 1

eGFR remains within a normal range, but other test results suggest signs of kidney damage

Stage 2

Slightly reduced kidney function with other tests suggesting kidney damage

Stage 3

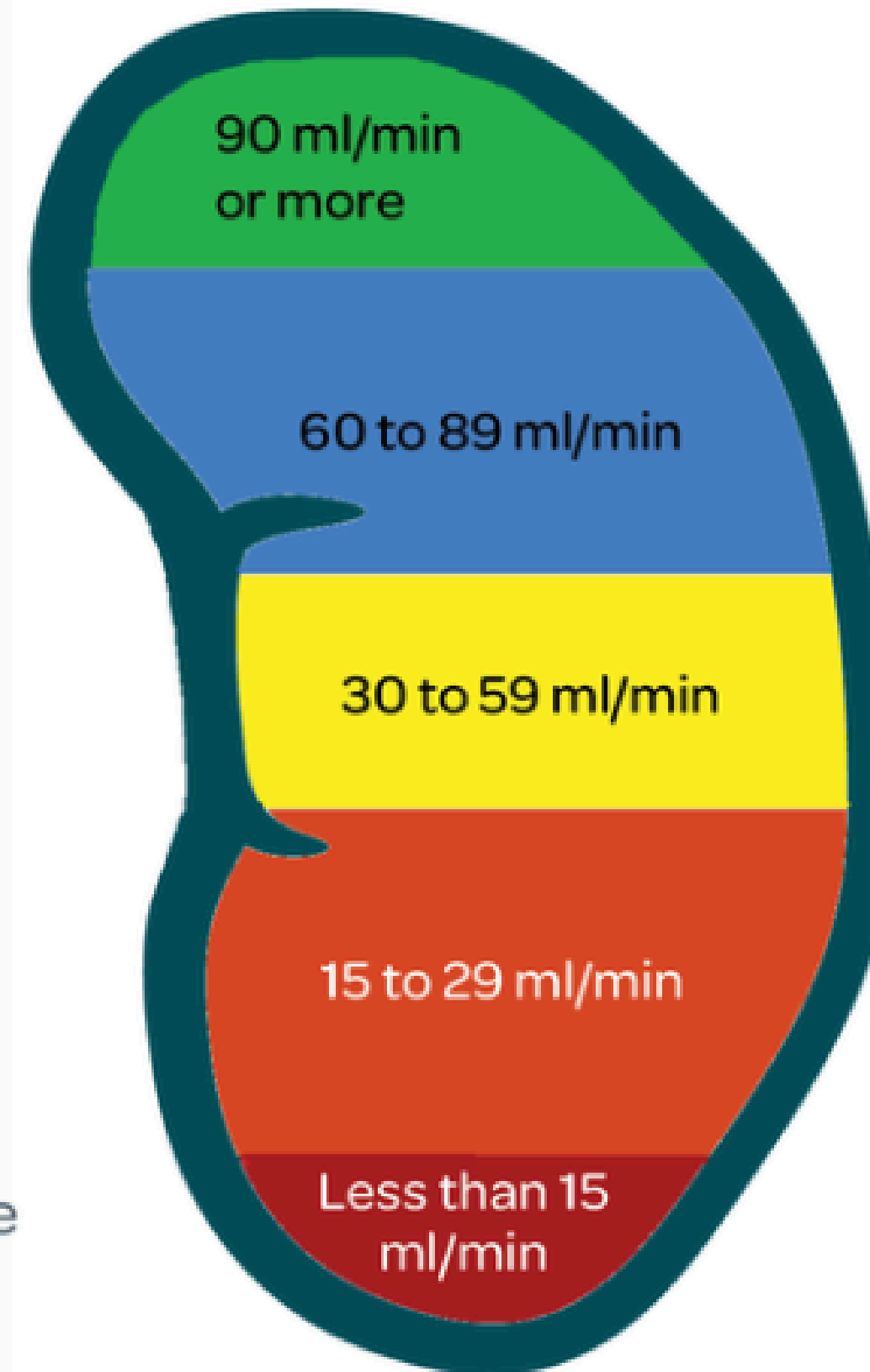
Moderately reduced kidney function

Stage 4

Severely reduced kidney function

Stage 5

Very severe or end-stage kidney failure



December 5th 2024

Homocyst(e)ine

Test	Current Result and Flag	Previous Result and Date	Units	Reference Interval
Homocyst(e)ine ⁰¹	12.1		umol/L	0.0-14.5

Uric Acid

Ferritin

Test	Current Result and Flag	Previous Result and Date	Units	Reference Interval
Ferritin ⁰¹	235		ng/mL	30-400

✦ AI Overview

High ferritin levels are commonly found in patients with chronic kidney disease (CKD) and can be a risk factor for poor outcomes: [🔗](#)

Ferritin as a marker of inflammation

Ferritin is an acute-phase reactant that increases in response to inflammation, which is common in CKD. High ferritin levels can be a sign of inflammation rather than iron overload. [🔗](#)

Ferritin and risk of CKD

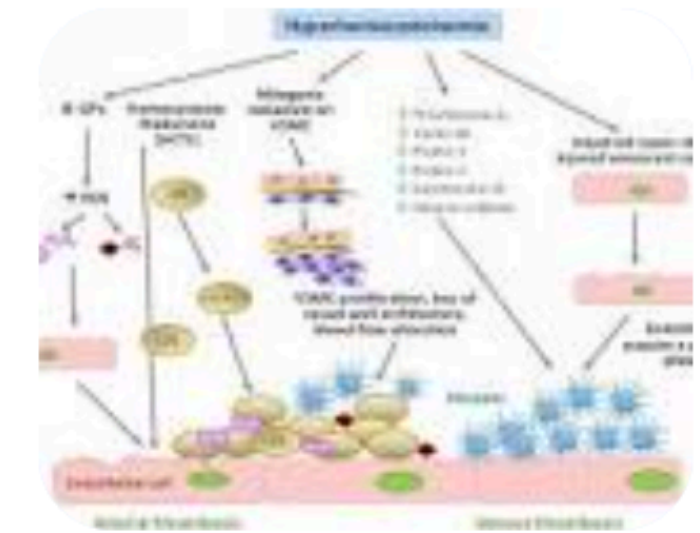
High ferritin levels are associated with an increased risk of CKD in men, but not in women. [🔗](#)

Ferritin and renal progression

Ferritin levels are a significant risk factor for rapid renal progression in CKD and hemodialysis patients. [🔗](#)

◆ AI Overview

High levels of homocysteine are associated with chronic kidney disease (CKD) and can indicate a decline in renal function. Homocysteine is an amino acid that contains sulfur. [🔗](#)



Explanation

Homocysteine levels and kidney function

Homocysteine levels increase as kidney function declines. This is true even for people with normal or high glomerular filtration rates. [🔗](#)

Homocysteine and CKD

People with high homocysteine levels are more likely to develop CKD. [🔗](#)

Homocysteine and cardiovascular disease

December 5th 2024

Hemoglobin A1c

Test	Current Result and Flag	Previous Result and Date	Units	Reference Interval
Hemoglobin A1c ⁰¹	5.6		%	4.8-5.6
Please Note: ⁰¹	Prediabetes: 5.7 - 6.4 Diabetes: >6.4 Glycemic control for adults with diabetes: <7.0			

DHEA-Sulfate

Test	Current Result and Flag	Previous Result and Date	Units	Reference Interval
▼ DHEA-Sulfate ⁰¹	69.6 Low	81.9 12/13/2021	ug/dL	71.6-375.4

Testosterone

Test	Current Result and Flag	Previous Result and Date	Units	Reference Interval
Testosterone ⁰¹	783	740 12/13/2021	ng/dL	264-916
Adult male reference interval is based on a population of healthy nonobese males (BMI <30) between 19 and 39 years old. Travison, et.al. JCEM 2017,102;1161-1173. PMID: 28324103.				

TSH

◆ AI Overview

Low levels of dehydroepiandrosterone (DHEA) and dehydroepiandrosterone sulfate (DHEA-S) are associated with chronic kidney disease (CKD). DHEA is a steroid hormone that helps with endothelial cell function, inflammation, and vascular remodeling. [🔗](#)



Explanation

- Low DHEA levels are associated with an increased risk of cardiovascular disease (CVD) and all-cause mortality. [🔗](#)
- DHEA levels decrease with age in both men and women. [🔗](#)
- Reduced renal function decreases the renal clearance of DHEA-S. [🔗](#)
- Low DHEA levels are associated with diabetic kidney disease (DKD) in people with type 2 diabetes. [🔗](#)
- Low DHEA levels may also be a sign of Addison disease or hypopituitarism. [🔗](#)

Other conditions associated with low DHEA Coronary heart disease, Type 2 diabetes mellitus, and Poor cardiovascular outcomes. [🔗](#)

December 5th 2024

Magnesium, RBC

Test	Current Result and Flag	Previous Result and Date	Units	Reference Interval
Magnesium, RBC ^{A, 03}	5.2	5.2* 12/13/2021	mg/dL	3.7-7.0

* Previous Reference Interval: (Magnesium, RBC: 4.2-6.8 mg/dL)

Sex Horm Binding Glob. Serum

◆ AI Overview

Low magnesium levels (hypomagnesemia) are closely linked to kidney disease, particularly chronic kidney disease (CKD), as impaired kidney function can lead to difficulty excreting magnesium, resulting in a deficiency that can further worsen kidney damage and contribute to disease progression; research suggests that maintaining adequate magnesium levels may be beneficial for individuals with CKD by mitigating complications like vascular calcification and phosphate toxicity. [🔗](#)

Key points about low magnesium and kidney disease:

Mechanism:

The kidneys play a crucial role in regulating magnesium balance, so when kidney function declines, the body can't effectively reabsorb magnesium, leading to low serum levels. [🔗](#)

Consequences of low magnesium in CKD:

- **Progression of kidney disease:** Studies show that low magnesium levels are associated with a faster decline in kidney function and increased risk of progressing to end-stage kidney disease. [🔗](#)



December 12th 2024

Comp. Metabolic Panel (14)

Test	Current Result and Flag		Previous Result and Date		Units	Reference Interval
▲ Glucose ⁰¹	102	High	90	12/05/2024	mg/dL	70-99
▲ BUN ⁰¹	25	High	19	12/05/2024	mg/dL	6-24
▲ Creatinine ⁰¹	1.53	High	1.43	12/05/2024	mg/dL	0.76-1.27
▼ eGFR	55	Low	59	12/05/2024	mL/min/1.73	>59
BUN/Creatinine Ratio	16		13	12/05/2024		9-20
Sodium ⁰¹	139		142	12/05/2024	mmol/L	134-144
▲ Potassium ⁰¹	5.3	High	4.7	12/05/2024	mmol/L	3.5-5.2
Chloride ⁰¹	104		107	12/05/2024	mmol/L	96-106
Carbon Dioxide, Total ⁰¹	20		18	12/05/2024	mmol/L	20-29

December 12th 2024

DHEA-Sulfate



Test	Current Result and Flag	Previous Result and Date	Units	Reference Interval
▲ DHEA-Sulfate ⁰¹	475.0 High	69.6 12/05/2024	ug/dL	71.6-375.4

Homocyst(e)ine

Test	Current Result and Flag	Previous Result and Date	Units	Reference Interval
Homocyst(e)ine ⁰¹	11.5	12.1 12/05/2024	umol/L	0.0-14.5

Ferritin

Test	Current Result and Flag	Previous Result and Date	Units	Reference Interval
Ferritin ⁰¹	204	235 12/05/2024	ng/mL	30-400

Disclaimer

The results of this test are for informational purposes only and should not be used for medical diagnosis or treatment. Please consult your healthcare provider for more information.



December 17th 2024

Cystatin C with eGFR

Test	Current Result and Flag	Previous Result and Date	Units	Reference Interval
Cystatin C ⁰²	1.14		mg/L	0.67-1.14
eGFR	68		mL/min/1.73	>59

DHEA-Sulfate

December 17th 2024

DHEA-Sulfate

Test	Current Result and Flag	Previous Result and Date	Units	Reference Interval
DHEA-Sulfate ⁰¹	164.0	475.0 12/12/2024	ug/dL	71.6-375.4

Testosterone

Test	Current Result and Flag	Previous Result and Date	Units	Reference Interval
Testosterone ⁰¹	838	783 12/05/2024	ng/dL	264-916

Adult male reference interval is based on a population of healthy nonobese males (BMI <30) between 19 and 39 years old. Travison, et.al. JCEM 2017,102;1161-1173. PMID: 28324103.

December 17th 2024

Ferritin

Test	Current Result and Flag	Previous Result and Date	Units	Reference Interval
Ferritin ⁰¹	180	204 12/12/2024	ng/mL	30-400

235

Disclaimer



Changes I Implemented

- I look my labs seriously
- Gave blood
 - will give again in 56 days (February)
- Started to weigh myself weekly
 - need to loss 30lbs
- Started a specific supplement program
- Being more consistant with my sauna use





