

Discussing Kidney Disease Testing with Your Health Care Provider: A Practical Guide



Print this helpful guide and bring it to your doctor to review kidney disease testing.

Chronic kidney disease (CKD) is a significant health problem in Canada that affects about 1 in 10 Canadians.¹ CKD in early stages typically has no signs or symptoms so most people are unaware they have it. Understanding the risk of CKD progression through early screening, and actively managing patients at risk, can slow the progression to kidney failure.

Testing for kidney disease and its progression to advanced stages

Kidney disease testing is the only way to know how well your kidneys are working, and if you have **diabetes, high blood pressure or a family history of kidney disease** you are at increased risk of developing CKD.

Commonly ordered tests for measuring kidney function, such as, **eGFR** and **urine albumin/creatinine ratio (UACR)** do not always provide sufficient information for adequate prognosis and management - **high risk patients often get treated late and low risk patients get early and inappropriate treatment.**

Klinrisk* – a next generation solution to assess CKD risk

Klinrisk is a powerful artificial intelligence algorithm-based tool that provides prognostic information beyond common kidney function tests and identifies patients who are at risk of kidney disease progression and developing CKD. Klinrisk is built for all patients with kidney disease and helps with early identification of patients that are at risk of progressive kidney disease. By using routine laboratory test results, the algorithm calculates a risk score so that these patients can reduce their chances of developing end-stage kidney disease.^{2,3}

***Please note:** Currently, Klinrisk is only available in Ontario

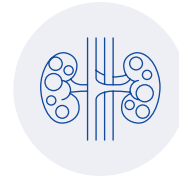
Common causes of kidney disease include:



Diabetes &
Hypertension



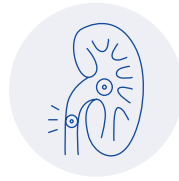
Glomerulonephritis
(specific diseases causing
kidney inflammation)



Polycystic
kidney disease
(a genetic condition)



Urinary tract
obstruction



Recurrent kidney
stones



Drug- and
medication-induced
kidney problems

Talk to your Health Care Provider (HCP) to learn more about Klinrisk and kidney disease testing

Follow these simple steps for getting tested



1
Print this guide and the pre-populated Klinrisk requisition and bring them to your HCP

2
Discuss the testing options that are right for you

3
Have the pre-populated Klinrisk requisition signed by your HCP*

4
Find a location or book an appointment to get tested at [LifeLabs.com](https://www.lifelabs.com)

*HCPs please note the following:

- This test is only available for patients who are \geq 18 years of age
- Information section at the top of the requisition must be complete, including all patient demographics, as the Klinrisk test cannot be performed without the patient's date of birth and sex at birth
- Patient should not fast for this test
- Patient will be required to provide a blood and urine sample

1. Kidney foundation website: www.kidney.ca

2. Klinrisk website: www.klinrisk.com

3. Ferguson T, Ravani P, et al. Development and External Validation of Machine Learning Model for Progression of CKD. *Kidney Int Reports* 2022;7:1772-1781