

Kidney Failure Risk Equation (KFRE)

Understanding Your Results (Adults)

What is the KFRE?

The [Kidney Failure Risk Equation \(KFRE\)](#) is a tool that estimates your risk of kidney failure in the future over the next 2 years or 5 years. Think of it like a weather forecast. It doesn't tell you exactly what will happen, but it helps you and your kidney care team plan ahead.



eGFR tests do not reliably reflect kidney function, including in people with very low or very high muscle mass, paralysis, limb loss, or some transgender or gender-diverse people, including those on gender-affirming hormone therapy.

Your kidney care team will choose the best way to assess your risk and discuss any limitations of the test with you.

Why is KFRE helpful?

KFRE helps your kidney care team:

- **Plan your care**
- **Plan ahead** for possible treatments (like dialysis or transplant)
- **Choose the right treatments** to help protect your kidneys

Does the KFRE work for everyone?

No. KFRE is helpful for many people with chronic kidney disease, but not for everyone.

- It may not be used if your kidney disease is very advanced (eGFR less than 10)
- It may not apply to some specific kidney conditions
- It may be less accurate when routine

What information does it use?

KFRE uses results from tests you are already doing. No extra tests are needed. KFRE does not show up on your lab results report. Your kidney care team calculates it using information from your blood and urine tests, along with your age and sex.

It uses:

- Age
- Sex (male or female)
- **eGFR** (shows how well your kidneys are working)
- **Urine ACR** (shows how much protein is in your urine)

If you want to learn more about these tests, see the [handout on kidney lab tests: Getting to know your kidney lab work](#).



Why is KFRE helpful?

Your results are shown as a percentage risk of needing dialysis or a transplant over 2 years and 5 years. This helps you understand your short-term and longer-term risk.

Examples:

- **2% risk in 5 years →** Low risk—continue regular check-ups
- **45% risk in 2 years →** Moderate risk—may need to start preparing
- **70% risk in 2 years →** High risk—important to prepare now

Your kidney clinic may start planning for what will happen if your kidneys fail once your 2-year risk is around 40%. This helps make sure planning starts at the right time—not too early, but not too late.

What KFRE does NOT tell you

- It is not a guarantee—your risk can change over time
- It does not tell you exactly when you will need treatment
- It does not explain the cause of your kidney disease

Can my risk change?

Yes. Your risk may change over time based on:

- Changes in your test results (eGFR and urine ACR).

- Medications that protect your kidneys
- Blood pressure or diabetes control
- Lifestyle changes (diet, exercise, smoking)

What can you do to reduce your risk?

You can help protect your kidneys by:

- Taking medications as prescribed.
- Controlling blood pressure and blood sugar
- Eating less salt and limiting processed foods
- Staying well hydrated
- Checking with your kidney care team before taking new medications or supplements
- Staying active and maintaining a healthy weight

Remember

KFRE is a planning tool—not something to worry about. It helps you and your kidney care team make informed decisions about your care.

Questions?

Talk to your kidney care team about your results and next steps.