

For Kidneys Sake – Latest Episodes Available

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◆ **NEW Release:** *eGFR 60–90 – When to Watch, When to Worry*

An eGFR of 60–90 isn't always a sign of kidney disease. In this episode, Prof. Jeremy Levy, Dr. Andrew Frankel and Dr. Mohammad Haidar explain when it matters, when to repeat the test, and how to reassure patients without over-diagnosing CKD.

- *Decoding Albuminuria* – Understand the significance of low-level protein in urine and how to manage it without over-investigating.
- *CKD, Fertility & Pregnancy* – Guidance on planning for a family when living with chronic kidney disease.
- *Managing Haematuria* – How to assess blood in urine, identify causes, and decide on appropriate investigations.
- *Kidney Health in Older Adults* – Distinguishing normal ageing from frailty and adapting CKD care accordingly.
- *Can I Take Supplements?* – The facts on vitamins, minerals, and herbal products for people with kidney concerns.

Full back catalogue including series one here: <https://forkidneyssake.buzzsprout.com>

