RECOMMENDATIONS FROM THE KDIGO 2024 GUIDELINES*

Unaffected by muscle mass, cystatin C provides accurate kidney function assessment, including in patients with amputations

Cystatin C may be elevated in smokers – use eGFRcr

Cystatin C more accurately estimates kidney function in patients with altered muscle mass, improving drug dosing precision and reducing the risk of toxicity or under-treatment

	eGFRcys	eGFRcr-cys	eGFRcr	mGFR
Body habitus/ Muscle mass:				
Eating disorders	x			
Extreme sport exercise	x			
Body builder	x			
Above-knee amputation	x	x**		
Spinal cord injury with paraplegia or similar	x	x**		
Class III obesity		x		
Lifestyle*				
Smoking			x	
Diet				
High protein diets	x			
Illness*				
Malnutrition				x
Cancer		x		x
Heart failure	x	x		
Cirrhosis	x	x		
Catabolic consuming diseases		x	x	
Muscle wasting diseases		x		
Medication effects*				
Steroids		x		
Decreases in tubular secretion	x			x
Broad spectrum antibiotics	x			x

In obesity, non-GFR factors may influence filtration markers; eGFRcr-cys is preferred for improved accuracy

Diets that affect eGFRcr

- **Low-protein**
- **Keto diets**
- **Vegetarian**
- **High-protein diets and creatinine supplements**

Illness other than CKD use mGFR for tretment descision and monitoring use

* Not valid if there are other comorbidities present
** If comorbidities present

*Stevens PE et al. *Kidney International,* 2024; 105(4): S117–S314; KDIGO 2024 CLINICAL PRACTICE GUIDELINE FOR THE EVALUATION AND MANAGEMENT OF CHRONIC KIDNEY DISEASE

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