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# Know Diabetes by Heart™

## A Simple Test Can Make a Difference

### What Is a UACR Screening?

**Individuals living with type 2 diabetes should take preventive steps to care for their cardiovascular system—a complex system that includes the kidneys.**

A UACR, or urine albumin-to-creatinine ratio, screening is a simple annual test that can be used to identify early signs of chronic kidney disease (CKD). CKD is a silent disease, often remaining symptomless until it's too late to do anything about the damage.

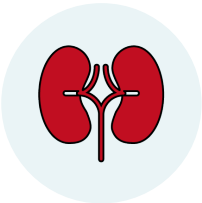
If you have type 2 diabetes and develop CKD, you are three times more likely to suffer from a fatal cardiovascular event like heart attack or stroke. Thankfully, you can test kidney function to find out about problems early—and make changes to prevent CKD with a simple screening.

## What Tests Check Kidney Function?

**1.** Ask your doctor for a UACR screening at your next visit. This simple urine test is an important part of understanding your numbers and minimizing your risk for CVD.

**2.** At your next appointment, your doctor can check your blood pressure, issue a blood test called an eGFR, or estimated glomerular filtration rate, check urine protein ratios and talk with you about lifestyle prevention steps.

## What Can I Do for My Kidney Health?



**1.** Understand risk factors

**2.** Act preemptively

**3.** Keep blood sugar and blood pressure in your target range.

**4.** Talk to your diabetes care team about an eating plan that's right for you.

**5.** Get regular screenings.

**If you have diabetes, there are simple, preventative steps you can take to reduce your risk of heart disease.**

Talk to your doctor how to keep your heart healthy and about getting regular screenings to help you understand the health of your kidneys.

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