

## A Simple Test Can Make a Difference

### What Is a UACR Screening?

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

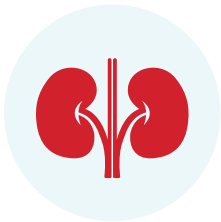
A urine albumin-to-creatinine ratio (UACR) screening is a simple annual test that can be used to identify early signs of kidney disease, also known as chronic kidney disease (CKD). CKD is a silent disease, often remaining symptomless until it's too late to do anything about the damage.

If you have type 2 diabetes and develop CKD, you are three times more likely to have a deadly 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 heart disease.
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. Be proactive



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 IS A LOT MORE YOU CAN DO TO REDUCE YOUR RISK FOR HEART DISEASE AND STROKE.**

Talk to your doctor about next steps. You're not in this alone. Find answers to your questions and join the initiative: [KnowDiabetesbyHeart.org/join](https://www.knowdiabetesbyheart.org/join)