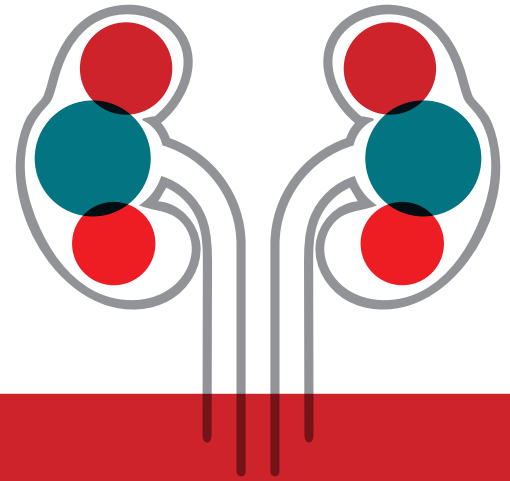




Know **Diabetes** by **Heart**™



MONITORING YOUR KIDNEY HEALTH WITH **UACR TESTS**

● What is the UACR Test?

A Urine Albumin-to-Creatinine Ratio (UACR) test checks your kidney health. The test is done through a simple urine test to check the amount of albumin in your urine. Albumin is a type of protein, and too much of it can be a sign of kidney disease.

● Why is this test important?

This test for elevated albumin protein in the urine can indicate early kidney disease. Without kidney damage, very little protein is found in the urine; kidney damage like the kind that can occur from diabetes causes albumin to increase in the urine.

● What do the numbers mean?

An albumin level of 30 or above means you may have kidney damage.

If you test at this level, talk to your doctor about a treatment plan. You'll check your kidney health through UACR tests during treatment. Lowering numbers will let you and your doctor know the treatment is working.

● How often should you take the UACR test?

If you are living with type 2 diabetes ► once a year

If you are living with type 1 diabetes for at least five years ► once a year

If you've had high test results ► more often

● Take charge of your health.

Kidney disease is one of the most common complications of living with diabetes and can increase your risk for heart disease. The good news is, many of the risk factors for kidney disease are treatable — and things you can work on. Take charge of your kidney health by:



Keeping your blood glucose (blood sugar) levels in check



Managing your blood pressure



Staying at a healthy weight



Keeping an eye on your kidney health through tests like UACR screenings