

UNDERSTANDING THE KIDNEY-HEART CONNECTION IS THE FIRST STEP IN PROTECTING YOUR HEALTH.

uACR screening isn't just about your kidneys. It's about your heart, too.



Your heart and kidneys rely on each other — when one is damaged, the other is often affected.



The heart pumps oxygen-rich blood around the body



The kidneys:

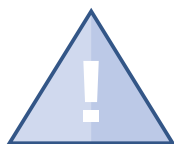
- Filter waste from the blood
- Produce urine
- Maintain electrolyte and water balance



When this balance breaks down:

- ✓ Heart disease can reduce blood flow to the kidneys
- ✓ Kidney disease means waste builds up in the blood, impacting the heart
- ✓ Abnormal blood pressure strains both organs

Chronic Kidney Disease (CKD) is often silent but there are risk factors



- As many as **9 in 10 adults** with CKD don't know they have it
- It may show **no symptoms** and is commonly only discovered when it has already progressed
- Diabetes, high blood pressure, and heart failure are just a few of the risks associated with CKD

Talk to your doctor if you think you might be at risk

The tests your doctor may order

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uACR (*urine albumin-creatinine ratio*) test

- ✓ Albumin is a key protein that should normally stay in your blood
- ✓ If albumin is found in the urine, it indicates possible damage to the kidney and/or heart
- ✓ It's underused: only 2 in 10 people who have risk factors for kidney problems receive uACR screening

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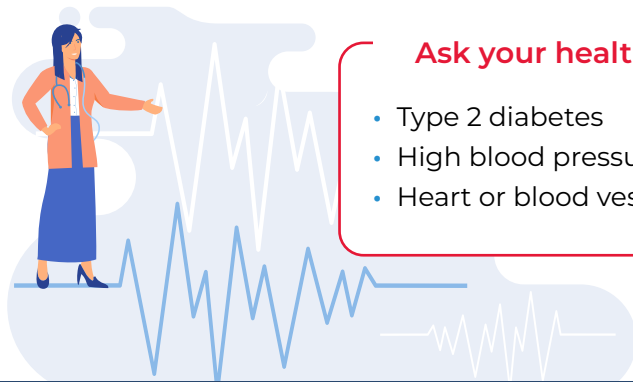
eGFR (*estimated glomerular filtration rate*) blood test

- ✓ Measures how well the kidneys filter waste
- ✓ A decrease in eGFR can signal a decline in kidney function

uACR + eGFR = a fuller picture



- Together, the uACR and eGFR tests catch what one might miss alone
- The uACR urine test can detect risk even when the eGFR blood test looks normal, giving you and your trusted health care provider time to act and help prevent major health problems
- Annual uACR screening could help millions of people receive preventive care sooner – especially those who are at high risk



Ask your health care provider about uACR if you have:

- Type 2 diabetes
- High blood pressure
- Heart or blood vessel disease
- Kidney problems
- Obesity
- Family history of these conditions

You may need to ask for the uACR test, because it isn't often included in routine testing. **To make this easier, we've created a pocket card you can download and use at your next appointment.**



Hear from others who have been empowered



Nobody should crash into kidney disease. If you're going to get it, it should be a slow progression that you're aware of, so you can do everything you can with the preventative measures that are out there now.

**- PATRICK,
PATIENT LIVING WITH DIABETES AND KIDNEY DISEASE**



Getting off the bench and participating in my healthcare has helped a lot.

**- THELMA,
PATIENT LIVING WITH TYPE 2 DIABETES
AND KIDNEY DISEASE**



It's all intertwined. You have to be vigilant about everything, all aspects.

**- MITZI,
PATIENT LIVING WITH HIGH BLOOD PRESSURE,
KIDNEY DISEASE, AND TYPE 2 DIABETES**



We need to act. We have had data about uACR for a long, long time. Patients are losing out if they're not getting access to those screening tools.

**- DR. CARDONE,
PROFESSOR, PHARMACY PRACTICE, ALBANY
COLLEGE OF PHARMACY AND HEALTH SCIENCES**