

Identify early kidney and heart damage

**BEFORE YOU FEEL
ANY SYMPTOMS**



**uACR (urine albumin
-creatinine ratio)** is a simple
test that can make a big
difference in your health.

It helps your health care
professional detect signs of
kidney damage early and take
action to help protect your
kidneys, heart, and blood vessels.



Turn the card over for guidance you
can use at your next appointment



How to ask

YOUR TRUSTED HEALTH CARE PROVIDER FOR A uACR TEST



STARTING THE CONVERSATION



I want to be proactive about my heart and kidney health because of

(choose from the list below) as a risk factor.

- Type 2 diabetes
- High blood pressure
- Heart or blood vessel disease
- Kidney problems
- Obesity
- A family history of diseases that affect the kidney, heart, or blood vessels

Can I have a urine test and a blood test to see how they are doing?



Key questions to ask if yes

- Am I at risk for kidney or heart disease?
- What do my uACR and eGFR results tell me?
- Are my protein levels in the normal range?
- What can I do now to protect my heart and kidney health in terms of lifestyle*, medication, or both?
- When should I be tested again?



Key questions to ask if no

- Why is it not needed for me?
- When can we revisit this?



Asking the right questions will help you feel more confident and in control of your health. Also, you can ask for a second opinion.

notes:

For more information and resources, you or your trusted health care provider may find the National Health Council's Trusted Messengers campaign at:



**Lifestyle includes diet, exercise, sleep, stress, alcohol/substance use, social connection.*

