

**Q When and how often should I have the test done?**

**A** Generally, you should have your microalbuminuria test done once a year—it's a proven way to catch kidney trouble earlier. If you've recently been diagnosed with type 2 diabetes, it's important to get the test as soon as possible. If you've had type 1 diabetes for five years or more and haven't had the microalbuminuria screening, talk to your physician—it's an important and necessary part of your overall diabetes management plan.

**Q What else can I do to protect myself against kidney disease?**

**A** The most important thing you can do is maintain good glycemic (blood glucose) control. If you haven't done so already, discuss self-monitoring of blood glucose with your health care team. Find out what times during the day you should measure your glucose levels and what the goal measurements should be. You should also take the HbA1c test, which will tell you how well your glycemic control has been for several months, on a regular basis.

Monitoring your blood pressure and controlling it if it is too high is also very important for long-term kidney health. Your diabetes health care team will help you do this, and may prescribe a medication known as an ACE inhibitor, because it can control blood pressure as well as prevent or slow the development of kidney disease.

If you're taking medication, make sure you continue it as instructed by your health care provider.



Take better control  
of your diabetes

# Take the Yearly Microalbuminuria Test— And Take Better Control of Your Diabetes.

*We want to help you catch diabetic health problems before they start affecting the way you live. A microalbuminuria test is an important part of staying healthy. The test detects early signs of kidney problems. That way, you and your doctor can develop a treatment plan sooner and avoid possible complications before they begin. Ask your physician about your microalbuminuria test, because it's an important part of your plan to stay healthy and take better control of your diabetes.*

## Q What is the microalbuminuria test?

A The microalbuminuria test is an analysis of your urine. It shows how much of the protein albumin is in your urine.

## Q How does the test work?

A By measuring the amount of albumin in your urine, your doctor can tell how well your kidneys are working. If there are large amounts of albumin in your urine, it may be a sign that your kidneys aren't filtering protein as well as they should be. High levels of albumin can be an early sign of "nephropathy," or kidney disease.



## Q What will the results tell me?

A Your doctor will receive the results and discuss them with you. Your levels of albumin will let you and your doctor know about how well your kidneys function. If your doctor feels your albumin levels are too high, he or she may take steps to help you keep your kidneys healthy with treatment to improve your glycemic (blood glucose) control, make changes to your diet and lifestyle, and may possibly prescribe heart medications like ACE inhibitors or other anti-hypertensive drugs that lower blood pressure.

## Q How will the microalbuminuria test help me?

A Studies have shown that 35% to 45% of people with type 1 diabetes and 20% to 30% of people with type 2 diabetes develop some kind of kidney trouble. In the early stages of nephropathy, it's very difficult to tell if you have it or not. By taking the microalbuminuria test and monitoring your kidneys, you're helping yourself stay healthy—longer. And since you're keeping a close eye on your kidney function, you're giving yourself, with the help of your physician and diabetes care team, the chance to take positive steps early on. Early intervention can help delay—and even prevent—serious kidney disease.

## Q What will happen if the test shows I have kidney trouble?

A Many people with diabetes have some kind of kidney problem. Fortunately, there are many things that you and your diabetes care team can do to delay the progression of the disease and to prolong the life of your kidneys. For example, your physician may prescribe medications that lower blood pressure, like ACE inhibitors or other antihypertensive medication. Other effective interventions may include better control of your blood sugars by daily glucose self-monitoring and taking the HbA1c test as recommended by your doctor.