

Diabetes and Albuminuria



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

What is Albuminuria?

Albumin means 'protein'. When someone has albuminuria, they have too much protein in their urine. Albuminuria is sometimes called "microalbuminuria".

If small amounts of albumin are found in the urine in two separate screens, it is an early warning that kidneys are starting to have trouble working. It is important to check for albumin in the urine because people with diabetes are at high risk for developing kidney disease.

How often should the screen be done?

The albuminuria test should be done at least once a year.

Who should have this screen done?

Every person with diabetes should be screened.

How is the screen done?

This test is done on a random urine sample. This test can be done when you visit your provider.

How much albumin in the urine is too much?

30-300 mg of albumin or more in the urine is positive for albuminuria.

I had _____ mg of albumin in my urine.

Are there other tests that can test my kidney function?

Yes. In addition to the urine test for albumin, it is important to have a blood test to check creatinine levels once a year. Creatinine is used to calculate a person's glomerular filtration rate (GFR). The GFR is an estimation of how well the kidneys are working.

What can I do to protect my kidneys?

Meet blood pressure goals.

My blood pressure goal is _____.

- Get blood work checked regularly, as recommended by your health care provider.

Meet your A1C (average blood sugar) goal.

My A1C goal is _____.

Keep home blood sugars at goal:

My fasting and pre-meal blood sugar goal is _____.

My blood sugar goal two hours after eating is: _____.

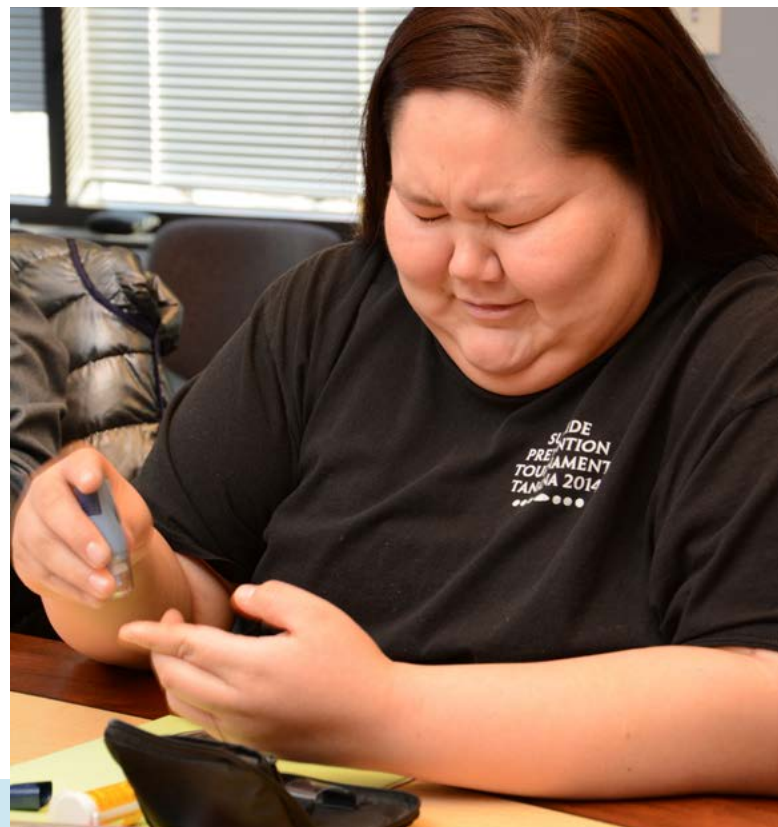
Keep your LDL cholesterol at your goal.

My LDL goal is: _____.

- Take prescribed medicines everyday.
- If you use tobacco, ask about quitting. There is a lot of help available.
- Review your food plan with a dietitian.
- Be physically active most days.

Talk with family, friends, and diabetes team members about behaviors you're having problems changing. Ask them to help support your change.

Keep your follow-up appointments and always ask questions about your health!



More Information

For more information or if you have questions, contact:

Diabetes Educator: _____

Phone: _____



Diabetes Program

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