

For People Living with Type 2 Diabetes

Urine Albumin-to-Creatinine Ratio (uACR) Test



What is the uACR Test?

The urine albumin-to-creatinine ratio (uACR) test is a simple test that checks for a protein called **albumin** in your urine. This test is done by getting a urine sample in a cup and measuring the albumin and creatinine. Albumin can be an early sign of kidney damage.



Why is the uACR Test Important?

Your kidneys act as filters, cleaning your blood by removing waste and excess fluid, which leaves your body as urine. Elevated sugar damages kidney tissue and the blood vessels inside the kidney. **The uACR test can detect this damage early so that you can get on medication to help reduce further damage.** An elevated uACR is also a risk factor for heart disease.



How Often Should I Get the Test?

You should have a uACR test at least once a year. Your care team may recommend more frequent testing if you have other risk factors or a history of kidney concerns.



What Can You Do to Improve uACR?

If your uACR is high, your doctor will help you take steps to protect your kidneys:

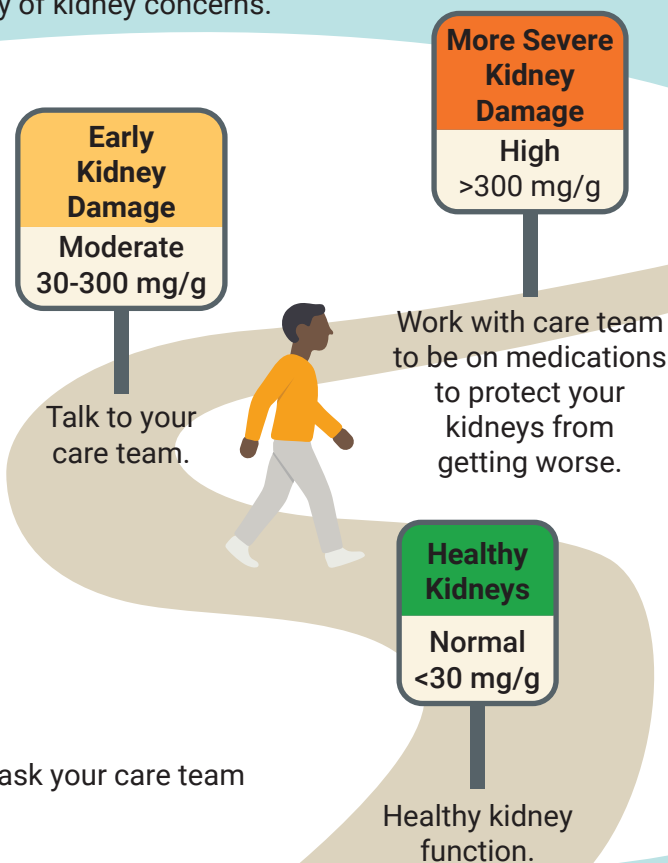
- **Get tested annually:** Ask your doctor if your uACR is up to date.
- **Manage your blood sugar and blood pressure:** Keeping both in target range protects your kidneys.
- **Take medications as prescribed:** Some medicines can slow kidney damage.
- **Stay healthy:** Eat well, stay active, and avoid smoking.

Your kidneys are priceless!



Talk to Your Doctor Today!

If you haven't had a uACR test in the past year, ask your care team about it at your next visit.



Additional Kidney and Type 2 Diabetes Resources

National Kidney Foundation
michmed.org/VnPwV

American Kidney Fund
michmed.org/GQZk5

Visit michmed.org/GQeGb for more MCT2D type 2 diabetes resources.

