

# ***Diabetes***

***& the Urine Albumin  
Creatinine Ratio  
laboratory test used  
to monitor it.***

***This brochure provides a  
simple explanation of the  
Urine Albumin/Creatinine  
Ratio test that is used to  
monitor Diabetes and how  
often this test is recommended  
to be performed.***

# **Diabetes**

## **& the Urine Albumin Creatinine Ratio**

### **laboratory test used to monitor it.**

This is one of the three laboratory tests that are routinely used to monitor the progress of Diabetes. Glycosylated haemoglobin (HbA1c) and Cholesterol, including a full lipid work up are the others.

#### **Urine Albumin/Creatinine Ratio**

In people with diabetes, damage to the kidneys may occur. This damage can lead to problems such as the loss of a protein called albumin in the urine and high blood pressure. If picked up early and cared for, the onset of serious kidney problems can be delayed and may be prevented. But if not looked after the kidneys will begin to fail.

Diabetes is the leading cause of kidney failure in the developed world and accounts for approximately 35% to 40% of new cases each year. Diabetic kidney disease is the single commonest cause of entry to renal replacement programs (dialysis or transplantation) in most countries in the world

Kidney damage is easily detected in a urine sample. The urine is checked for the presence of tiny microscopic amounts of albumin (microalbuminuria). Albumin is a normal body protein but it should not leak out into the urine in large amounts. Identifying diabetics in the very early stages of kidney disease by demonstrating microalbuminuria helps patients and doctors adjust treatment. With better diabetic control and better control of other complications, such as high blood pressure, the progression of diabetic kidney disease can be slowed or prevented.

Kidney failure from diabetes happens so slowly that you may not feel sick at all for many years.

#### **How often should you be tested?**

Your doctor will probably have told you how often you should have this test performed. For most diabetics, this will be a test that is recommended annually.