



## Diabetic Kidney Disease Screening



### Overview

Over time, diabetes can damage your kidneys. When kidneys stop working well, waste builds up in your body. We call this "diabetic kidney disease." You can have it and not know it. Fortunately, we have tests to look for signs of this disease. Let's take a moment to learn more.

### Urine test

Screening for diabetic kidney disease involves tests of your urine and blood. To screen your urine, you give us a sample of your pee. We look for a protein called "albumin." It's made by the liver and filtered by the kidneys. But if your kidneys are not doing their job, we may find it in your urine.

### Blood test

To screen your blood, we take a blood sample and perform a "glomerular filtration rate" test. We say "GFR." This test measures the amount of creatinine in your blood. That's a waste product healthy kidneys should filter out. But with unhealthy kidneys, we find high levels of creatinine in your blood.

### Conclusion

If tests show you have diabetic kidney disease, there are things you can do to manage it. You may need to change your diet and begin living a healthier lifestyle. Medications may help, too. Your doctor will create a care plan that's right for you.

