

What is Protein in the Urine (Proteinuria)?

- ➔ Normally, protein isn't found in the urine. If you have protein in your urine it's called proteinuria.
- ➔ If you have protein in the urine, it could be temporary or continuously present.
- ➔ If protein is found in your urine, it can be caused by kidney disease or other medical conditions such as diabetes and high blood pressure.
- ➔ Most people will have no signs or symptoms of protein in their urine.



How will my health care professional diagnose protein in my urine from diabetes?



Checking for protein in your urine with a urine albumin-to-creatinine ratio (UACR) test



Possible further testing may be needed

Can protein in my urine from kidney disease be treated?



Yes, this could include:

- Healthy lifestyle changes
- Blood glucose control
- Blood pressure control
- Possibly medications