# Urine Albumin-to-Creatinine Ratio (UACR) and Your Heart

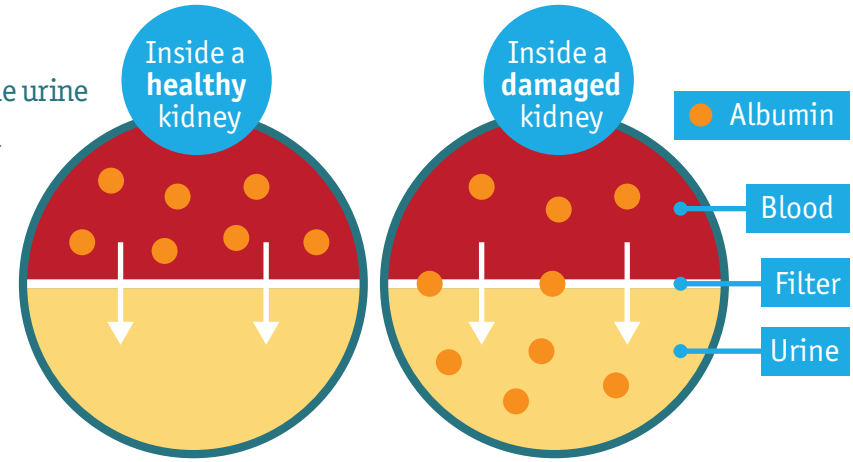
CardioSmart
AMERICAN COLLEGE of CARDIOLOGY®

## Your kidneys filter and clean your blood. Healthy kidneys:

- Remove waste (measured by **creatinine**), water in the urine
- Keep protein (measured as **albumin**) in the blood

**UACR** is a simple urine test. It:

- ☑ Checks for albumin in the urine
- ☑ Compares albumin to creatinine to see how well the kidneys are filtering




## Why it matters

A **high UACR** means protein (albumin) is leaking into the urine.
This can be **an early sign of kidney damage** which often has no symptoms.

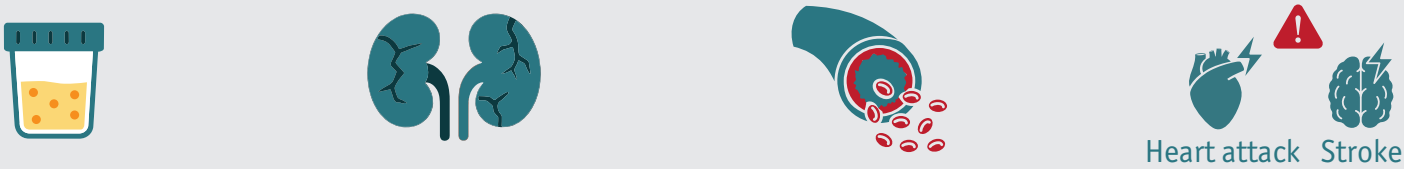
It's also linked to:

- Kidney failure
- Heart attack
- Heart failure
- Stroke

**1 in 10 adults have elevated UACR.**
**Most people don't know it because testing isn't regularly done.**

**A high UACR can uncover possible heart risks, especially if you have diabetes, high blood pressure or heart disease.**

**Protein leaks into urine** → **can signal kidney damage** → **possible blood vessel damage** → **heart issues, events**




## What test results mean

**Under 30 mg/g =** normal kidney function

**30 mg/g or higher =** possible kidney, blood vessel damage

**The higher your UACR, the greater the chance of heart disease, stroke or kidney failure.**

## Ask about screening

**Talk with your care team about getting a UACR.**

Lifestyle changes and medications can help lower protein in the urine, and protect your kidneys and heart.

**For more information, visit *CardioSmart.org/Kidneys***

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