

How are your kidneys today?

Most of us don't think about our kidneys - yet **1 in 10 people have kidney disease**. Around a third of people with diabetes will develop kidney problems, often without realising it.



Am I at risk?

You're more likely to develop kidney disease if you:

- Live with diabetes, high blood pressure, heart disease or obesity
- Have a family history of kidney problems
- Smoke
- Are from an ethnic minority background
- Regularly take anti-inflammatory medicines like ibuprofen

Why this matters

Your kidneys are as vital as your heart. They clean your blood 40 times a day. Once damaged, they don't repair — but **early detection can slow progression** and reduce the chance of dialysis or transplant.

Not sure if you've been tested?

uACR should be done once a year if you're at risk. Check your NHS app or ask your healthcare team at your next appointment.

The key tests

If you're at risk, two simple checks should be part of your annual review:

- A urine test (uACR) to check for protein, which can be one of the first signs of kidney damage. Any wee/pee sample will do!
- A blood test (eGFR) to check how well your kidneys are filtering waste.

For more information about the uACR test, scan the QR code:



Don't underestimate your kidneys. Think kidney, make the link.

www.kidneyresearchuk.org/about-kidney-disease

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