

What is proteinuria?

Proteinuria is when there are large amounts of protein in your urine. This can be a sign of kidney disease. In healthy kidneys, proteins do not filter from the blood into the urine. In kidney disease, proteins may leak into the urine because the filters of the kidney (glomeruli) are damaged. Causes of proteinuria include diabetes, high blood pressure or other diseases causing inflammation in the kidney.

Proteinuria can be measured with a lab value called the albumin to creatinine ratio (ACR). It is checked with a urine sample. In some diseases, a urine dipstick or a 24-hour urine collection are used to measure proteinuria. A pattern of proteinuria is used to follow your kidney health.

Why is proteinuria important?

Proteinuria is a way to measure the condition of your kidneys. High proteinuria for long periods of time can be damaging to the kidneys. In some diseases, proteinuria is also used to check the level of disease activity and can help to guide treatment. Proteinuria puts you at risk for decreasing kidney function and heart disease.

What are the symptoms of proteinuria?

Most people do not have any symptoms of proteinuria. You may have frothy or foamy urine. If you are spilling large amounts of protein for a long time, you might have swelling of your legs, hands or around your eyes.

What can make proteinuria better?

- Remember to take your medications:

- Maintain good blood pressure
- Maintain good blood sugars
- Achieve a healthy weight
- Follow a low salt diet

How does my diet affect my urine protein values?

A **low salt diet** will help to reduce the protein in your urine. A balanced diet including moderate amount of protein is recommended. Talk to your dietitian about the right amount and type of protein for you.