

# Understanding Proteinuria



## Overview

Proteinuria is excess protein in urine. When kidneys are damaged or under strain, they may allow protein to leak into the urine.

## How is Proteinuria Detected?

- **Urine Dipstick Test:** A quick and simple test that changes color if protein is present.
- **24-Hour Urine Collection:** Measures the amount of protein excreted over a day.
- **Albumin-to-Creatinine Ratio (ACR):** A more precise test often used to monitor kidney health.

## Common Causes

- **Chronic Conditions:** Diabetes and high blood pressure.
- **Kidney Diseases:** Glomerulonephritis, nephrotic syndrome, or polycystic kidney disease.
- **Temporary Proteinuria:** Stress, fever, intense exercise, or dehydration.
- **Infections:** Urinary tract or kidney infections.

This pamphlet is for informational purposes only and should not replace professional medical advice. Please consult your healthcare provider for personalized care.

## Managing Proteinuria

Please work with your healthcare provider to manage proteinuria through:

- **Blood Pressure Control:** Using medications like ACE inhibitors or ARBs.
- **Diabetes Management:** Keeping blood sugar levels under control.
- **Lifestyle Changes:** Adopting a low-sodium, balanced diet, maintaining a healthy weight, and staying hydrated.