

### Any further questions?

If you have any more questions please ask at your next diabetes clinic appointment or you can contact:

Hypertension (Blood Pressure) Specialist Nurse (Diabetes) Tel. 020 7288 3765

Diabetes Specialist Nurses  
Tel. 020 7288 3344

Diabetes UK: [www.diabetes.org.uk](http://www.diabetes.org.uk)

### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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## Albuminuria in patients with diabetes

### A patient's guide



### **What is Albuminuria?**

Albuminuria means there is a leak of protein (albumin) from the kidneys into the urine.

### **Why is it important in patients with diabetes?**

It tells us who is at greater risk of developing kidney and heart disease in the future.

### **Why does Albuminuria occur?**

The cause is unclear, but certain things increase the risk of developing albuminuria, they are:

- Smoking
- Badly controlled blood sugar levels
- Badly controlled blood pressure
- There is a higher risk in people who are South Asian or African-Caribbean

### **How is it detected?**

It is detected by testing the sample of urine that you provide for your annual review with the doctor. Your doctor may ask you for further urine samples to confirm the results.

### **Who should be checked?**

All patients with diabetes should be checked every year.

### **What happens if you have Albuminuria?**

You will receive the same care as before but you will need to keep tight control of your blood sugar and blood pressure.

This has been shown to help slow down or stop the albuminuria. We will help you to achieve this.

We may offer treatment with a tablet called an 'Angiotensin Converting Enzyme ACE inhibitor' (e.g Lisinopril, Ramipril, Perindopril) or an Angiotensin 2 Receptor Antagonist (e.g. Valsartan, Irbesartan, Losartan).

These medicines have been shown to slow down or stop albuminuria. They also lower blood pressure and help the heart to work more efficiently.

**Our aim is to work with you to try and reduce the protein leak from your kidneys by these measures and so reduce your risk of developing any kidney or heart problems.**

### **What can you do?**

You can help look after your kidney and hearts by:

- Stopping smoking;
- Improving the control of your blood sugar, by checking your sugar levels with blood tests - this tells you how well you are doing and gives us a lot of information when we see you at the clinic;
- Controlling your blood pressure by taking your tablets regularly (if you need to have them);
- Cutting down the salt in your meals to six grams maximum, which is one teaspoon;
- Taking regular exercise which will help your heart and keep your blood sugar and blood pressure lower.

### **What is the long term outlook?**

By good control of your diabetes and making lifestyle changes, you can help prevent the albuminuria causing kidney and heart problems.