

# Urine Albumin-to-Creatinine Ratio (UACR)

## In Evaluating Patients with Diabetes for Kidney Disease

The two key markers for chronic kidney disease (CKD) are urine albumin and estimated glomerular filtration rate (eGFR).

Assess urine albumin excretion yearly to diagnose *and* monitor kidney damage in patients with type 1 diabetes for five years or more or with type 2 diabetes.

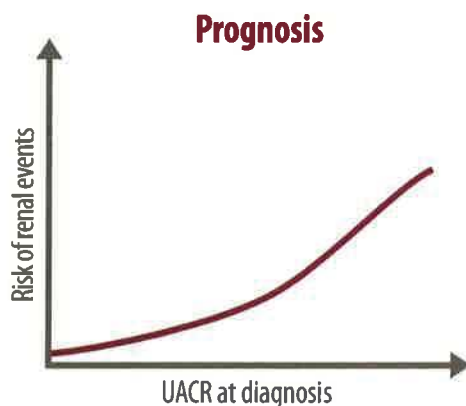
- More frequent monitoring may be indicated in patients with changing clinical status or after therapeutic interventions.
- Use a spot urine albumin-to-creatinine ratio (UACR). UACR estimates 24-hour urine albumin excretion. Twenty-four-hour collection and timed specimens are not necessary.

$$\frac{\text{Urine albumin (mg/dL)}}{\text{Urine creatinine (g/dL)}} = \text{UACR in mg/g} \approx \text{Albumin excretion in mg/day}$$

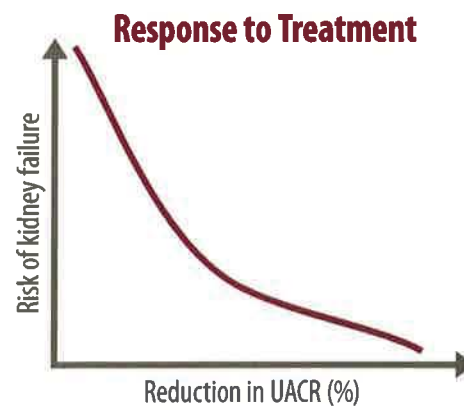
UACR is a ratio between two measured substances. Unlike a dipstick test for albumin, UACR is unaffected by variation in urine concentration.

Albuminuria<sup>1</sup> is present when UACR is greater than 30 mg/g and is a marker for CKD.

Albuminuria is used to diagnose and monitor kidney disease. Change in albuminuria may reflect response to therapy and risk for progression. A decrease in urine albumin may be associated with improved renal and cardiovascular outcomes.



In a large cohort of CKD patients, a higher UACR at time of diagnosis was associated with increased risk for renal events—loss of half of eGFR, dialysis, or death. (Chronic Renal Insufficiency Cohort study)



A randomized trial of diabetes patients with CKD found that the greater the reduction of UACR in response to treatment (with ARBs), the lower the risk of progression to kidney failure. (De Zeeuw D, et al. *Kidney International*, 2004;65:2309-2320)

<sup>1</sup>Albuminuria is a term that describes all levels of urine albumin. *Microalbuminuria* is a term used to describe urine albumin levels not detected by a dipstick test, i.e., 30 mg/g—300 mg/g. *Macroalbuminuria* is sometimes used to describe albumin levels more than 300mg/g.