

Tès pou sante ren



Li enpòtan pou konnen si ren w yo ap travay jan pou yo travay la.

Moun ki fè dyabèt dwe fè verifye ren yo omwen yon fwa chak ane. Poze pwofesyonèl swen sante w la kesyon sou tès yo fè pou verifye si ren w an sante.

Fason dyabèt ka afekte ren w yo



Tansyon wo ka andomaje veso sangen ki nan ren yo, sa ki lakoz ren w yo travay pi plis. Apre yon tan, ren yo vin gen mwens kapasite pou yo filtre dechè nan san ou sa k ap lakoz pwoteyin ki nan san an pase nan pipi. Sa rele *albiminiri* (al-Bi-mi-ni-ri).

Se pa tout lè yo ka trete maladi ren, men lè yo dekouvri sa bonè, ka genyen tretman pou ralanti domaj la. Se poutèt sa li enpòtan pou verifye ren w yo osi souvan ke pwofesyonèl swen sante w la rekòmande sa.

Verifikasyon pou wè si ren yo an sante

Pwofesyonèl swen sante w la ka suiv sante ren ou lè l itilize diferan kalite tès, tankou:

Non tès la	Kisa li fè
Pwoteyin nan pipi (ki rele tou yon tès <i>albiminiri</i>)	Verifye prezans ti kantite pwoteyin, ki rele <i>albimin</i> nan pipi ou. Sa ka yon siy maladi ren.
Kreyatinin serik (Kreya-tinin se-rik)	<ul style="list-style-type: none">• Verifye si gen kreyatinin nan san an.• Verifye si gen yon pwodui dechè nan san ki rele kreyatinin. Nòmalman, ren yo filtre li nan san an. Lè ren yo pa fonksyone oswa yo pa filtre jan yo dwe fè sa, san ou vin gen twòp kreyatinin.



Toujou kenbe papye rezilta w yo

Mande pwofesyonèl swen sante w la rezilta tè s ou yo. Ekri yo nan tablo anba yo oswa mete yo nan yon ajennda oswa yon journal. Sa a ka ede w konprann fason sante ren w ap evolye ofiramezi

Non tè s la	Rezilta mwen yo	Rezilta nòm al	Kisa rezilta yo ka vle di
Tès pwoteyin nan pipi	Dat: _____ Rezilta yo: _____ mg [†]	Anba 30 mg	Yon rezilta ki bay 30 mg oswa pi wo, se kapab yon siy pou maladi ren.
Tès kreyatinin serik	Dat: _____ Rezilta yo: _____ mg/dL [†]	Pou gason: 0.7 a 1.4 mg/dL Pou fi: 0.6 a 1.0 mg/dL	Lè ren yo p ap byen fonksyone, kreyatinin ki nan san an monte.

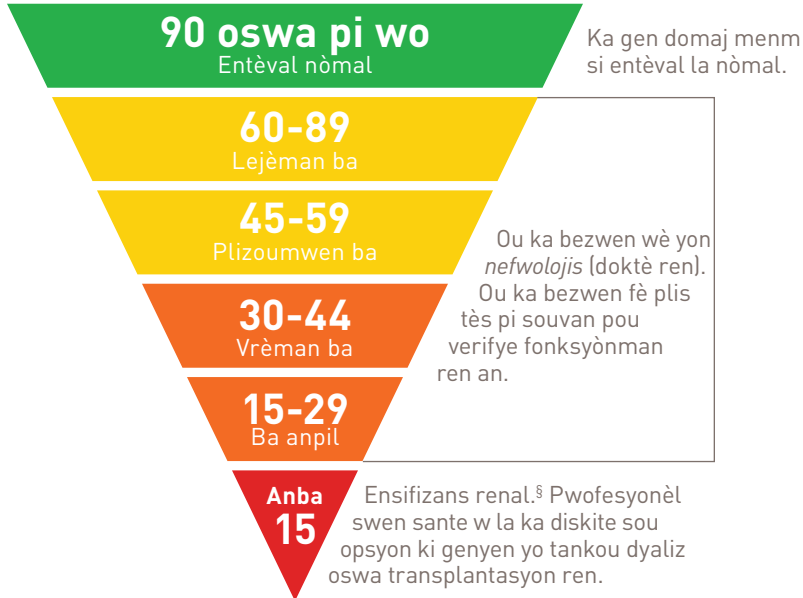
*Rekòmasyon Asosiyasyon Ameriken pou Dyabèt (American Diabetes Association) fè pou ane 2021 an.

[†]mg vle di miligram. mg/dL vle di miligram pa desilit

Kisa GFR ye?

GFR vle di to filtrasyon (fil-TRAY-shun) glomerilè (glo-MEHR-yoo-lur). GFR ede pwofesyonèl swen sante w la konprann kòman ren yo ap retire pwodui dechè yo nan san w.

Kisa chif GFR[‡] yo vle di pou fonksyònman ren an?



[‡]Inite mezi GRF la se mL/min/1.73 m² zòn sifas kò a.

[§]Rekòmasyon Asosiyasyon Ameriken pou Dyabèt fè pou ane 2021 an.

My Results

Dat: _____ Rezilta GFR yo: _____

Dat: _____ Rezilta GFR yo: _____

Dat: _____ Rezilta GFR yo: _____

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Pou plis enfòmasyon sou sante ren, vizite sitwèb National Kidney Foundation (Fondasyon Nasyonal pou Ren) sou www.kidney.org.
Pou plis enfòmasyon rele **1-800-622-9010**.

Tests for kidney health



It's important to know whether your kidneys are working the way they should.

People with diabetes should get their kidneys checked at least once a year. Ask your healthcare provider about tests to check your kidney health.



How diabetes may affect your kidneys

High blood pressure may damage the blood vessels of the kidneys, making your kidneys work harder. Over time, the kidneys are less able to filter waste from your blood causing protein in the blood leaks into the urine. This is called *albuminuria* (al-BYOO-mih-NOR-ee-ah).

Kidney disease cannot always be stopped, but when found early, there may be treatments to slow down the damage. That's why it's important to have your kidneys checked as often as your healthcare provider recommends.

Checking for kidney health

Your healthcare provider can track your kidney health using different types of tests, such as:

Name of test	What it does
Urine protein (also called an <i>albuminuria</i> test)	Checks for small amounts of protein, called <i>albumin</i> , in your urine. This may be a sign of kidney disease.
Serum creatinine (SEE-rum kree-AT-ih-noon)	<ul style="list-style-type: none">• Checks for creatinine in the blood.• Checks for a waste product in the blood called creatinine. Normally, the kidneys filter it from the blood. When the kidneys don't work or filter like they should, your blood has too much creatinine.

See other side 



Keeping track of your results

Ask your healthcare provider for your test results. Write them down in the charts below or keep track in a calendar or diary. This may help you understand how your kidney health is changing over time.

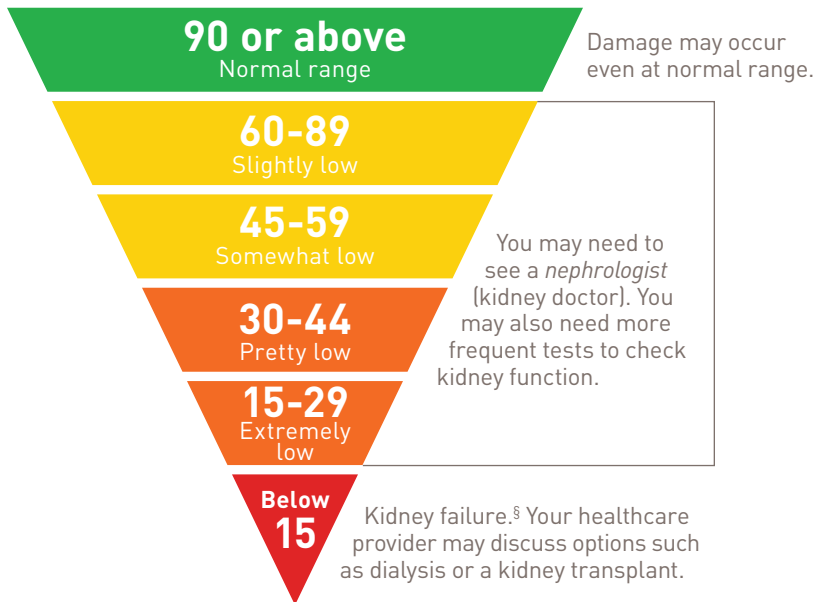
Name of test	My results	Normal results	What results may mean
Urine protein test	Date: _____ Results: _____ mg [†]	Below 30 mg*	A result of 30 mg or higher may be a sign of kidney disease.
Serum creatinine test	Date: _____ Results: _____ mg/dL [†]	For men: 0.7 to 1.4 mg/dL For women: 0.6 to 1.0 mg/dL	When kidneys aren't working well, creatinine in the blood goes up.

*American Diabetes Association 2021 recommendations.
[†]mg means milligrams. mg/dL means milligrams per deciliter.

What is GFR?

GFR stands for glomerular (glo-MEHR-yoo-lur) filtration (fil-TRAY-shun) rate. The GFR helps your healthcare provider understand how well your kidneys are removing waste products from your blood.

What do the GFR[‡] numbers mean for kidney function?



[‡]The unit of measurement for GFR is mL/min/1.73 m² body surface area.

[§]American Diabetes Association 2021 recommendation.

My Results

Date: _____ GFR Results: _____

Date: _____ GFR Results: _____

Date: _____ GFR Results: _____

Date: _____ GFR Results: _____

Date: _____ GFR Results: _____

Date: _____ GFR Results: _____



For more information on kidney health, visit the National Kidney Foundation website at www.kidney.org. For more information call 1-800-622-9010.