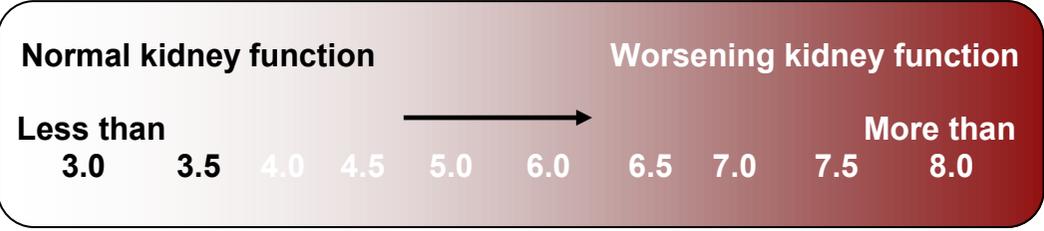


## Kidneys (Continued)

**ACR (urine sample):** The other test is a urine test which checks for protein kidney leakage (called an **ACR**, which stands for Albumin/Creatinine Ratio). This test may be taken in patients have reduced kidney function or diabetes

The lower the number, the better.



## Your Cardiovascular Results

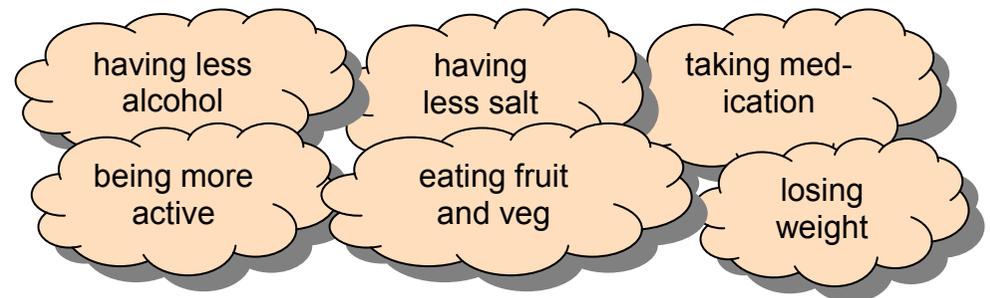
**The purpose of this leaflet is to help you know what your results mean, and to help you consider your options to reduce the future chances of complications.**

**Blood Pressure (BP):** Is the pressure of blood that flows through your body. The lower your blood pressure the lower your risk of developing complications like strokes and heart attacks

**Best levels:** You should aim for your blood pressure to be below 130/80, or below 125/75 if you have kidney problems.



*You can help reduce your blood pressure by*

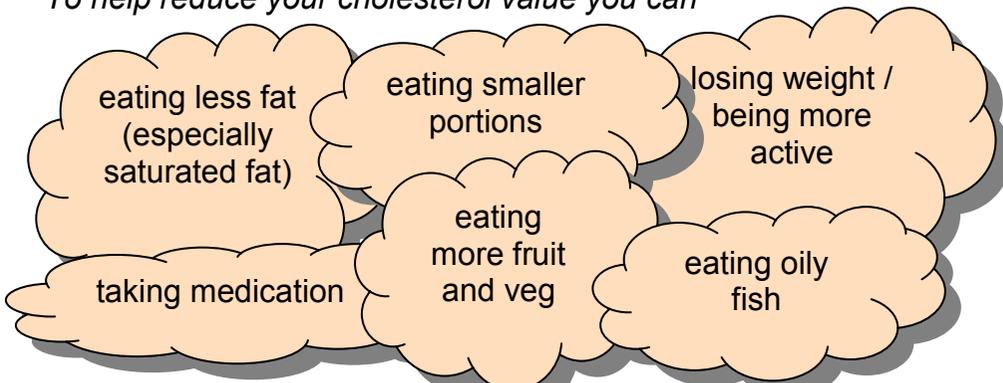


**Cholesterol:** Is a blood fat that can block blood vessels. Lowering your cholesterol can reduce the risk of heart attacks and strokes. Treatment to lower cholesterol is generally recommended for all people who have had a heart attack or stroke. For other people treatment depends on your overall risk.



**Best levels:** Aim for 4 or less

To help reduce your cholesterol value you can

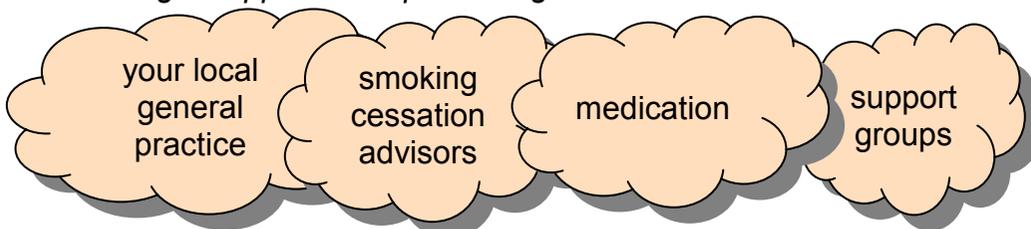


**Smoking:** Causes many health problems but is particularly damaging for people with diabetes. If you smoke it can increase your risk of heart attacks and strokes. You are 9 times more at



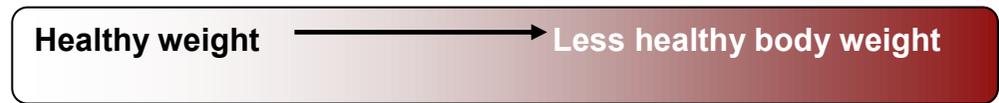
risk of a heart attack if you have diabetes and smoke than someone who does not smoke

You can get support to stop smoking from:



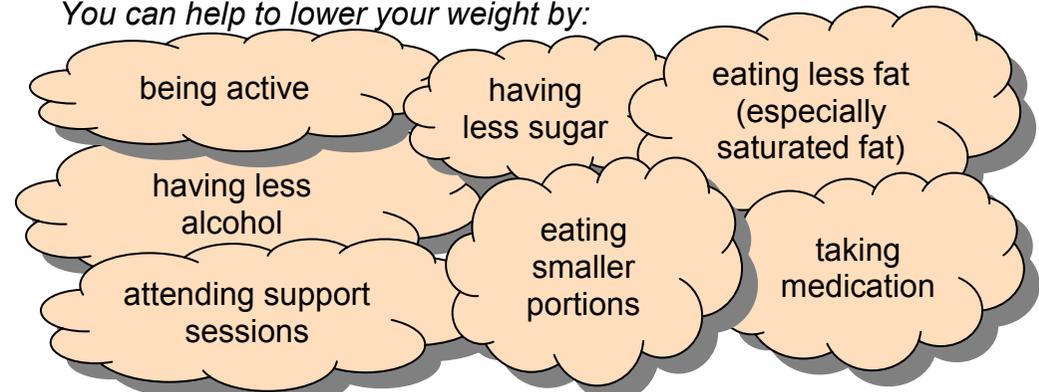
**Weight:** Being overweight increases your risk of medical conditions including heart disease, arthritis and earlier death. It can also make your diabetes and blood pressure more difficult to control.

Weight is measured as a **Body Mass Index (BMI)**. It compares your height to your weight and can be a way predicting your risk of



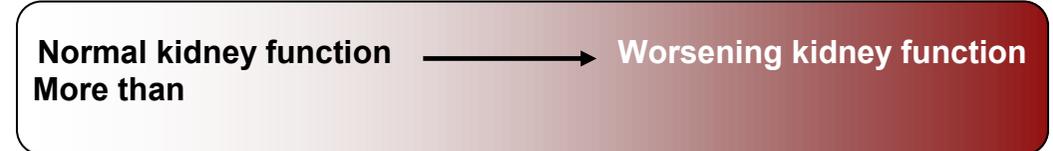
developing a heart attack or a stroke.

You can help to lower your weight by:



**Kidneys:** Your kidneys filter blood and make urine. There are two methods of measuring kidney function. The main way a blood test which checks how your kidneys are filtering (called an **eGFR**, which stands for estimated Glomerular Filtration Rate). The higher the number, the better.

**eGFR (blood test):** Ideally above 60 is best (though it should be



noted that the eGFR tends to worsen with age)

You can help reduce your risk of developing kidney disease by:

