

Proteinuria

What is it?

- **Proteinuria**– protein in the urine and it may be constantly or intermittently depending on the cause; excess protein in the urine; usually a sign of kidney disease, urine contains an abnormal amount of protein
 - **Orthostatic**- where protein is not present in the urine after lying down, reappears when person is up awhile
 - **Proteins**- are building blocks of all body parts (bones, muscles, nails, hair); protect us from infection, help blood to coagulate, keeping the right amounts of fluids circulating in your body



Symptoms:

- **Symptoms**- foamy urine in the toilet, swelling in the feet, hands face, and abdomen



Facts:

- **Caused by**- strenuous exercise as marathon running, swimming, or any strenuous exercise; nephritis, cardiac failure, Mercury poisoning, Bence-Jones protein in multiple myeloma, febrile states, hematuria, amyloidosis, diabetes, hypertension, other forms of kidney disease
- **Diabetes**- is the leading cause of ESRD (End Stage Renal Disease); second leading cause is high blood pressure
 - **African Americans**- are more at risk for high blood pressure; ages 25 to 44 are 20 times more likely to develop hypertension related to kidney disease; other at risk are American Indians, Hispanic Americans, Pacific Islander Americans, older Americans, and overweight people, those who have a family history of kidney disease

What can I do?

- **See your Health Care Provider**- for more information
 - **Treatment**- urine sample, collecting urine, blood samples; high levels of creatinine and urea nitrogen in the blood indicate that kidney function is impaired
- **See a Registered Dietitian**- for help as needed; ask about foods high in Fe/Iron

