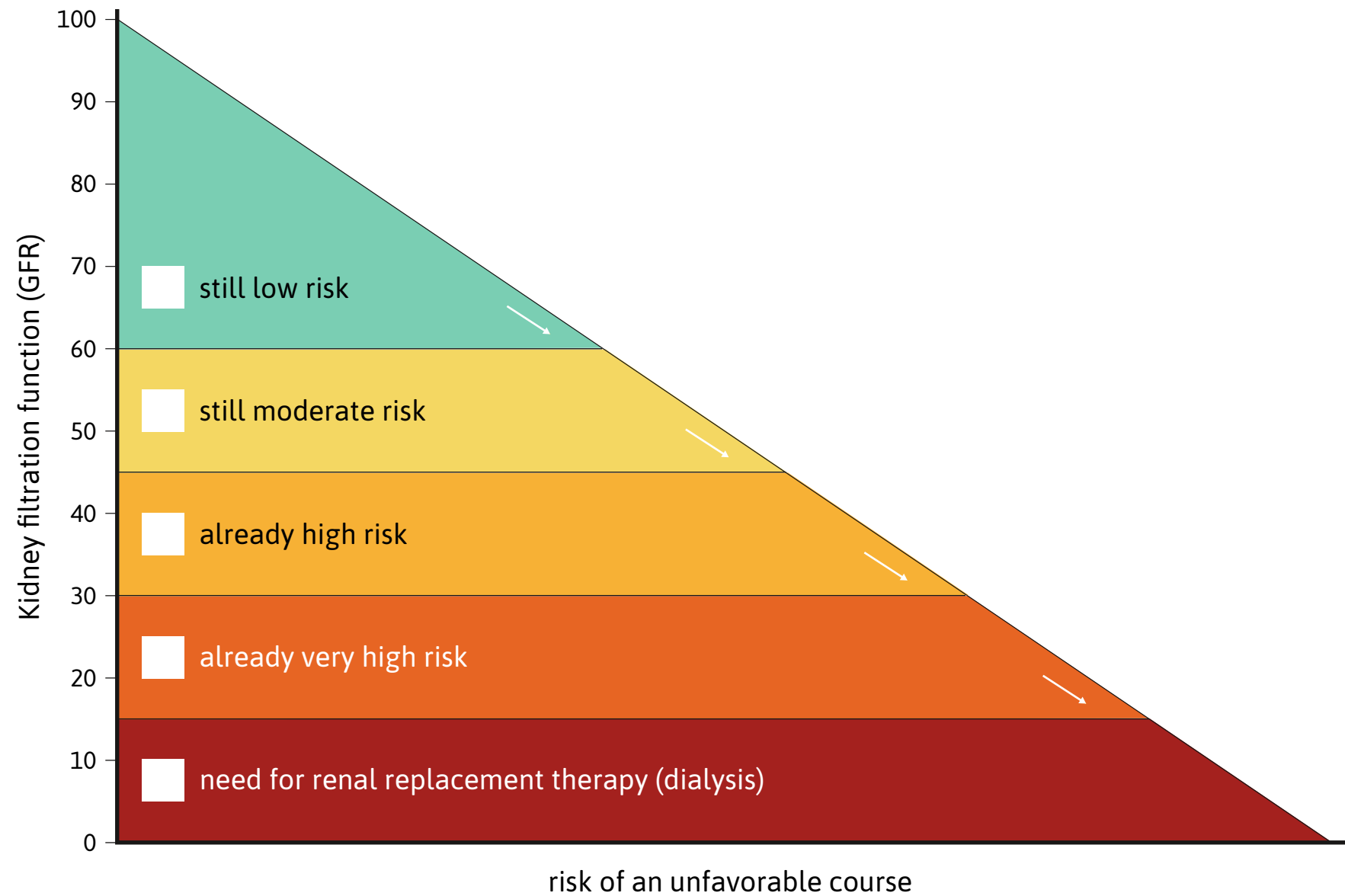


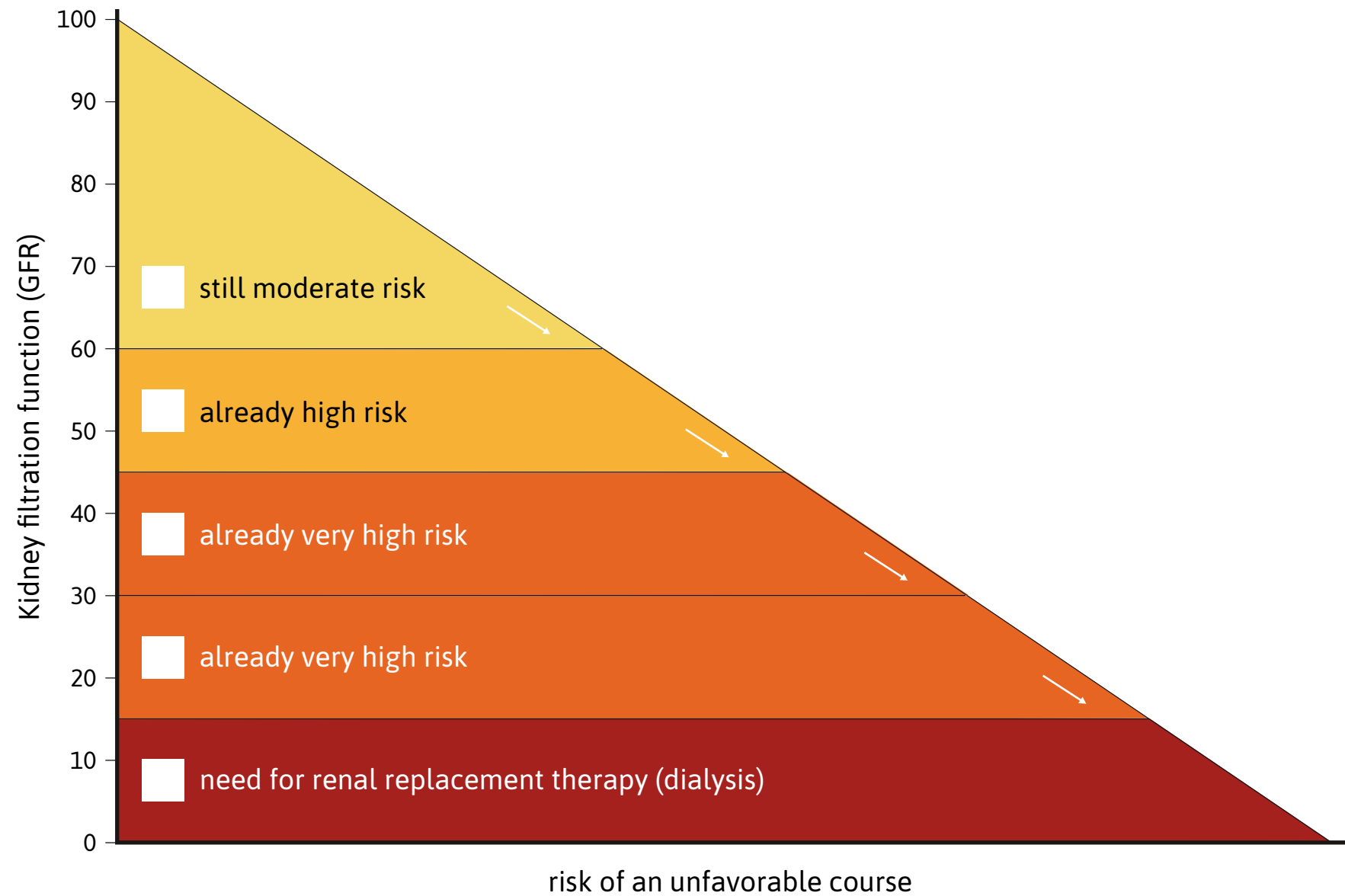
# Kidney problems – Where do you stand?

No protein excretion in the urine – no albuminuria



# Kidney problems – Where do you stand?

## Already excreted protein in urine – albuminuria



# My personal check-up

	Good	Could be improved	Actions to improve?	Implementation in everyday life?
Blood pressure:				
HbA1c:				
Protein excretion in the urine:				
Regular check-ups:				
No smoking:				
Healthy nutrition:				
Plenty of exercise:				
Taking medication (if prescribed):				
Protein-reduced diet (if necessary):				
Quality of life:				