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Medically Reviewed by Michael Dansinger, MD on July 23, 2021 Albumin is a protein your body uses for tissue growth and repair. But if your kidneys aren’t working quite right, albumin starts to leak into your urine.A microalbumin urine test checks for small (or “micro”) amounts of albumin in your urine -- at levels so small a regular urine test might not find them. It can be a sign of kidney disease.When you find out about a health issue early on, you can often take steps to protect yourself and keep your body strong. If you have diabetes or high blood pressure, one of the things to look out for is kidney disease.A microalbumin urine test helps because it can find kidney problems before they get too far.Your kidneys filter your blood. They keep the good stuff your body needs and send the waste out through your pee.Your doctor will suggest one when you have:Type 1 diabetes. You'll get the test once a year starting 5 years from when you got the condition.Type 2 diabetes. You'll get the test once a year starting as soon as you find out you have it.High blood pressure Your doctor will talk to you about how often to get tested. You may also need to get tested if you:Are 65 or older with risk factors for heart or kidney diseaseBelong to an ethnic group more likely to get kidney disease, including African Americans, Asians, Hispanics, and American IndiansHave any family members who have or had kidney diseaseIn these cases, talk to your doctor about when to start testing and how often you'll need it.Diabetes is the No. 1 cause of kidney failure (and the leading cause of microalbumin in the urine) in the United States. When you have diabetes, the level of sugar (or “glucose”) in your blood is too high.Over time, that extra sugar damages the small blood vessels in your kidneys. It becomes harder for them to clean your blood. Diabetes can also harm your nerves, which may lead to kidney injury.To check for albumin, you need to provide a urine sample. Your doctor may ask you to do this in one of a few ways:Random test. You go to your doctor’s office. They’ll send you to a restroom and give you directions to pee into a cup. Your doctor will most likely ask the lab to check for creatinine as well as albumin. Creatinine is a normal waste product in your urine. When you measure both numbers, you get a clearer picture of what’s happening. You usually get results in 24 to 72 hours, but it depends on your lab.Timed test. For a short test, 2 hours, you'll probably stay at the doctor's office or lab.12- or 24-hour test. The doctor will give you a special container. You'll pee into it over 24 hours and take it back. When the 24 hours are up, go once more, add that urine, and note the time. Keep it cool until you can return it. The test looks for the same things as a random test, but gathering urine over a longer period gives the doctor a better idea of what's in it. You should get results within a week or two.Keep in mind that labs test things a bit differently from each other. Also, not all bodies are the same, so what's normal for one person might not be normal for you. The numbers here are guidelines. Your doctor can help you understand what they mean. Random Test Normal: less than 30 micrograms (mcg) per milligram (mg) of creatinineMicroalbuminuria: 300 mcg per mg of creatinineClinical albuminuria: More than 300 mcg/mg creatinineTimed TestNormal: Less than 20 mcg/minuteMicroalbuminuria: 20-200 mcg/minuteClinical albuminuria: More than 200 mcg/minute24-Hour TestNormal:Less than 30 mgMicroalbuminuria: 30-300 mgClinical albuminuria: More than 300 mgIf there is albumin in your pee, the amount likely varies during the day. That makes it a little harder to get an accurate measure. Plus, any of these could give you a result that's higher than normal:Blood in your urineFeverLots of exercise right before the testOther kidney diseasesSome medicinesUrinary tract infectionIf your results show a high level, your doctor will probably want to repeat the test.You're likely to do it a couple of times over the next 3 to 6 months. If two of three tests come back as high, it likely means you have early kidney disease. If the results are much higher than normal, it could be a sign of more advanced problems.Your doctor will help you figure out what the results mean and what steps you can take. © 2021 WebMD, LLC. All rights reserved. View privacy policy and trust info Financial ratios are metrics that give you information about the performance of various areas of a business’s operations and its financial health. You can find the data needed to construct these indicators from a company’s financial statements. Business owners and analysts conduct a financial ratio analysis by comparing a company’s financial metrics with industry averages. They look to identify non-performing areas where the company is performing worse than the industry averages in order to improve a business’s performance. Think of financial ratios as the gauges on the dashboard of your car. They tell you which parts of your business are performing correctly and which parts have problems and need your attention. Typically, the objective of a business is to make a reasonable profit. The profitability ratios show how well a company is meeting this objective. Gross profit margin: This an indicator of the profit a company makes from producing a manufactured product or providing a service before deductions for general and administrative expenses, interest and taxes. It is a measure of the company's efficiency in producing a product or service. A gross profit margin must be high enough to pay fixed overhead expenses and leave a reasonable net profit margin. It is calculated as a percentage by deducting the cost of direct labor and direct materials expenses from net sales and dividing by net sales. Net profit margin: This is the percentage of profit that remains after deducting the total costs of operation, including interest and taxes, from the company's total sales. You can compare a company's net profit percentage to industry averages and determine if the company is doing better or worse than its competition. Net income: This is the dollar amount of profit left after deducting all the costs of operation from total sales. P/E ratio: This is also known as the earnings ratio and is used by companies with publicly traded stock to measure the company's earnings per share in relation to its stock price. For example, a company with \$2 in earnings per share and a current stock price of \$30 would have a P/E ratio of 15 (\$30 divided by \$2). Companies with high growth rates, like high-tech businesses, will have high P/E ratios. More stable companies, such as utilities, will have low P/E ratios. Publicly traded companies with high P/E ratios are also likely to have high beta coefficients. This means that movements in the company's stock price are more volatile compared to changes in the overall stock market. Return on equity: This is a measure of the return a company is making on its equity investment. A high ROE shows that a company's management is doing a good job of utilizing its assets to produce a good return. Dividend ratio: Some companies provide a steady income to investors by paying dividends. For example, if a company pays an annual dividend of \$2 and its current stock price is \$50, the dividend return would be 5 percent (\$2 divided by \$50 times 100). Read More: Importance of Financial Ratios Liquidity ratios are indicators of a company's ability to meet its accounts payable, short-term debt and other current liabilities on time. Current ratio: This is the company's current or liquid assets – which include cash, accounts receivable and inventory – divided by its current liabilities. A ratio of \$2 in current assets for each \$1 in current liabilities is considered a comfortable level. A ratio less than 1.5 to 1 could indicate that a company might be having problems meeting its debt obligations. Acid test ratio: This is a stricter measure of liquidity than the current ratio. The acid test ratio is calculated by adding cash and accounts receivable and dividing by total current liabilities. This ratio needs to be at least 1:1. Working capital: This is a dollar amount found by subtracting total current liabilities from total current assets. As an illustration, if a company has \$400,000 in current assets and \$200,000 in current liabilities, its working capital would be \$200,000 (\$400,000 less \$200,000). If a company is making a profit, its working capital should be constantly increasing. Read More: Accounts Receivable vs. Revenue Ratio Efficiency ratios, also known as asset turnover ratios, measure how well a company uses its assets to generate income, specifically inventory and accounts receivable. Inventory turnover ratio: This is a measure of how efficiently a company manages its production, storage and product distribution. Higher turnover ratios are generally indicators of better management. However, extremely high inventory turnover rates could be an indication of inadequate inventory levels and the possibility of lost sales from being out of stock. Conversely, low inventory turnover could be the result of overstocking or large quantities of obsolete items still sitting in the warehouse. In these situations, the value of the inventory might need to be considered to determine if products should be sold at reduced prices to get them off the floor. Accounts receivable turnover: For businesses that sell to their customers on credit terms, accounts receivable turnover measures how quickly a company can turn credit sales into cash. Higher receivables turnover rates are better because this means customers are paying more quickly and in accordance with the credit terms. Lower receivables turnover indicates customers are paying more slowly and collection efforts need to be increased before the accounts become uncollectible and must be written off. Read More: Difference Between Sales Revenue and Gross Profit Leverage ratios measure the amount of debt a company has on its balance sheet in comparison to its equity capital. Companies with more debt than equity are considered riskier because of their higher leverage. Economic downturns are more likely to affect their solvency compared to companies that are more highly capitalized with larger amounts of equity and are better able to withstand recessions. On the other hand, highly leveraged companies have the potential to generate higher returns on their equity capital. Debt-to-equity ratio: Generally, a good debt-to-equity ratio is considered as no more than \$1 in debt for each \$1 in equity. Companies that have higher amounts of fixed assets, like electric utilities, will have higher debt-to-equity ratios. Most small businesses will have leverage ratios that range from 1.5 to 2. Interest coverage ratio: Businesses with higher amounts of debt will have higher loan payments of principal and interest. A company's earnings multiple (stock price divided by earnings per share) must be sufficient, usually two to three times, to cover these payments. An interest coverage ratio less than one to one means the company does not have enough money to at least meet its interest payments.

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