

PROTEINURIA

1. A good coffee filter lets water through and keeps grounds back.



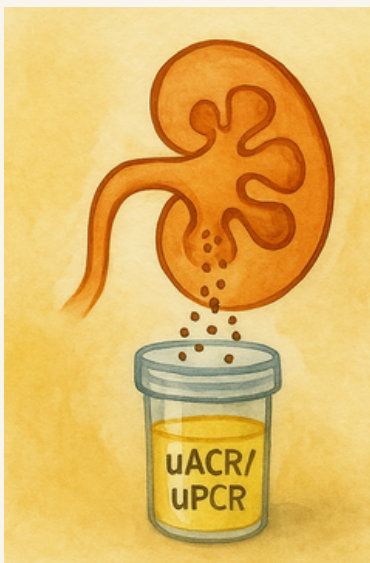
In the same way, a healthy kidney let's waste and extra water (urine) through and keeps useful molecules like proteins in the blood.

2. Sometimes, a tiny tear in the filter lets grounds slip into the coffee.



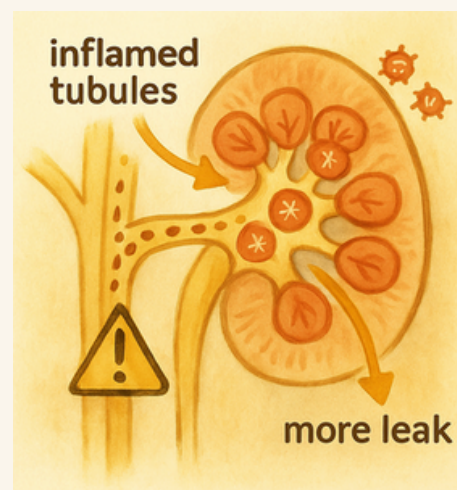
Damage or stress to the tiny filtering vessels (glomeruli) of the kidney lets protein leak into urine. This leak is called **proteinuria**.

3. When grounds end up in the coffee, it's usually a sign the filter needs attention.



Protein in urine, measured as a ratio (uACR/uPCR), can signal issues in kidney function.

4. In fact, grounds in your coffee don't just taste bad; they clog the machine and scratch the filter, making new tears leading to more leaking.



Leaked proteins can irritate and inflame the kidney's "pipes", which speeds up damage and often complicates proteinuria further.