

Title: Primary aldosteronism screening: What is the aldosterone:renin test ?

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Abstract: An uncommon but treatable cause of high blood pressure is primary aldosteronism. The plasma aldosterone to renin ratio may be used to screen for primary aldosteronism in patients who have a higher risk of this condition. Since patients undergoing this blood test are often asked to stop or change medications for a period of time before the test they may have questions about why the test is being done. This pamphlet was prepared to provide patients with basic information about the purpose of the aldosterone:renin screening test.

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## What is the aldosterone:renin test ?



This is a blood test used to screen for an uncommon cause of high blood pressure.

## Why does my doctor want me to get this test?

Your doctor may want you to get this test if you have:

- Blood pressure > 160/100
- High blood pressure not controlled with 3 medications
- High blood pressure and low potassium
- Family members who had high blood pressure or a stroke before age 40
- Adrenal gland abnormality by CT or MRI

## What do the test measure ?

The test measures two substances produced by your body to control blood pressure, called aldosterone and renin. When there is too much aldosterone compared to renin, blood pressure can become increased. Other factors also affect blood pressure control.

There are different causes of high aldosterone but this test does not provide information on why aldosterone is high.

It is a screening test used by your doctor to decide if you should be checked for conditions that cause high blood pressure because of high aldosterone.



## Do I need to do anything before the test ?

Some medications cause problems with this test. Your doctor will let you know if you should stop or change any medications.

## What does it mean if the test is positive?

If the test is positive, you will need other tests to check for a treatable type of high blood pressure called primary aldosteronism.

## What does it mean if the test is negative ?

A negative result means that your high blood pressure is very unlikely to be caused by primary aldosteronism

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Talk with your doctor about any questions you have about this test.