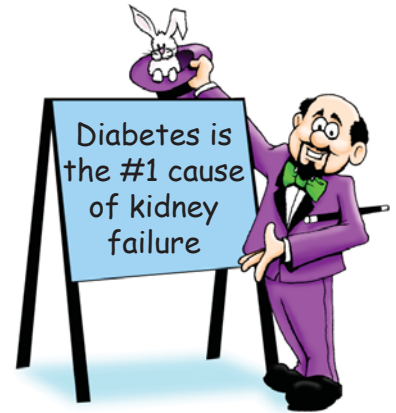




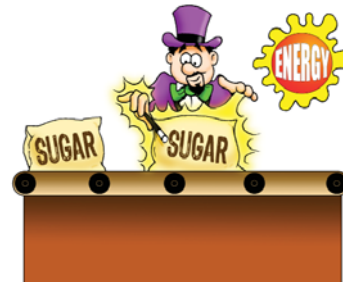
# You, Diabetes & Your Kidneys

More than 20 million people in the United States have diabetes. Diabetes can lead to kidney failure. In fact, almost half of all kidney failure cases are caused by diabetes.



## What is Diabetes?

In a healthy body, the hormone insulin turns the sugar you eat into energy.



Diabetes is when the body can't use insulin the right way.

If insulin is not turning sugar into energy, the sugar stays in the blood and can hurt your kidneys. This can also hurt your heart and eyes.

## Am I At Risk for Diabetes?

There are many factors that may increase your risk for diabetes. You may be more at risk if you:

- Are over 45 years old
- Are overweight
- Are African American, Hispanic, Native American or Asian
- Have a family member with diabetes
- Have high blood pressure

Talk with your doctor about your risk for diabetes and whether you should be tested.

## What Does Diabetes Have to Do with Kidney Disease?



Your kidneys remove waste from your body.

Diabetes makes it harder for the kidneys to do their job.



## What Happens Then?

If your kidneys can't do their job, waste builds up in your body. If the damage is very bad, your kidneys may stop working. If this happens, you will need dialysis or a kidney transplant in order to live.

## How Do I Know if I Have Diabetes?

The only way to know if you have diabetes is to be tested. Your doctor can measure how much glucose (sugar) is in your blood after fasting (not eating or drinking). This number should be under 100 for people without diabetes.



## How Can I Stay Healthy?



Keep a healthy weight



Eat foods low in fat and salt



Keep a healthy blood pressure



Work with your doctor to manage diabetes