

# Diabetes and Your Kidneys

**I know I have diabetes, but I didn't know that puts me at higher risk for kidney disease. Why am I more at risk?**

Having diabetes increases your risk for kidney disease. In fact, diabetes is the #1 cause of kidney disease.

Diabetes causes your blood sugar to be high. Over time, high blood sugar can damage the tiny filters in your kidneys, keeping them from working as well as they should. This damage is usually permanent, and worse, there are usually no signs or symptoms until kidney disease is very far along.

This is why it is so important to learn that you're at risk, get tested and take steps to protect your kidneys.

**Is there anything I can do to protect myself from kidney disease?**

While having diabetes puts you at risk for kidney disease, you can take steps to help lower that risk.

Start by working with your doctor to manage your diabetes. Follow the eating plan your doctor recommends, and take medications as your doctor prescribes. Keep a healthy blood pressure, control your cholesterol and be physically active.

Take charge of your health. A little extra effort today can help protect your kidneys!

**I've heard that I should have my kidneys tested, but that sounds invasive. What is involved in a kidney screening?**

A "kidney screening" may sound scary, but getting your kidneys checked is actually quick and easy. In fact, it involves only simple blood and urine tests that your doctor can perform as a part of your annual check up.

Even though these tests are simple, your doctor may not always include them. To be sure, ask your doctor about the last time you were tested and when you should be tested again. Ask your doctor to check your eGFR (estimated glomerular filtration rate), which can be done by a routine blood test. It measures how well your kidneys are working.



**I'm working with my doctor and trying to manage my diabetes, but I'm still having trouble. Where can I get help?**

Keeping diabetes in check is not easy. It means making lifestyle changes that could be difficult for anyone. And sometimes, working with your doctor just isn't enough. Fortunately, there are other resources that can help.

Ask your doctor to refer you to a diabetes educator, or search for one on the American Association of Diabetes Educators website at [www.diabeteseducator.org](http://www.diabeteseducator.org). A diabetes educator can help you learn how to better manage your diabetes and stay healthy.



JOIN THE FIGHT TO PREVENT KIDNEY DISEASE



**For more information or resources about managing your diabetes, contact our toll-free HelpLine at [helpline@kidneyfund.org](mailto:helpline@kidneyfund.org) or 866.300.2900.**

**PairUpNow.org**