Know The Connection Between

Kidney Disease & Diabetes

What is diabetic kidney disease?

Diabetic kidney disease happens when high blood sugar damages your kidneys.

Once your kidneys have been damaged by diabetes, the damage cannot be reversed.

If the damage is caught early, medicines and lifestyle changes can often keep it from getting worse.

You cannot feel diabetic kidney disease. The only way to know is through a urine (pee) or blood test.

Diabetic kidney disease in the United States

34 million Americans have diabetes

1 out of 3 of them also have chronic kidney disease (CKD).

That’s nearly 12 million people who have both diabetes and kidney disease.¹

Diabetes is also the #1 cause of kidney failure.

Kidney failure is when your kidneys have stopped working well enough for you to survive without dialysis or a kidney transplant. Kidney failure is also called end-stage renal disease (ESRD) or end-stage kidney disease (ESKD).

Every 24 hours, 160 people with diabetes begin treatment for kidney failure.¹

Know how to prevent diabetic kidney disease or keep it from getting worse.

Control your blood sugar

Control your blood pressure

Control your cholesterol

Eat healthy

Quit smoking or using tobacco

Stay at a healthy weight

Be active most days of the week

Talk to your doctor about new medicines for diabetic kidney disease

Causes of kidney failure:

Diabetes 47%

High blood pressure 29%

All other causes² 24%

² USRDS 2019 ADR Reference Tables

Know more about the connection between diabetes and kidney disease at KidneyFund.org/KnowYourKidneys