Know the connection between **Diabetes** and **Kidney Disease**

If you have diabetes, you are at risk for kidney disease.

**34 MILLION** Americans have diabetes and **1 in 3** of them also has chronic kidney disease. That’s nearly **12 MILLION** people who have both diabetes and kidney disease.

Diabetes is also the #1 cause of kidney failure.

Every 24 hours, **160 PEOPLE** with diabetes begin treatment for kidney failure.

Causes of kidney failure:

- **47%** Diabetes
- **29%** High blood pressure
- **24%** All other causes combined

**What is diabetic kidney disease?**

- Diabetic kidney disease happens when high blood sugar damages your kidneys.
- Once your kidneys have been damaged by diabetes, they cannot be cured.
- 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 to be tested.

**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
- Be active most days of the week
- Stay at a healthy weight
- Talk to your doctor about new medicines

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

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2. USRDS 2019 ADR Reference Tables