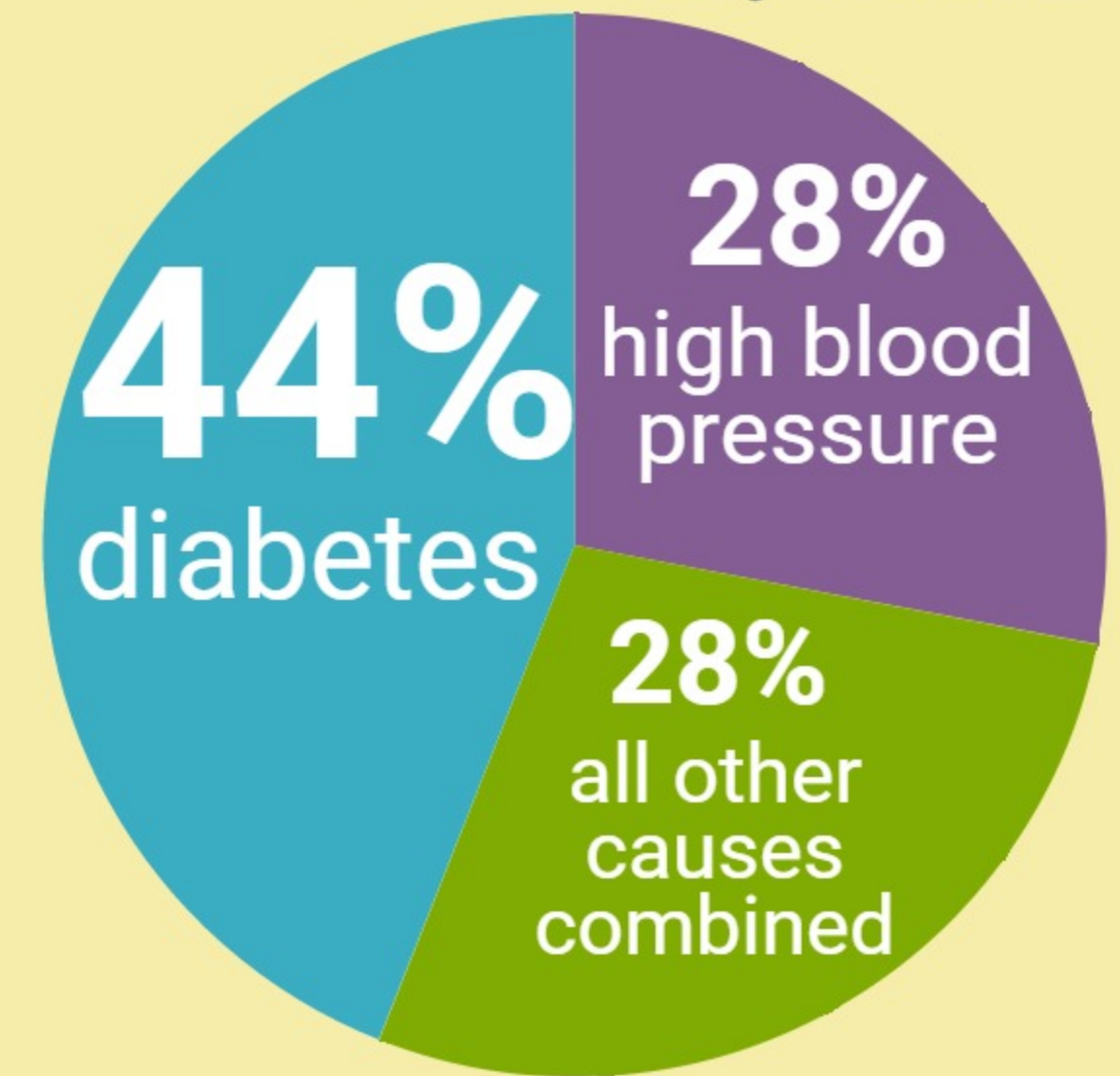


YOUR KIDNEYS and diabetes

Diabetes is the
#1 CAUSE
of kidney failure.

Causes of kidney failure



Diabetes is a disease that causes your body to have trouble making or using insulin, a hormone that helps your body turn sugar from the foods you eat into energy. When your body doesn't use insulin the way it should, too much sugar stays in your blood.

Diabetes damages your kidneys over time

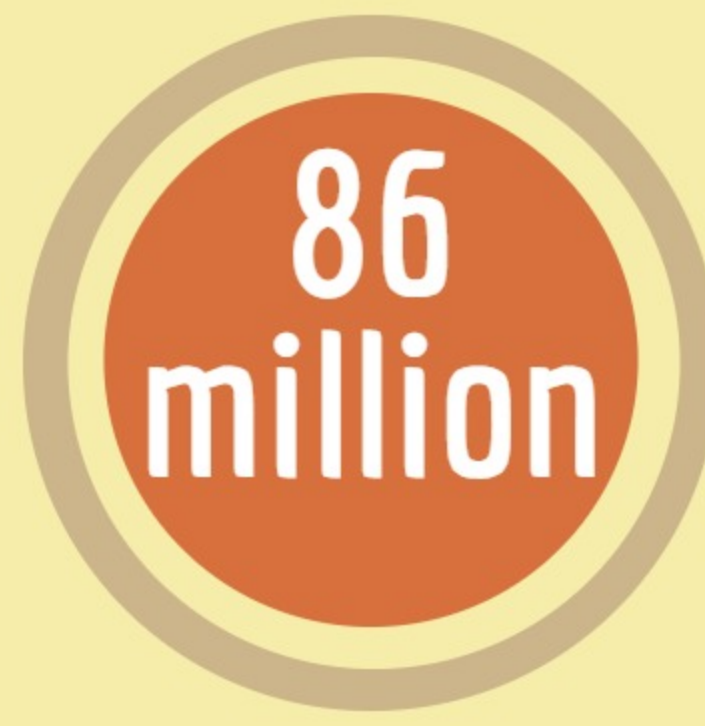
- 1 Too much glucose (sugar) in the blood makes your kidneys work harder.
- 2 This damages the tiny filters (glomeruli) in your kidneys. This damage cannot be reversed.
- 3 Your kidneys begin to leak protein into your urine instead of keeping it in your blood.
- 4 The damage gets worse over time, so more fluid and wastes stay in the blood instead of being filtered out into your urine.



Diabetes in the United States



Americans have diabetes



Americans have prediabetes

Four types of diabetes

Type 1
Your pancreas does not produce enough insulin.

Type 2
Your body is not able to use insulin the right way.

Gestational
You have elevated blood glucose levels during pregnancy.

Prediabetes
Your glucose levels are higher than normal but not high enough to be type 2 diabetes.

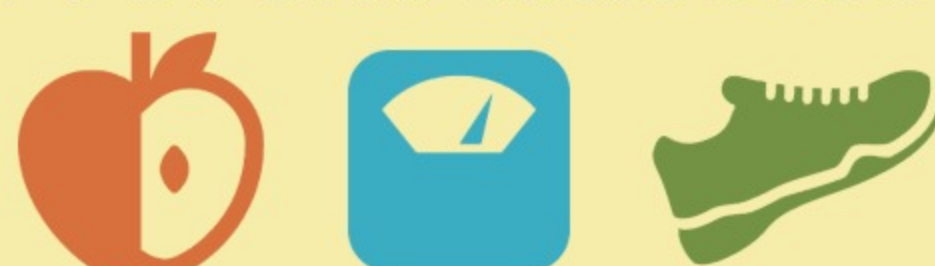
What you can do

Manage diabetes



Work with your health care provider to control your blood sugar, eat healthy and stay active to manage diabetes.

Prevent diabetes



A healthy diet, weight control and regular exercise may help prevent diabetes.



Join the conversation and connect with us!



KidneyFund.org

1-800-638-8299