

Diabetes and your kidneys

Diabetes can increase your risk for kidney disease. Your risk is much higher if you are Hispanic/Latino, African-American, or Native American.

How do you know if you have kidney disease?

You may not know if you have kidney disease. In the early stages, kidney disease causes no symptoms.

Why is kidney disease dangerous?

If kidney disease is not treated, your kidneys may stop working. This is called kidney failure, or end-stage renal disease.

Having kidney disease also increases the chance of getting heart disease.

There is no cure for kidney disease but there are things you can do to help prevent it. The earlier you find and treat it, the better your chances are of keeping your kidneys healthy. Visit your health care provider regularly to help manage your diabetes. This will help you prevent kidney failure, also called end-stage renal disease.



Ask your health care provider to test you for kidney disease and to explain the results.

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Things you can do to help prevent kidney disease

- Visit your health care provider regularly. Get screened for kidney disease to catch problems early.
- Follow your health care provider's advice. Sometimes exercise, changes to your diet, and medicine can help keep your kidneys healthy.
- Ask your health care provider about ways to
 - Keep your blood sugar under control
 - Keep your blood pressure at goal. High blood pressure can lead to kidney disease or make it worse.
 - Lose weight, if you are overweight.
 - Avoid drinking alcohol and smoking.
 - Be active every day. Talk to your health care provider before starting any physical activity.