

## DIABETES

# Kidney Disease and Diabetes



If you have diabetes, you are at risk for kidney disease. Your kidneys remove waste from your body. When you have kidney disease, your body can't remove all the waste. Kidney disease is very common. It comes on slowly. You can have kidney disease and not know it.

High blood sugar is bad for your kidneys. Over time, it can stop your kidneys from working. When your kidneys stop working, you need a machine to remove the waste. This is called dialysis.

### KNOW THE FACTS

- Diabetes is the leading cause of kidney disease.
- High blood pressure is the second-leading cause of kidney disease.
- Many people with kidney disease have diabetes, high blood pressure or both.

### KNOW THE WARNING SIGNS

- Frequent urination, mostly at night.
- Reddish-colored or foamy urine.
- Swollen eyes, hands or feet.
- Fatigue.
- Itching.

### KEEP YOUR KIDNEYS HEALTHY

- Keep your blood sugar under control (ask your doctor what "normal" is).
- Keep your blood pressure under control. The ADA recommends that your blood pressure be less than or equal to 130/80.
- Have your doctor test your urine for a protein called microalbumin at least once a year.

### FOLLOW YOUR DIET

- Ask your doctor to see a dietician to discuss your diet.
- Read food labels carefully.
- Keep a food diary.
- Ask your doctor or dietician for a more detailed list of foods.

### TALK TO YOUR DOCTOR ABOUT KIDNEY DISEASE.



**FOR MORE INFORMATION** about diabetes, call 1.800.414.6314 (TTY: 1.800.473.0989).