

## 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).

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711).

For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711). La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas).

ព័ត៌មាននេះមាននៅក្នុងភាសាខ្មែរ មានជូនជាភាសាផ្សេងទៀត និងក្នុងទម្រង់ដទៃទៀត តាមរយៈការទូរស័ព្ទទៅខាងសេវាសមាជិករបស់យើង 1.800.414.9025 (ចំពោះអ្នកមានបញ្ហាខាងការស្តាប់សំឡេង: 711)។

此通知里的信息有其它语言及格式, 请致电 1.800.414.9025 (听力有障碍人员请转分机 711) 联系会员服务处索取。

Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).

Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).