

**TAKE CARE  
OF YOUR  
KIDNEYS  
THEY WILL  
TAKE CARE  
OF YOU**

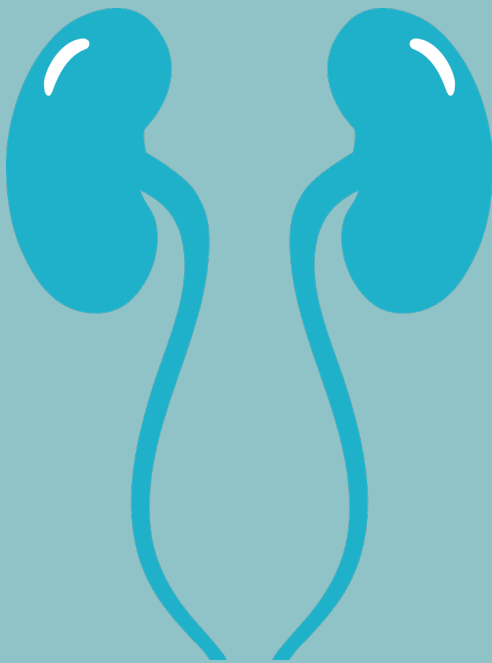


SCAN ME

## DIABETES AND YOUR KIDNEYS

# CRONIC KIDNEY DISEASE

Diabetes has the potential to lead to kidney disease, commonly referred to as chronic kidney disease (CKD). Fortunately, there are several proactive measures you can take to mitigate the risk of kidney complications, such as maintaining control over your blood sugar levels and blood pressure



“Empower your future with small, positive changes today. Let’s beat Chronic Kidney Disease together!”

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MOMENT**



[www.mottepmen.org](http://www.mottepmen.org)

A Detroit MOTTEP Foundation Initiative

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### What is the Best Way to Keep Your Kidneys Healthy?

Keep your blood pressure below 140/90, or ask your doctor what the best blood pressure target is for you.

Stay in your target cholesterol range.

Eat foods lower in salt.

Eat more fruits and vegetables.

Stay active.

Take your medications as directed.



### How Will You Know If You Have Kidney Problems?

Ask your doctor to test your blood and your pee.

If the doctor finds protein (albumin) in your pee, it is a sign of the start of kidney disease caused by diabetes.



Get tested more often if:

- ▶ Your test shows protein in your pee or;
- ▶ Your kidneys are not working as they usually do.

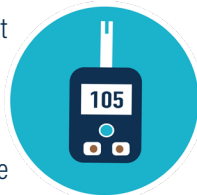
### If You Have Diabetes, Take These Steps:

Meet blood sugar targets as often as you can.

Get tested for your average level of blood sugar over the past three months (A1C test).

Get your A1C test at least twice a year, but ideally up to four times a year.

If your blood pressure is high, check it regularly and get it under control to make sure your kidneys stay healthy.



Talk to your doctor your medicines that harm your kidneys and other ways to lower your blood pressure.

### Who is More Likely to Develop Kidney Disease?

Approximately 1 of 3 adults with diabetes and 1 of 5 adults with high blood pressure may have CKD.



In addition to diabetes and high blood pressure, other problems that put you at greater chance of kidney disease include: heart disease, obesity (being overweight), and a family history of CKD. Kidney infections and a physical injury can also cause kidney disease.

**African Americans are more at risk for kidney failure than any other race. More than 1 in 3 kidney failure patients living in the U.S. are African American.**

### What Can You Do to Prevent Kidney Failure?

Get tested for CKD regularly if you are at risk.

Find it early. Treat it early.

Ask your doctor to test your blood or pee. If you have diabetes, get tested yearly.

If you have diabetes, stay in your target blood sugar range as much as possible. Lose weight if you are overweight.

Get active. Physical activity helps control blood sugar levels.

Quit smoking.

Getting a checkup? Make sure to get your kidneys checked too.

Take medications as directed.

If you have CKD, meet with a dietitian to make a kidney-healthy eating plan.

### What Happens If You Have Kidney Damage?

Changes or damage to your kidneys may cause your kidneys to fail. If your kidneys fail, your blood must be filtered (dialysis treatments) several times a week.

You may also need to have a kidney transplant.



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