Diabetes-Related Chronic Kidney Disease (CKD)

Kidneys are important organs as they:
- Filter blood
- Remove waste products
- Regulate your body’s balance of salt and water

What are the risk factors for developing CKD?

**Things we CANNOT change:**
- Family history
- Ethnicity (e.g., African American, Mexican, and Pima Indian)

**Things we CAN change:**
- High blood glucose
- High blood pressure
- High cholesterol
- Smoking
- Overweight or obesity

Will I have symptoms? Most people with CKD will not have any symptoms.

How will my health care professional diagnose CKD?

- Checking for protein in your urine (UACR)
- Blood test (eGFR)

Possible further testing may be needed

Prevent CKD by:
- Manage blood glucose
- Manage blood pressure
- Making healthy lifestyle choices

I have CKD. Now what?
- Make healthy lifestyle choices
- Manage blood glucose levels
- Manage blood pressure
- Discuss all treatment options with health care professional

UACR = Urinary albumin to creatinine ratio  
eGFR = Estimated glomerular filtration rate

Learn more at diabetes.org | 1-800-DIABETES (1-800-342-2383)

American Diabetes Association® (ADA)