





# 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)



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)