

# Preventing or Delaying **Chronic Kidney Disease**

## Who Gets Chronic Kidney Disease?

Not everyone with diabetes develops chronic kidney disease (CKD). Risk factors include genetics, high blood glucose (blood sugar), and high blood pressure. The better a person manages their diabetes and blood pressure, the lower their chance of developing CKD.

## How can I prevent or delay CKD?

There are steps you can take to prevent or delay CKD. If you already have CKD, these steps also help slow it down.

### You can:

- Keep your blood pressure and blood glucose levels in your target range.
- Take medications as prescribed.
- Have regular checkups and get your kidney function checked once a year.

## Blood Pressure

Keeping your blood pressure on target helps you avoid CKD. Most people with diabetes should aim for a blood pressure level of less than 130 over 80.

There are many types of medications to control blood pressure, but one type in particular, called an ACE inhibitor, has been proven to slow the progression of CKD. Another type of medication, called an ARB, can also help protect kidney function.

## Blood Glucose

Another important thing you can do is reach your blood glucose targets as often as possible. Talk with your health care provider about the best blood glucose targets for you and tools you can use to monitor your blood glucose levels.

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