



Diabetes-Related Chronic Kidney Disease (CKD)



Kidneys are important organs as they:

- Filter blood
- Regulate your body's balance of salt and water
- Help regulate blood pressure
- Help correct low glucose levels

What are the risk factors for developing CKD?



Things we CANNOT change:

- Family history
- Ethnicity (e.g., African American, Hispanic)

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
- Do not smoke



I have CKD. Now what?

- Make healthy lifestyle choices
- Manage blood glucose levels
- Manage blood pressure
- Discuss all treatment options with health care professional, including a referral to a kidney specialist

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)