American Diabetes Association®

Diabetes-Related Chronic Kidney Disease (CKD)

Kidneys are important organs because they:

• Filter blood • Regulate your body's balance of salt and water
• Help regulate blood pressure • Help correct low blood glucose (blood sugar) levels

What are the risk factors for developing CKD?



Things we CANNOT change:

- Family history
- Age
- Genetics
- Race
- Ethnicity

Things we CAN change:

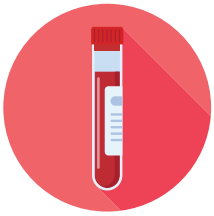
- High Blood glucose
- High Blood pressure
- Cholesterol problems
- Tobacco use/vaping
- Overweight or obesity

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

Your doctor will request the following tests:



Checking for protein in your UACR (urinary albumin to creatinine ratio)



Checking your blood for your eGFR (estimated glomerular filtration rate)

Possible further testing may be needed

What You Can Do:

Work with your healthcare team to create a treatment plan that will work for your needs and help you reach your health goals. This will include:

- An eating plan
- Physical activity
- Medications
- Managing blood glucose and blood pressure
- Taking steps to stop using tobacco/vaping, if you do
- Referral to a kidney doctor (nephrologist) if you have CKD

1-800-QUIT-NOW (1-800-784-8669)

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

American Diabetes Association® (ADA)

This infographic is based on recommendations from the ADA's *Standards of Care in Diabetes—2026*