

Diabetes and your kidneys

Diabetes can cause kidney disease.
Kidney damage can start early.

You can keep your kidneys healthy!

Here's how:

- ▶ **Control blood sugar**
Goal: A1c less than 7
- ▶ **Control blood pressure**
Goal: 130/80 or less
- ▶ **Exercise**
Goal: 30 minutes of brisk walking 5 days a week
- ▶ **Discuss a healthy weight goal with your doctor.**
- ▶ **Take your prescribed medications.**
- ▶ **Avoid over-the-counter pain medications called NSAIDs,** like ibuprofen and naproxen (brand names are Aleve, Advil and others).

Questions to ask your doctor if you have diabetes:

- ▶ Do I have protein in my urine?
- ▶ What is my A1c?
- ▶ What is my goal blood sugar range?
- ▶ How often should I check my blood sugar?
- ▶ What can I do to better control my blood sugar?
- ▶ What is my blood pressure, and how can I lower it?
- ▶ Should I take an ACE inhibitor or ARB medication?
- ▶ Should I attend a diabetes education class?

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Learn more at
www.nwkidney.org/diabetes

