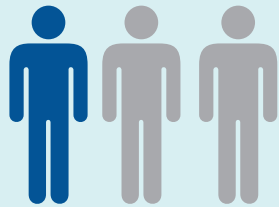


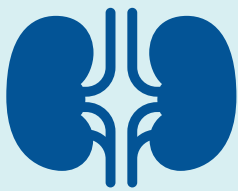
The connection between diabetes and kidney disease

If you're living with diabetes, it's important to understand the connection between diabetes and chronic kidney disease (CKD). That way, you can stay in control of your health.



1 in 3

adults with diabetes
may have chronic
kidney disease*



Diabetes is the
**#1 cause of
kidney failure**
in the U.S.**

*Centers for Disease Control and Prevention. <https://www.cdc.gov/kidney-disease/ckd-facts/social-media-graphics.html>
**Pavkov, M. E. (2024, November 21). Kidney Disease and diabetes. Diabetes in America [Internet]. <https://www.ncbi.nlm.nih.gov/books/NBK609462/>

How kidneys work

Your kidneys play a key role in your health. They are two bean-shaped organs about the size of your fists. Healthy kidneys filter waste and extra fluid from your blood. In addition to cleaning your blood, kidneys also work to release hormones to help regulate blood pressure and control sodium and fluid levels in your body.

How diabetes affects your kidneys

Over time, high blood sugar from diabetes can cause tiny blood vessels in your kidneys to become narrow and thickened, reducing their ability to filter blood effectively. As kidney damage progresses, it becomes harder for the kidneys to remove waste and excess fluid from the body. This is called chronic kidney disease (CKD). CKD is a silent disease and can develop without any signs or symptoms. It's important to take care of your diabetes and your overall health to help slow the progression of CKD.



Learn more about kidney health.

Sign up for a free kidney education class to learn about your journey with kidney disease. For those with CKD and their loved ones.

FreseniusKidneyCare.com/KidneyClass

7 ways to support your kidney health

Here's what you can do today to help protect your kidney function and slow the progression of CKD.

1 **Test and track blood sugar levels**

You can test your blood sugar at home with a portable electronic device called a blood sugar meter. It uses a small drop of your blood. You can also use a continuous glucose monitor.

2 **Manage blood pressure**

High blood pressure is common in people with diabetes and CKD and can cause kidney disease to get worse. Check your blood pressure as recommended and work with your care team to determine your personal blood pressure goal.

3 **Manage your medications**

Take your medications as prescribed. Before starting or stopping any medication(s), including over the counter medications, vitamins, minerals, or supplements, talk with your care team. Some medications can harm your kidneys or may require a different dose as your kidney function changes.

4 **Stay active**

Staying active can help keep your blood sugar and blood pressure in check. Walk around the block, mow the lawn, or find an activity to do with a friend. Every small step counts to get movement into your day.

5 **Make healthy food choices**

Eating healthy is an important part of managing diabetes and kidney disease. Read food labels, limit sodium and added sugar, and choose more fresh fruits and vegetables, and whole grains.

6 **Get tested**

Ask your doctor for a simple blood test to measure your glomerular filtration rate (GFR). Your GFR will help you understand how well your kidneys are working.

7 **Learn more about CKD**

Visit [FreseniusKidneyCare.com](https://www.FreseniusKidneyCare.com) or sign up for a free kidney education class. You can learn more about how kidneys work, signs and symptoms, and more.