

## TOP TIPS TO HELP REDUCE YOUR RISK OF CHRONIC KIDNEY DISEASE

- ▶ Eat a healthy balanced diet
- ▶ Aim to achieve a healthy weight or waistline
- ▶ Aim for regular physical activity
- ▶ Don't smoke
- ▶ Monitor your glucose levels at home as advised and seek support from your diabetes team if they are consistently outside target range.
- ▶ Have routine checks with your GP or diabetes team to monitor blood pressure, cholesterol, HbA1c, kidney function urine and blood tests, know the results and discuss them with your doctor or nurse.



## INFORMATION

There is lots more information and support to help you. Visit [www.diabetes.ie](http://www.diabetes.ie) and learn more about and avail of the various support programmes to stay healthy and well.

Become a Diabetes Ireland member and join thousands of people who want to stay well and informed.

We need your support to keep helping our community.... Join Today

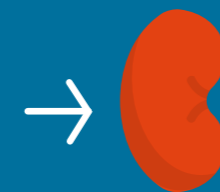
For more information on kidney disease see -  
The Irish Kidney Association website on [www.ika.ie](http://www.ika.ie)

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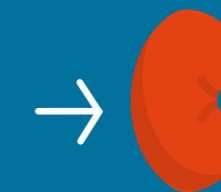
## DIABETES & KIDNEY DISEASE

Do you know how well your kidneys are working?  
When was the last time you discussed your kidney function with your doctor or nurse?

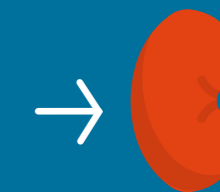
**CHRONIC KIDNEY DISEASE (CKD)** is a potential complication of diabetes and it does not have symptoms in the early stages so it is essential that you.....



**C**HECK  
KIDNEY FUNCTION



**K**NOW  
YOUR KIDNEY NUMBERS



**D**ISCUSS  
WITH YOUR DOCTOR



## WHY ARE YOUR KIDNEYS SO IMPORTANT?

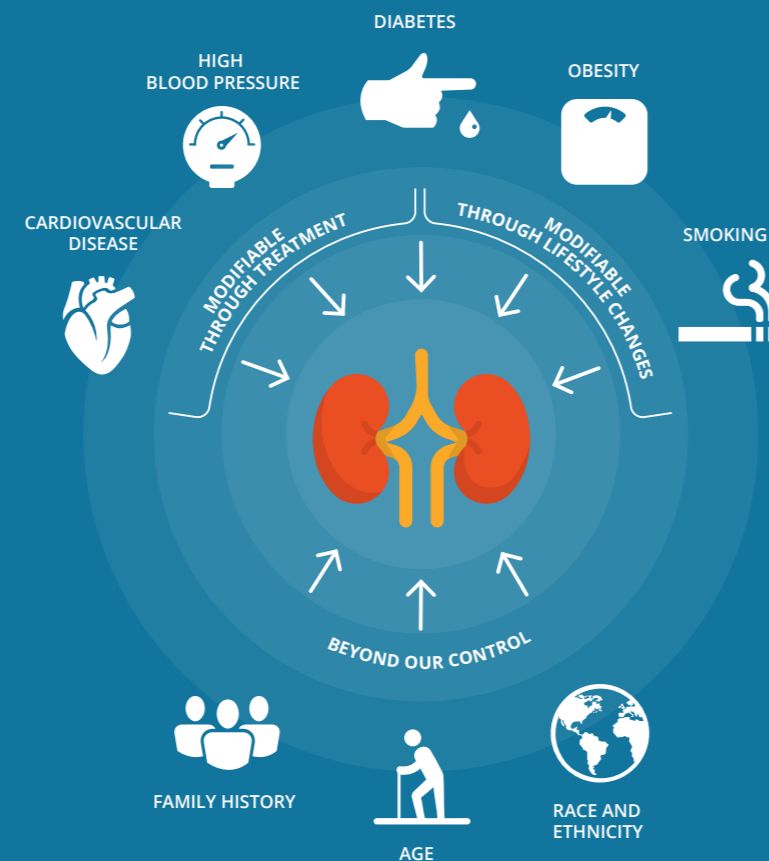
The kidneys have many important functions in the body such as cleaning and filtering the blood, getting rid of waste and water through the urine and controlling blood pressure.

If your kidneys are not functioning well this can impact on other systems in your body such as your heart so it is important that you do all you can to protect them.

## WHAT CAUSES KIDNEY DISEASE?

Kidney disease may occur slowly over many years, and in the early stages there are no visible symptoms. There are many factors that can increase the chances of chronic kidney disease developing or progressing. High blood glucose (sugar) levels and high blood pressure over many years can damage the small blood vessels and tiny filters in your kidneys. Other risk factors for chronic kidney disease are increasing age and family history. It is important that you do what you can to control the modifiable risk factors to reduce the chances of chronic kidney disease developing or progressing.

## CKD RISK FACTORS



## CHECK

Kidney disease can be screened for and detected early in routine kidney urine and blood tests. Having these simple tests done is a routine part of diabetes care with your GP or diabetes team. By checking these simple urine and blood tests, your GP or diabetes team will be able to detect any kidney problems and treat them. Routine screening, early detection and treatment of kidney disease can prevent further kidney function decline.

So make sure to **C**heck your Kidney Function by requesting a urine test and a blood test from your doctor at least once a year (or as advised by your doctor/diabetes team);

## KNOW

Screening for kidney disease is a routine part of your diabetes care, it is important that you **K**now the results of your urine and kidney blood tests.

**Urine test:** One of the early signs of kidney damage is when the body leaks abnormal amounts of protein in the urine. A simple urine test known as **ACR (Albumin creatinine ratio)** can detect this. Ensure you bring your urine sample to your Diabetes check-up and discuss the results with your doctor or nurse.

**Kidney blood test:** A routine kidney blood test can help your Doctor track your kidney function and alert them if there are any signs of decline. The blood test known as your **GFR (glomerular filtration rate)** is a measure of how well your kidneys are working.

## DISCUSS

**D**iscuss your kidney urine and blood results with your doctor or nurse and ask what you can do to prevent or slow down the progression of kidney disease.

If any decline in your kidney function is detected, your GP or diabetes team will work with you to help manage your blood glucose and blood pressure to help protect your kidneys and prevent any further decline. The doctor may need to review your medication, order additional tests or refer you to a kidney specialist (Nephrologist) for further assessment and monitoring of your kidneys.

