

## Diabetes & Kidneys

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### Key points to remember about diabetes and the kidneys

- About a third of people with diabetes may develop kidney failure.
- Because diabetes may harm the blood vessels in the body, it can cause kidney damage.
- Early kidney damage from diabetes can be found by a test that checks for a tiny amount of protein (called microalbuminuria) in the urine. A test called GFR tells your doctor how much kidney function you have.
- Treatment with some high blood pressure medicines called ACE inhibitors or ARBs can slow the loss of kidney function in people with diabetes, even in people with normal blood pressure.
- Reducing the amount of sodium (salt) in your diet may be needed if there is kidney damage or high blood pressure. The most common form of sodium is found in table salt.
- Other things that can cause kidney damage and affect kidney function are: blocking of urine flow, urinary tract infection and certain medicines (especially anti-inflammatory pain relieving medicines such as ibuprofen).
- Early kidney disease rarely has symptoms. That is why it is so important to be tested regularly by your doctor for kidney damage. An early sign of kidney damage is protein in the urine.
- If chronic kidney disease causes kidney failure, you will need hemodialysis, peritoneal dialysis or a kidney transplant to replace the work of your kidneys. The type of treatment that is best depends on overall health, lifestyle and personal preference.
- Diet is a very important part of the treatment of all patients with diabetes even if they do not have chronic kidney disease.

Source: *The National Kidney Foundation.*

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