

DO YOU KNOW YOUR NUMBERS? ASK YOUR DOCTOR TO TEST YOUR eGFR AND UACR.

KIDNEY DISEASE AFFECTS

1 IN 3

ADULTS WITH DIABETES

What can you do to optimize kidney function?



Get regular screenings. Know your numbers; understand your numbers

- People with kidney disease may not show many symptoms until their kidneys are very damaged, so regular kidney testing is imperative
- Your eGFR is a blood test that calculates kidney function. An eGFR of less than 60 for three months is considered chronic kidney disease (CKD)
- Your UACR is a urine test that measures protein in your urine. A UACR greater than 30 mg/g is a marker for CKD



Manage your blood glucose levels and keep them within range

- Know your time in range and A1C
- Ask your healthcare team about SGLT-2 inhibitors to lower blood glucose and improve kidney health



Keep blood pressure and cholesterol levels low



Exercise regularly and lose weight if needed

- 150 minutes of exercise a week or 10,000 steps per day is a great target for exercise
- Ask your healthcare professional if it would be helpful to lose weight



Eat a healthy, balanced diet

- Limit salt: eat less than 2,300 mg of sodium each day—that's one teaspoon
- Eat smaller portions of meat and dairy proteins at meals
- Choose foods that are low in potassium and phosphorous
- Avoid sugar and reduce carbohydrates to lower blood sugar

**THESE ARE THE FIVE RISK FACTORS FOR CKD IN ADDITION TO DIABETES:
HIGH BLOOD PRESSURE | HEART DISEASE | OBESITY | SMOKING | FAMILY HISTORY OF KIDNEY DISEASE**

WHAT IS CHRONIC KIDNEY DISEASE?

Chronic kidney disease (CKD) happens when the kidneys become damaged and can't fully filter the fluids that pass through them, causing waste to build up in the body. Kidney damage causes many health issues, so symptoms vary and can affect many parts of the body. CKD can lead to kidney failure and dialysis. Diabetes is the main cause of CKD in the U.S.