

Know The Connection Between

KIDNEY DISEASE & DIABETES

What is diabetic kidney disease?



Diabetic kidney disease happens when high blood sugar damages your kidneys.



Once your kidneys have been damaged by diabetes, the damage cannot be reversed.



If the damage is caught early, medicines and lifestyle changes can often keep it from getting worse.



You cannot feel diabetic kidney disease. The only way to know is through a urine (pee) or blood test.

Know how to prevent diabetic kidney disease or keep it from getting worse.



Control your blood sugar



Control your blood pressure



Control your cholesterol



Eat healthy



Quit smoking or using tobacco



Stay at a healthy weight



Be active most days of the week



Talk to your doctor about new medicines for diabetic kidney disease

Diabetic kidney disease in the United States

34 million

Americans have diabetes



1 out of 3 of them also have chronic kidney disease (CKD).

That's nearly **12 million** people who have both diabetes and kidney disease.¹

Diabetes is also the #1 cause of kidney failure.

Kidney failure is when your kidneys have stopped working well enough for you to survive without dialysis or a kidney transplant. Kidney failure is also called end-stage renal disease (ESRD) or end-stage kidney disease (ESKD).



Every 24 hours, **160 people** with diabetes begin treatment for kidney failure.¹

Causes of kidney failure:



Diabetes



High blood pressure



All other causes²

1. <https://www.cdc.gov/kidneydisease/prevention-risk/make-the-connection.html>.
2. USRDS 2019 ADR Reference Tables