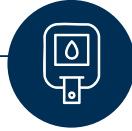


# The link between diabetes and kidney health

## How diabetes affects the kidneys



**High blood sugar harms vessels**

damaging delicate kidney filters



**Over time, filtering slows**

waste builds up, straining the kidneys



**1 in 3 people with diabetes**

will develop kidney disease in their lifetime



Follow your medication plan and track your numbers.



Eat simply: more vegetables, fresh fruit, whole grains and lean proteins.



Cut back on salt to help keep your blood pressure low.



Move your body! Even a 30-minute walk most days helps.

## Protecting your kidneys: Tips for *diabetes* patients



If you smoke, quitting can improve blood flow and reduce vessel damage.



Use painkillers like non-steroidal anti-inflammatory drugs (NSAIDs) only as advised by your doctor.

## Prevention and ongoing care



**Stay hydrated** and avoid too much salt or alcohol



**Keep your blood sugar and blood pressure in range**



**Get yearly kidney checks** – even if you feel fine



**Watch for symptoms:** swelling, fatigue, changes in urination