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Diabetic Kidney Disease



- **What causes diabetic kidney disease?**

The small blood vessels in kidneys filter out wastes. Over time, high blood glucose, high blood pressure and infections can damage these vessels.

Early kidney damage has no symptoms. If you have kidney damage, waste products that should leave the body in the urine stay in the blood. Things that the body needs are lost in the urine.

- **How can I know if I have kidney disease?**

Urine and blood tests can be used to find kidney damage before it causes symptoms. Your doctor will order these tests every year or sooner.

Urine

- Micro albumin
- Protein

Blood

- Creatinine

- **How can I keep from getting kidney disease?**

- Keep your blood glucose and blood pressure normal.
- Call your doctor right away if you have signs of infection such as pain or burning when you pass urine.
- Keep your appointments with your doctor.
- Do not eat large amounts of protein.
- Do not smoke or use tobacco products.
- Do not take medicines that can harm the kidney (ask your doctor or pharmacist to be sure).

- **If I have kidney disease, what can I do?**

Continue the things mentioned above. Your doctor may give you medicine to help slow and/or repair the damage to your kidneys. Be sure to take this medicine as you have been instructed. Make your return visits as often as your doctor feels is necessary. If you have advanced kidney disease, you may need dialysis or transplantation. Discuss this with your doctor.