

Diabetes and kidney disease

It is important to take care of your kidneys when you have diabetes. Not everyone with diabetes gets kidney disease. Keep your blood sugar levels close to normal to help your kidneys stay healthy.

How diabetes can hurt your kidneys

- Your kidneys filter waste from your blood and pass it into the urine.
- Diabetes may make your kidneys work harder, and even stop filtering.
- Over time, waste may build up in your blood.
- Eventually your kidneys may start to fail.
- If your kidneys fail, you will need a kidney transplant or have your blood filtered by machines (“dialysis,” pronounced *die-AL-iss-iss*).

Talk with your doctor if you have any of the following:

- Fluid buildup
- Loss of sleep
- Lack of hunger
- Upset stomach
- Weakness
- Problems thinking

How to help prevent kidney disease

- Keep your blood sugar levels where your doctor tells you to
- Control your blood pressure by:
 - Losing weight
 - Eating less salt
 - Staying away from tobacco
 - Avoiding alcohol
 - Getting regular exercise

Ask your doctor to check for kidney disease.

This material has been developed by GlaxoSmithKline.