





Diabetes and Chronic Kidney Disease

 Diabetes is **the leading cause of kidney failure** in the United States. Almost half of all new cases of kidney failure are caused by diabetes. High Blood pressure is the second leading cause of kidney failure in the U.S.

 Kidney failure means the kidneys are no longer able to remove waste products and excess water from the body. Dialysis or a kidney transplant is necessary to maintain life.

 African Americans, Asian Americans, Hispanic Americans, and Native Americans are at increased risk for developing chronic kidney disease from diabetes, therefore good blood sugar control and overall diabetes management is extremely important.

 There are no symptoms for early chronic kidney disease, but a urine test for small amounts of protein in the urine can detect very early stages of chronic kidney disease.

33%
of adults in your community are at risk of kidney disease

Beyond the numbers **We see YOU**

LEARN HOW TO ASSESS YOUR RISK AT
KIDNEYMI.ORG/KIDNEYQUIZ

Key Numbers

Approximately **1 in 3 adults with diabetes**, and **1 in 5 adults with high blood pressure**, may have chronic kidney disease.

Good blood sugar control is an important way of preventing complications of diabetes. **An A1c blood value of 7% or lower is recommended.**

Good blood pressure management can protect kidney function. **Keep your blood pressure at the target your doctor sets for you.**

eGFR (Estimated Glomerular Filtration Rate) is a calculation of the approximate amount of kidney function a person has, based on a person's blood creatinine, gender, weight and ethnicity. **An eGFR of 60 or more is generally a healthy range.** An eGFR of 15 or less usually indicates kidney failure and the need for dialysis or kidney transplant.

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