

WHY

# DIABETIC KIDNEY DISEASE

SHOULD MATTER TO YOU



DIABETES IS **THE LEADING CAUSE OF KIDNEY DISEASE** IN CANADA.<sup>1</sup>  
IT CONTRIBUTES TO **38%** OF KIDNEY FAILURE REQUIRING DIALYSIS.<sup>2</sup>



AN ESTIMATED **11 MILLION CANADIANS**  
LIVE WITH EITHER **PREDIABETES** OR **DIABETES**.<sup>1</sup>



PEOPLE WITH DIABETES ARE OVER  
**12 TIMES** MORE LIKELY TO BE  
HOSPITALIZED WITH END-STAGE  
KIDNEY DISEASE.<sup>1</sup>

## KNOW YOUR RISK

KNOWING THE FACTORS THAT INCREASE YOUR RISK OF DIABETIC KIDNEY DISEASE AND **PRACTICING HEALTHY HABITS LIKE ADOPTING A BALANCED DIET AND EXERCISING REGULARLY CAN BE BENEFICIAL.**

DIABETIC KIDNEY DISEASE RISK FACTORS<sup>3</sup>:



INCREASED PROTEIN  
IN URINE



HIGH BLOOD SUGAR



HIGH BLOOD PRESSURE



OBESITY



SMOKING

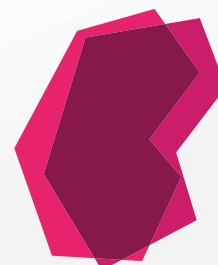


CHOLESTEROL

## ANNUAL TESTING FOR KIDNEY DISEASE

FOR THOSE WITH DIABETES CAN  
HELP PREVENT SERIOUS CASES.<sup>4</sup>

Visit [kidney.ca/End-Diabetic-Kidney-Disease](https://kidney.ca/End-Diabetic-Kidney-Disease) to learn more about diabetic kidney disease and how you can support the ground-breaking research to **#EndDKD**.



**kidney**  
FOUNDATION™

Sources:

<sup>1</sup> Diabetes Canada, Impact of Diabetes, January 2021.

[https://www.diabetes.ca/DiabetesCanadaWebsite/media/Advocacy-and-Policy/Backgrounder/2021\\_Backgrounder\\_Canada\\_English\\_FINAL.pdf](https://www.diabetes.ca/DiabetesCanadaWebsite/media/Advocacy-and-Policy/Backgrounder/2021_Backgrounder_Canada_English_FINAL.pdf)

<sup>2</sup> Canadian Institute for Health Information. CORR Incident End-Stage Renal Disease (ESRD) Patients by Primary Diagnosis: 2011 to 2020.

<https://www.cihi.ca/en/corr-incident-end-stage-renal-disease-esrd-patients-by-primary-diagnosis-2011-to-2020-quick-stats>

<sup>3</sup> Diabetic kidney disease: An overview of prevalence, risk factors, and biomarkers Salman Hussain, Mohammad Chand Jamali, Anwar Habib, Md Sarfaraj Hussain, Mohd Akhtar, Abul Kalam Najmi,

<https://www.sciencedirect.com/science/article/pii/S221339842030155X>

<sup>4</sup> Diabetes Canada, Prevention & treatment of kidney disease. Retrieved June 2022 from <https://www.diabetes.ca/managing-my-diabetes/preventing-complications/kidney-disease>