IN

DIABETES

YOUR KIDNEY HEALTH MATTERS

DIABETES IS THE LEADING CAUSE OF **KIDNEY DISEASE** IN CANADA[1]

#1

AS MANY AS 50% OF PEOPLE WITH DIABETES MAY SHOW SIGNS OF KIDNEY DAMAGE [2]

HIGH BLOOD SUGAR FROM DIABETES CAN DAMAGE KIDNEYS [3]

TARGET LEVEL

KEEPING BLOOD SUGAR LEVELS AT TARGET RANGE CAN HELP TO DELAY OR PREVENT COMPLICATIONS OF DIABETES [4]

A CHANGE IN DIABETES MEDICATION MAY BE NEEDED AS KIDNEY FUNCTION DECLINES TO KEEP GOOD BLOOD SUGAR LEVELS [1,5]

MILD — SEVERE

SOME MEDICATIONS FOR DIABETES THAT CONTROL BLOOD SUGAR LEVELS CAN BE STARTED AND TAKEN AT ALL STAGES OF KIDNEY FUNCTION [5]

EARLY ASSESSMENT AND STARTING TREATMENT MAY MAINTAIN YOUR KIDNEY FUNCTION FOR LONGER [1]

TIPS TO HELP MANAGE YOUR DIABETES AND KIDNEY HEALTH [3,6]

CONTROL BLOOD SUGAR LEVELS AND BLOOD PRESSURE

TAKE MEDICATIONS AS PRESCRIBED

MAINTAIN PROPER WEIGHT

DON'T SMOKE

HEALTHY

EAT A HEALTHY, BALANCED DIET

EXERCISE REGULARLY

TALK TO YOUR DOCTOR ABOUT DIABETES AND YOUR KIDNEY HEALTH

FOR MORE INFORMATION VISIT
WWW.KIDNEY.CA

[1] McFarlane P, Gilbert R, MacCallum L, et al. Canadian Diabetes Association 2013 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada: chronic kidney disease in diabetes. Can J Diabetes 2013;37(suppl 1):S129-S136.
[2] The Kidney Foundation of Canada, 2004. Diabetes and Kidney Disease. Available online: http://www.kidney.ca/diabetes-and-kidney-disease (Accessed May 2015).
[3] CDA, 2015. Kidney Disease. Available online: www.diabetes.ca/diabetes-and-you/complications/kidney-disease (Accessed April 2015).
[4] CDA, 2015. Managing Your Blood Glucose. Available online: http://www.diabetes.ca/diabetes-and-you/healthy-living-resources/blood-glucose-insulin/managing-your-blood-glucose (Accessed June 2015).
[5] Canadian Diabetes Association Clinical Practice Guidelines Expert Committee. Canadian Diabetes Association 2013 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada: appendix 6. Can J Diabetes 2013;37 (suppl 1):S207-S208.
[6] CDA, 2015. Treatments & Medications. Available online: http://www.diabetes.ca/about-diabetes/treatments-medications (Accessed June 2015).