

Keeping your kidneys healthy with diabetes



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

Does having diabetes put a person at risk for kidney disease?

Yes, diabetes can damage the kidneys. It happens slowly over time. Early kidney disease has no signs or symptoms. You must get screened to find out if your kidneys are healthy.

What screenings are done to see if my kidneys are healthy?



There is a blood test that is done once a year. This blood test measures creatinine. Creatinine is used to figure out a person's glomerular filtration rate (GFR). The GFR is a measure of how well the kidney is working.



A urine screen is also completed one time a year. The urine is checked for albumin. Albumin are small proteins. It is the kidneys' job to filter the urine to keep albumin in the body. If albumin is leaking into the urine, it is a sign that there are problems with the kidneys.

What can I do to keep my kidneys healthy?

There are many steps you can take to help keep your kidneys healthy:

- Keep your blood pressure (BP) controlled. Not everyone's blood pressure goal is the same. Ask your provider what your BP should be.



My blood pressure goal is: _____.

My blood pressure today was:

_____.

- Keep your blood glucose under control.

My A1C goal is: _____.

My last A1C was: _____.

- Keep your cholesterol at target.

My LDL cholesterol goal is: _____.

My last LDL cholesterol was: _____.

- Take your medication as prescribed. Some medications help protect your kidneys.
- Ask your provider or diabetes educator if you are on an ACE inhibitor or an ARB.
- Cut back on sodium! Most sodium doesn't come from a saltshaker. Ask your diabetes educator to help you learn how to read a nutrition facts label for sodium. Try to keep your sodium around 1,500 mg per day.
- Try to be physically active most days. Work your way up to 30 minutes or more each day.
- Avoid tobacco. If you use tobacco, ask your provider or diabetes educator about resources for stopping.

More Information

For more information or if you have questions, contact:

Diabetes Educator: _____

Phone: _____



Diabetes Program

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