



Diabetes Connection with Chronic Kidney Disease(CKD)

Did you know that diabetes and high blood pressure (hypertension) are the two leading causes of kidney disease? Here's how diabetes is connected to chronic kidney disease (CKD) and what you can do to slow down damage to your kidneys from diabetes.

Diabetes and Chronic Kidney Disease (CKD):

Remember that high blood sugar (hyperglycemia) damages the small blood vessels of the kidneys and weakens the kidney's nephrons (filters) over time. When the kidney's blood vessels and filters are damaged, kidney function worsens. As kidney function worsens, protein leaks out of the kidneys and into the urine (called proteinuria). This may be one of the first signs of CKD.

It is very important to control your blood sugar levels. This can be done by following the diet prescribed by the doctor, taking medicines (sugar pill or insulin), exercising several times a week and monitoring your blood sugar (glucose) regularly as directed. Let your doctor know if your sugars are running too high or too low and if you are having symptoms of low blood sugar such as weakness or sweating.

Your doctor monitors how well your blood sugar is doing by a special blood test called **Hemoglobin A1C**. This test measures the average blood sugar over the past 2-3 months by averaging all the high and low readings. **The target goal for this test is less than 7.0.**

Do you know your last Hemoglobin A1C value? If so, it was _____.