



Ways to Slow Down Kidney Damage

There are several things you can do to protect your kidneys and slow down damage to your kidneys so they will work as long as possible:

- If you have high blood pressure, it is best to keep your blood pressure (BP) at the target goal of 130/80 or less. Monitor your BP at home once daily or several times weekly to see how it is doing and write it down in a BP record. Share your BP record with your kidney doctor or primary care doctor so they can decide if you need an adjustment in your BP medicines.
- Limit the salt/sodium intake in your diet to 2,000 mg each day (Refer to “Cutting Down on Salt” handout)
- If you have diabetes, keep your blood sugar in good control with a target goal for Hemoglobin A1C of 7.0 or lower. If you don’t know your last A1C, ask your diabetes doctor or primary care doctor. If your A1C is too high (over 7.0), develop a plan with your doctor to address this issue with adjustment of your medicines, your diet and exercise. Check with your doctor about how many times to check your blood sugar at home each day and keep a written record of your blood sugars to share with your doctor.
- Be sure to take your BP and diabetes medicines every day as directed.
- Attend all your doctor’s visits and contact your doctor before then if your BP readings are elevated most of the time or your blood sugar readings are too high or too low most of the time.
- Be sure to get your labs checked as directed by your doctor or provider.