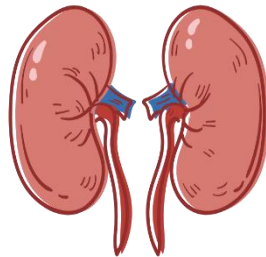




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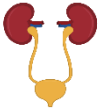
Diabetic kidney disease



What is diabetic kidney disease?



The most common cause of kidney disease is **diabetes mellitus**. Among every 3 people affected with diabetes, 1 has kidney disease.



The kidneys' main function is to excrete wastes and excess water from blood in the form of urine. It also helps in regulating blood pressure as well as secreting hormones, which are necessary for other body functions.

When kidneys are damaged, they are not able to filter blood and as a result, nitrogenous waste products accumulate in the body.

What is diabetic kidney disease?



Diabetes normally causes kidney damage over a long period. So, when the kidney damaged, will not be able to filters the blood, which leads to the accumulation of nitrogenous waste in the body. So, there are most measures that enable you to prevent and delay the onset of kidney disease, such as diet and exercise sports.

How can diabetes damage my kidneys?

High blood glucose damages blood vessels in the body, which affects the kidney arteries, and that will lead to inability the kidney filters the blood properly.

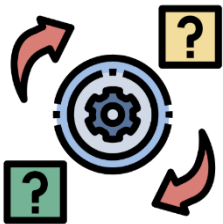


What risk factors increases my chance of getting diabetic kidney disease?

Longer duration of diabetes is associated with poor outcome, especially when blood glucose and blood pressure are not controlled.

The following risk factors are also associated with developing kidney disease:

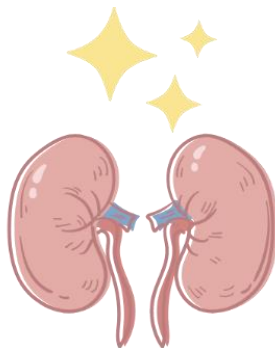
- Smoking
- Not following your diabetes eating plan
- High salt intake
- Obesity
- Physical inactivity
- Having a family history of kidney failure



How to know if I have diabetic kidney disease?

Most people with diabetic kidney disease do not have any symptoms. If you have diabetes, your doctor would regularly check your blood and urine tests. Blood tests measure the kidney function while urine measures number of proteins lost in the urine.

If you have **type 2 diabetes** or have had **type 1 diabetes for more than 5 years**, you should be checked for kidney damage **once a year**.



How can you prevent kidney damage if you have diabetes?

- Achieve your blood glucose targets
- Keep your blood pressure under control
- Take your medications as directed by your physician
- Eat a nutritious, balanced diet
- Maintain a healthy weight
- Doing exercise.



Sources and references:

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All illustration from Canva.com

Review and audit:

The content of this booklet has been reviewed by nephrology consultants at king Fahad University Hospital.

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