

# EURACARE

## PATIENT INFORMATION

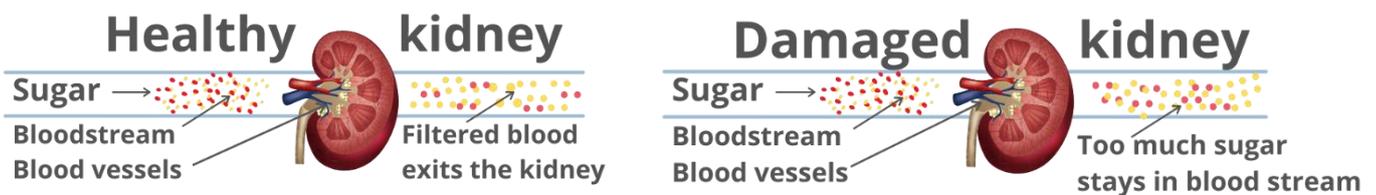
### KIDNEY DISEASE AND DIABETES

#### **Diabetes is the most common cause of kidney disease.**

Diabetes is a disease that causes your body to have trouble making or using insulin. Insulin is a hormone (a chemical your body makes) that helps your body turn the sugar you eat into energy. In a healthy person, insulin controls the amount of sugar in your blood, and keeps the sugar at a healthy level.

#### **Diabetes and your kidneys.**

In a person with diabetes, insulin is not used the right way, and too much sugar stays in your blood. Over time, having too much sugar in your blood can damage the small blood vessels in your kidneys and can lead to kidney disease. Diabetes can also damage the body's nerves. The nerves in your bladder make you feel like you need to urinate (pee) when your bladder is full. If your nerves are damaged, you might not feel the need to urinate. This can cause urine to build up in the bladder, or stay in the bladder too long, which can lead to kidney damage.



#### **You at higher risk for diabetes if you...**

- Are 45+ years old
- Have high blood pressure
- Have a family member with diabetes
- Are African descent

#### **Tests to diagnose diabetes:**

**Fasting glucose test:** Measures how much glucose (sugar) is in your blood after fasting overnight (not eating or drinking).

**Non-fasting glucose test:** Measures how much glucose (sugar) is in your blood about 2 hours after you have had something to eat or drink.

**A1C blood test:** An A1C test is used to diagnose diabetes or measure how well you are managing your diabetes if you already have it. It measures the average amount of glucose (sugar) that has been in your blood over the last three months.

## **Control your diabetes to help prevent kidney disease.**

### **Control your blood sugar**

- Take your medicine exactly the way your doctor told you to.
- If you have diabetes, check your blood sugar often to know your levels.
- Visit your doctor regularly, and have an A1C blood test at least two times a year. Aim to have an A1C of 7% or less if you have diabetes.

### **Follow a diabetic diet**

- Keep a low-salt, low-sugar diet. Limit unhealthy fats. Eat less than 13mg saturated fat per day and avoid trans fats (found on a nutrition label).
- Eat nutrient-rich foods like fruits, vegetables and whole grains. Choose foods that are high in fibre. Drink water instead of juice or soda.
- Practice portion control. Fill half your plate with fruits and vegetables, one quarter with lean protein (like chicken breast or fish) and one quarter with whole grains.

### **Exercise most days of the week**

- Set a goal to exercise for 30 minutes a day, 5 days per week.
- Be creative! Try walking, dancing or playing a sport.

### **Keep a healthy weight**

- Talk to your doctor about how much you should weigh.
- Even losing just a few pounds can make a big difference for your health.

### **Do not smoke or use tobacco**

- Get advice from your doctor about how to quit.
- Smoking can make diabetes and kidney disease worse.