

Further ways to protect your kidneys from sugar injury

- Stop smoking



- Avoid salt and fat in your diet



- Drink at least 6 to 8 glasses of fluid per day



Our diabetes team can help you optimising your diet

- Keep physically active and maintain a healthy weight



For more information about diabetes and your kidneys

www.diabetes.co.uk

www.diabetes.org.uk

Our GP practice is taking part in an important national project about diabetes care and treatment in the NHS.

The project is called the National Diabetes Audit (NDA).

It is developed to treat and prevent health issues caused by diabetes.

Please visit our website at

www.royaldocksmedicalpractice.co.uk



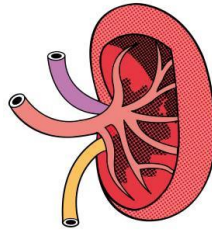
Patient information

Diabetes and your kidneys

How to look after your kidneys if you have diabetes

What do your kidneys do?

- Your kidneys produce urine (pee).
- They take away waste from your blood
- They regulate the amount of water in your body



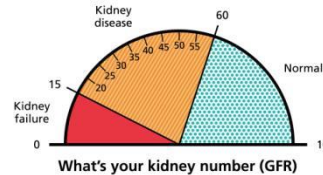
How does diabetes affect your kidneys?

- Your kidneys contain millions of small blood vessels. Too much sugar in the blood damage them and your kidneys cannot filter your blood as needed and waste products start to build up in your blood
- Keeping blood sugar levels normal reduces the chance of kidney damage
- If your kidneys show signs of damage it is called chronic kidney disease (CKD) or diabetic nephropathy
- Kidney damage takes many years to develop.

Signs of kidney damage

- If your kidneys are damaged they start to leak protein and this can be detected in your urine by a sensitive urine test. A sample of your urine should be sent to a laboratory for checking every year. Therefore, please provide a urine sample when asked.

- If kidney damage gets worse then waste products can be detected by a blood test called eGFR



- Few people feel unwell from kidney damage until GFR is less than 20 so these tests are the only way to monitor your kidney function.
- You will have a urine test for protein and a blood test for GFR every year to check for kidney damage as part of your annual diabetes review.



Can kidney damage be treated?

- The most important way to prevent kidney damage is to have
 - good blood glucose control (HbA1c)
 - good blood pressure control (BP)

- Our Practice Team, Diabetes Nurse or GP can help you with this.



- If your kidneys do start to leak protein you may be prescribed a tablet such as:

Angiotensin converting enzyme inhibitor (an example is Enalapril)

Angiotensin receptor blocker (an example is Losartan)

- These medicines reduce the protein leak and slow down further kidney damage

- You will need to take these long term so let your doctor or nurse know if they do not suit you

