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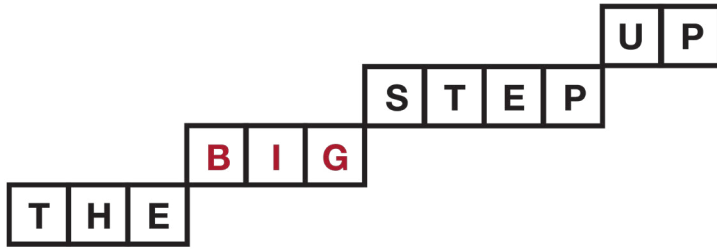
## Tips for Proactively Monitoring Your **Kidney Health**

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- People with diabetes should be tested every year for kidney disease. Ask your doctor to test your kidney function and to check your urine for protein.
- Keep an eye on your blood pressure and try to keep it at 125/75 or lower, or where your doctor recommends. High blood pressure can increase your chances of developing kidney disease if you have diabetes because both higher sugar levels and higher blood pressure can damage blood vessels.
- Seek a nephrologist if you have symptoms of chronic kidney disease (CKD), such as a metallic taste in the mouth or ammonia breath, nausea and vomiting, loss of appetite, protein aversion, swelling in the face, feet or hands, itchiness (pruritus), producing more or less urine, urine that is foamy or bubbly, or blood in the urine.
- Connect with a registered dietitian or a renal dietitian to manage and discover the right diet for your kidney health.

Learn more about kidney diet resources through **DaVita's Kidney Smart<sup>®</sup>**

**Classes:** [davita.com/education/kidney-smart-classes](https://davita.com/education/kidney-smart-classes)



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## Five Facts on the Link Between **Diabetes and Kidney Disease**

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- 1) Diabetes is the leading cause of kidney disease.
- 2) One in three people with diabetes will develop kidney disease.
- 3) Both kidney disease and diabetes disproportionately impact Black and Latinx communities. Compared to white adults, the risk of being diagnosed with diabetes is higher among Black (77%) and Latinx (66%) communities. Black Americans are 4 times more likely and Latinxs 1.3 times as likely as white adults to develop kidney failure.
- 4) More than 34 million Americans have diabetes, and almost half of all kidney failure cases are caused by diabetes.
- 5) Many people with diabetes may have CKD and not know it. Because renal disease usually has few symptoms until kidneys begin to fail, many people with diabetes with decreasing kidney function have not been diagnosed.

References: National Kidney Foundation and CDC – Diabetes and Chronic Kidney Disease