

# Diabetic Kidney Disease

*A diet high in proteins and salt can cause more damage to your kidneys.*

*Limit salt, soda, meat, milk, and cheese in your diet.*

- ⇒ Diabetes can cause **diabetic kidney disease** (also called diabetic nephropathy). This can lead to kidney failure.
- ⇒ When the kidneys fail, your blood has to be filtered through a machine (a treatment called dialysis) several times a week. Or, you might have to get a kidney transplant.

## What Can I Do?

- ⇒ Controlling your blood sugar is one of the best ways to prevent or delay kidney disease.
- ⇒ Keeping your blood pressure under control is also important for healthy kidneys.

Your doctor will track how well your kidneys are working by testing for protein in your urine and by a blood test.