

Chronic Kidney Disease and Diabetes

Diabetes is a disease that occurs when your body does not make enough insulin or when your body does not use insulin correctly. Insulin is a hormone that regulates the sugar in your blood.

Why is diabetes important to my CKD?

About a third of diabetes patients get CKD. Diabetes may damage the blood vessels in your kidneys. This can keep your kidneys from cleaning your blood properly, and waste will build up.

Diabetes also can cause neuropathy (nerve damage). This will make it harder to empty your bladder and can cause urinary tract infections.

How will I know if this is happening?

You may notice:

- Swollen ankles or weight gain
- Increased trips to the bathroom at night
- Higher blood pressure
- Nausea, vomiting, loss of appetite
- Weakness, tiredness, anemia
- Muscle cramps in legs

We will monitor you by taking:

- Urine samples to check your albumin level
- Blood creatinine tests for your glomerular filtration rate (GFR)

Is there anything I can do?

- Talk to your doctor before taking over-the-counter drugs or supplements
- Control your blood pressure and blood sugar
- Reduce salt in your diet
- Follow a low-protein diet
- Treat urinary tract infections

What medication will I take?

It will be up to you and your doctor. You may be prescribed:

- Angiotensin-converting enzyme inhibitor (ACEI) – This has been shown to slow loss of kidney function and reduce heart disease in diabetics.