National Kidney Foundation® of Michigan

Facts about Diabetes and Chronic Kidney Disease

- **Diabetes is the leading cause of kidney failure in the United States. Almost half of all new cases of kidney failure are caused by diabetes.** (High Blood pressure is the second leading cause of kidney failure in the U.S.)

- Chronic kidney disease can lead to kidney failure. Kidney failure means that the kidneys are no longer able to remove waste products and excess water from the body. Dialysis or a kidney transplant is necessary to maintain life.

- African Americans, Asian Americans, Hispanic Americans and Native Americans are at increased risk for developing chronic kidney disease from diabetes, therefore good blood sugar control and overall diabetes management is extremely important.

- **Good blood sugar control is an important way of preventing all the complications of diabetes, including chronic kidney disease. An A1c blood value of 7%, or lower, is recommended.**

- Good blood pressure management is another important way to protect kidney function. A blood pressure less than 120/80 is recommended.

- It is also important to maintain a normal weight, exercise on a regular basis, and don't smoke!

- There are no symptoms for early chronic kidney disease, but a urine test for small amounts of protein in the urine can detect very early stages of chronic kidney disease. People with diabetes should have a microalbumin urine test once a year.

- Another important test to determine kidney function is called GFR (Glomerular Filtration Rate). GFR is a calculation of the approximate amount of kidney function a person has. (It is calculated based on a person's blood creatinine, their gender, weight and ethnicity.) A GFR of 60 or more is generally a healthy range. A GFR of 15 or less usually indicates kidney failure, and the need for dialysis or kidney transplant.

- If your kidneys have already been damaged (GFR between 30-60) medications called ACE inhibitors and Angiotensin Receptor Blockers (ARB's) can protect your kidneys and keep them working for as long as possible. Ask your doctor.

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