

Diabetes can lead to kidney disease.

1 in 3 people with diabetes have kidney disease.¹ This means that if you have diabetes, you are at a higher risk of developing kidney disease. That's because people with diabetes have high blood sugar, and many people with diabetes have high blood pressure. This causes extra strain on kidneys, which can lead to kidney disease.

Luckily, there are steps you can take to help reduce your risk of kidney disease if you have diabetes:

Talk to your doctor about how to control your blood sugar levels or blood pressure levels.



Take all medications prescribed by your doctor.



Quit unhealthy habits, like smoking.



Work with a dietitian to develop a diabetes meal plan.



Limit your salt intake.



Make physical activity part of your daily routine.



Improve your overall health by staying at or reaching a healthy weight.



Get enough sleep (7–8 hours each night).



1 Centers for Disease Control and Prevention. Diabetes and Chronic Kidney Disease. Available at <https://www.cdc.gov/diabetes/managing/diabetes-kidney-disease.html>. May 2021. Accessed on: September 27, 2021

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