

Name:
Name of Doctor/Nurse:

Date:

Diabetes – Keeping your kidneys healthy

Information prescription

Your last two blood test results (eGFR) are: / / / /

Your last two urine test results (ACR) are: / / / /

A third of people with diabetes go on to develop kidney problems. Blood and urine tests can show the first signs of any damage and help you to keep your kidneys healthy.

What do my kidneys do?



Your kidneys are filters that remove harmful waste from your body in to your urine and keep the things you need, like proteins.

What happens when your kidneys are damaged?

High blood glucose (sugar) levels over many years can damage the small blood vessels in the kidneys and clog the filters. The first sign of damage is protein leaking into your urine. If spotted early it can be repaired, so the tests to check your kidneys should be done once a year. The two tests are:

- a blood test for eGFR (how well your kidneys are filtering)
- a urine test for ACR (how much protein is leaking).

In the early stages of kidney disease there may be no symptoms. Having high blood pressure causes further damage, which along with kidney disease, increases your risk of having a heart attack or stroke. With more advanced kidney disease you may feel unwell, tired or nauseous and your hands and feet may look swollen.

How can I keep my kidneys healthy?

In the next column are some really important things that you can do to keep your kidneys healthy.

Blood pressure

- Keep your blood pressure at a healthy level. You may need medication to do this.

HbA1c

- High blood glucose levels increase the chance of kidney damage. Discuss with your healthcare team an appropriate target to reduce them.

Stop smoking

- For help giving up ask for your local stop smoking service.

Cholesterol

- Lowering bad cholesterol is important to keep you healthy. You may need a statin to do this.

Eat a healthy balanced diet

- Reduce salt: eat less fast food, choose low-salt options, and do not add salt.
- If you drink, cut down on alcohol.
- Aim for at least five portions of vegetables and fruit a day.
- Eat less fatty foods, processed meats, full-fat dairy and sugary foods.
- Aim for at least two portions of oily fish a week.

Get more active

- Aim for 30 minutes five times a week to raise your heartbeat. Activities like walking fast and cycling all count. Add some activity that strengthens your muscles, like gardening or yoga, twice a week.

Agreed action plan

My personal goal is:

To be achieved when:

The two steps that I will take to achieve this are:

(Discuss and agree with your doctor or nurse. Think about what, where, when and how?)

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For information or support, call Diabetes UK Helpline: **0345 123 2399*** Monday to Friday, 9am–6pm, or go to www.diabetes.org.uk/info-kidneys