

IN DIABETES

YOUR KIDNEY HEALTH MATTERS

DIABETES
IS THE LEADING CAUSE OF
KIDNEY
DISEASE
IN CANADA¹

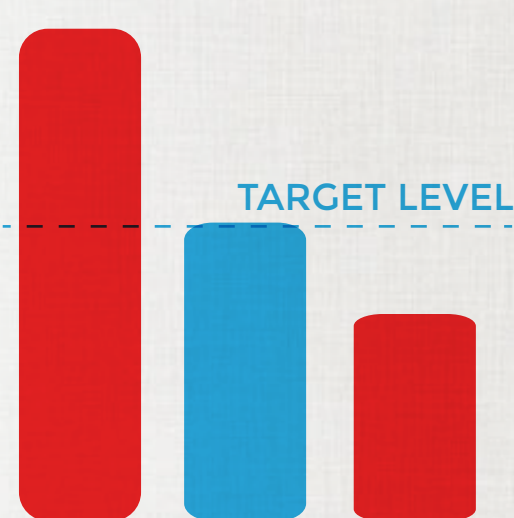


AS MANY AS

50%

OF PEOPLE WITH DIABETES MAY SHOW
SIGNS OF KIDNEY DAMAGE²

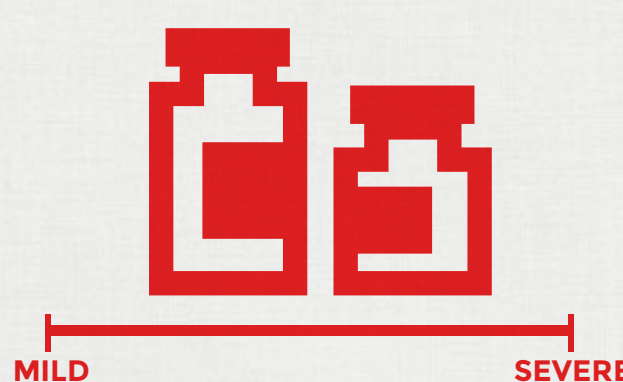
HIGH BLOOD SUGAR FROM
DIABETES CAN DAMAGE KIDNEYS³



KEEPING BLOOD
SUGAR LEVELS AT
TARGET RANGE
CAN HELP TO DELAY
OR PREVENT
COMPLICATIONS
OF DIABETES⁴



A CHANGE IN
DIABETES
MEDICATION MAY
BE NEEDED AS
KIDNEY FUNCTION
DECLINES TO KEEP
GOOD BLOOD
SUGAR LEVELS^{1,5}

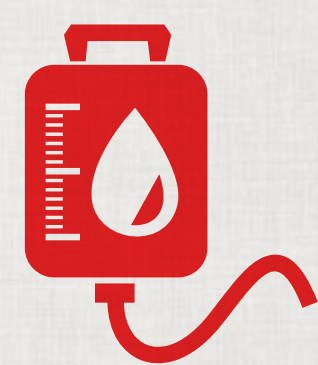


SOME MEDICATIONS
FOR DIABETES THAT
CONTROL BLOOD
SUGAR LEVELS CAN BE
STARTED AND TAKEN
AT ALL STAGES OF
KIDNEY FUNCTION⁵



EARLY ASSESSMENT
AND STARTING
TREATMENT MAY
MAINTAIN YOUR
KIDNEY FUNCTION
FOR LONGER¹

TIPS TO HELP MANAGE YOUR
DIABETES AND KIDNEY HEALTH^{3,6}



CONTROL BLOOD SUGAR LEVELS
AND BLOOD PRESSURE



TAKE MEDICATIONS
AS PRESCRIBED



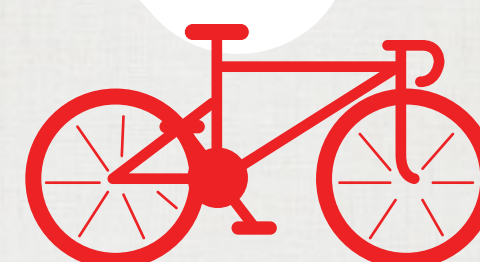
MAINTAIN PROPER
WEIGHT



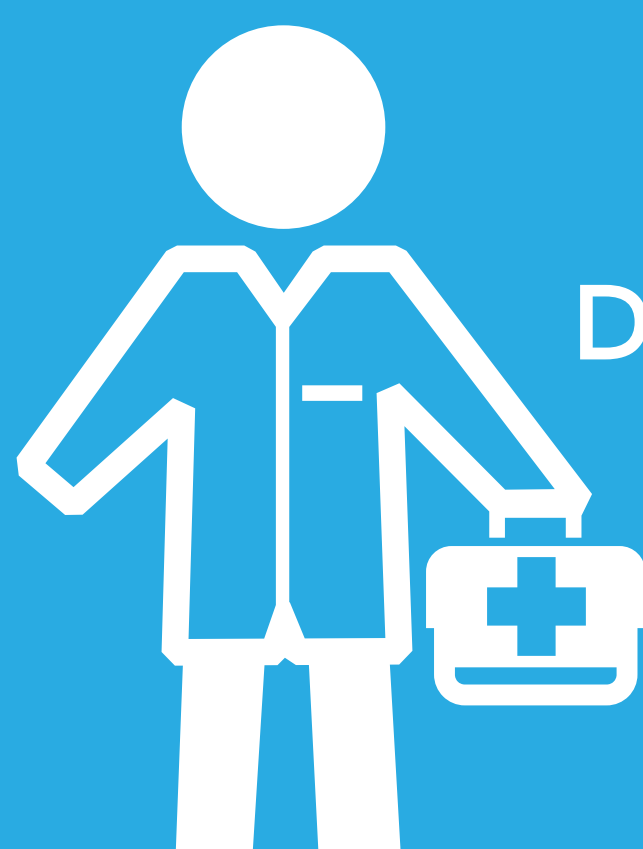
DON'T SMOKE



EAT A HEALTHY,
BALANCED DIET



EXERCISE REGULARLY



TALK TO YOUR DOCTOR ABOUT
DIABETES AND YOUR KIDNEY HEALTH

FOR MORE INFORMATION VISIT
WWW.KIDNEY.CA

¹ McFarlane P, Gilbert R, MacCallum L, et al. Canadian Diabetes Association 2013 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada: chronic kidney disease in diabetes. Can J Diabetes 2013;37(suppl 1):S129-S136.

² The Kidney Foundation of Canada, 2004. Diabetes and Kidney Disease. Available online: <http://www.kidney.ca/diabetes-and-kidney-disease> (Accessed May 2015).

³ CDA, 2015. Kidney Disease. Available online: <http://www.diabetes.ca/diabetes-and-you/complications/kidney-disease> (Accessed April 2015).

⁴ CDA, 2015. Managing Your Blood Glucose. Available online: <http://www.diabetes.ca/diabetes-and-you/healthy-living-resources/blood-glucose-insulin/managing-your-blood-glucose> (Accessed June 2015).

⁵ Canadian Diabetes Association Clinical Practice Guidelines Expert Committee. Canadian Diabetes Association 2013 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada: appendix 6. Can J Diabetes 2013;37(suppl 1):S207-S208.

⁶ CDA, 2015. Treatments & Medications. Available online: <http://www.diabetes.ca/about-diabetes/treatments-medications> (Accessed June 2015).