

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.

When 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. In the early stages of kidney disease there may be no visible symptoms. This is why it is so important to have tests for kidney disease at least once a year. The first sign of damage is protein leaking into your urine. It is important to pick this up early as there are many treatments to protect your kidneys from further damage. 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).

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 about a target level you need to aim for.

Stop smoking

- For help giving up ask for your local free NHS 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: Avoid adding salt in cooking and at the table and cook more meals from scratch.
- If you drink, keep your weekly alcohol intake to 14 units or less.
- Aim for at least five portions of vegetables and fruit a day.
- Choose healthier carbs and fats, eat more fruit and veg and cut down on free sugars, red and processed meat.
- Aim for at least two portions of oily fish a week.

Get more active

- Aim for at least 150 minutes a week of moderate intensity activity. This could be done by doing at least 30 minutes of activity five times a week. 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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