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What is my **chronic kidney disease (CKD)** risk?

Learn about the link between type 2 diabetes and CKD

How can I help prevent CKD?

Managing your diabetes and blood pressure may help to lower the chance of developing chronic kidney disease. Protect your kidneys by making healthy food choices, being more active, aiming for a healthy weight, and managing health conditions that can cause kidney damage.

It is vital to attend regular visits with your healthcare professional. This way your blood pressure, urine (for protein), blood (for waste products), and organs can be checked for signs of kidney disease and other complications of diabetes.

Write any questions you have for your healthcare team here.

To learn more about type 2 diabetes, visit NovoCare.com or scan this code with a smartphone or tablet

Scan me!

Scan me!

By scanning, we may collect aggregate data for analytics but not any personal information.

The photographs used in this booklet are for illustration only. The models in the photographs do not necessarily have diabetes or other ailments.

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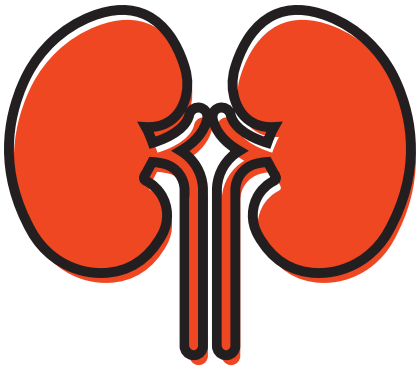
What is my **chronic kidney disease (CKD)** risk?

Diabetes is the leading cause of kidney disease. About 1 in 3 adults with diabetes have chronic kidney disease (CKD). Since you may not have or notice symptoms of CKD, it's important to understand the risk factors and take action to help protect your kidneys.



What is CKD?

Kidneys are important organs that help to:

- Filter blood
- Remove waste products
- Regulate your body's balance of minerals and water
- Make red blood cells
- Keep your bones healthy
- Maintain blood pressure

Each kidney is made up of millions of tiny filters called *nephrons*. CKD is when the kidneys have become damaged over time. This makes it harder for them to function the way they should. CKD may also increase the risk of other health problems like heart disease and stroke.

What are the risk factors for CKD?

Not everyone with diabetes will get kidney disease. There are many factors that can increase the chance of developing CKD. Diabetes and high blood pressure are the most common causes of kidney disease.

Risk factors that CANNOT change	Risk factors that CAN be managed
• Family history of CKD or kidney failure	✓ High blood glucose
• Ethnicity (such as African American, Latino or Hispanic, American Indian, Alaska Native)	✓ High blood pressure
• Over 60 years of age (but may happen at any age)	✓ High cholesterol
• History of acute kidney injury	✓ Smoking
	✓ Overweight or obesity

What are the symptoms of CKD?

Early kidney disease usually doesn't have any symptoms. As CKD advances, symptoms may include:

- Fluid buildup
- Loss of sleep
- Nausea
- Poor appetite
- Weakness
- Trouble concentrating

What is the link between type 2 diabetes and CKD?

Type 2 diabetes is a condition that leads to high blood glucose (sugar) levels. Over time, this can cause serious health issues, including damage to your kidneys.

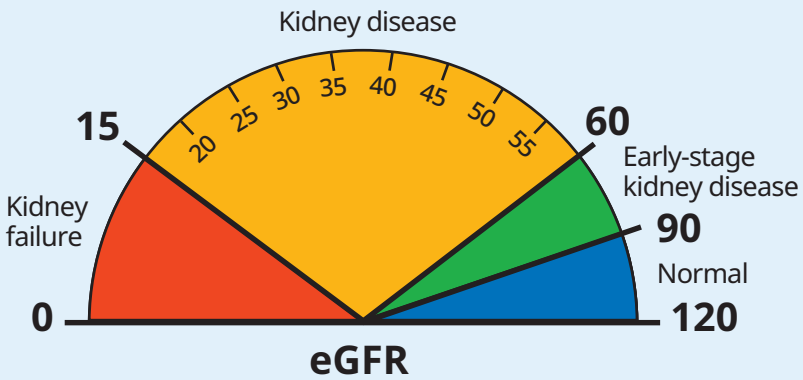
High levels of blood glucose make the kidneys filter too much blood. After some time, this extra work can damage the blood vessels and nephrons in the kidneys. Many people with diabetes also develop high blood pressure, which can also damage the kidneys.

How do I know if I have CKD?

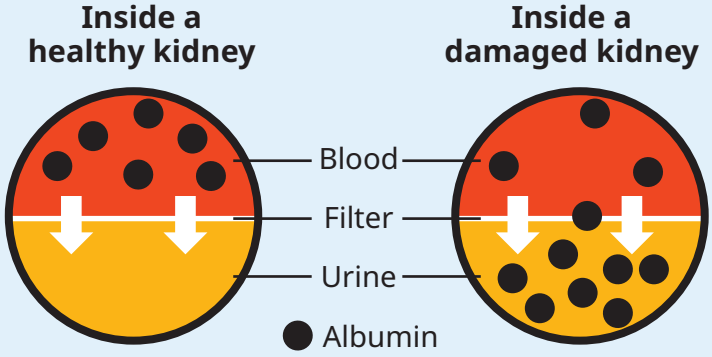
Testing may be the only way to know how well your kidneys are working. If you have diabetes, it's important to have your kidney function checked at least once a year or more often as directed by your healthcare professional. The sooner you know if you have kidney disease, the sooner you can start to manage it.

To check for kidney disease, healthcare professionals use:

Blood test to check how well your kidneys are filtering your blood, called *eGFR*. eGFR stands for estimated glomerular filtration rate.



Urine test to check for albumin (*uACR test*). Albumin is a protein that can pass into the urine when the kidneys are damaged.



If you have kidney disease, your healthcare professional will also use these tests to help monitor your kidney disease and make sure your treatment plan is working.