



National
Kidney
Foundation® | of
Illinois

Diabetes and Kidney Disease

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What is Chronic Kidney Disease?

- Chronic Kidney Disease (CKD) is defined as a gradual loss of kidney function over time. This loss of function can occur over many years.
- CKD is present when the Gomerular Filtration Rate (GFR) is below 60ml per minute for 3 consecutive months, or when there is more more than 30 mg of protein in the urine



Causes of Kidney Disease

- The two main causes of CKD are diabetes and high blood pressure, which are responsible for more than 2/3 of all new cases. Diabetes occurs when the body fails to produce Insulin, type 1, or the body cannot utilize the Insulin that is produced, type 2.
- Type 1 is usually seen in children and young adults. Type 2 is mostly seen in adults and now in children who are obese.



Causes of Kidney Disease

- Glomerulonephritis
- Stone Disease
- Chronic Gout
- Systemic Lupus
- Acute Kidney Injury

Diabetes and your Kidneys

- Diabetes is a major risk factor for kidney disease
- People with diabetes should be tested for kidney disease at least yearly.
- Controlling blood sugar and blood pressure are very important.
- This will help people with diabetic kidney disease to stay healthier and avoid complications.

Diabetes and your Kidneys

- About 1/3 of people with diabetes develop kidney disease. As shown previously, diabetes is the leading cause of kidney disease.
- There are steps that you can take to prevent kidney disease.
- YOU have to be proactive!

Diabetes and your Kidneys

- Who's at increased risk?
- Anyone with high blood pressure or diabetes
- Anyone with a family history of kidney disease
- African Americans, Hispanics, Asians, Pacific Islanders, and Native Americans
- Anyone age 60 or older



Diabetes and your Kidneys

- Individuals who are obese (body mass index greater than 30)

Quality of Life with Diabetes

- More than 26 million Americans have diabetes and require a lifetime of treatment. You are not alone. Diabetes requires a lifetime of self management. This can be challenging, but the benefits are very real.
- **Knowledge and awareness** are at the heart of good diabetes self-management.

Quality of Life with Diabetes

- **Self-empowerment** is the key to success. A positive approach can help you feel better and reduce your risk factors.
- Diabetes educators can provide you with the support that you need. They are healthcare professionals such as nurses, dietitians, doctors, exercise physiologists.



How does Diabetes affect the Kidneys?

- Your kidneys contain filters that are filled with tiny blood vessels. High sugar levels in the blood can cause these blood vessels to become narrow and clogged. When the filters don't get enough blood, less waste and fluids are removed from the blood
- Diabetes can damage the nerves in your body, causing problems with your feet and hands. (Diabetic Neuropathy)



What Should You DO?

- A simple urine test can check to see if you have protein in your urine. Your body needs protein. It should stay in your blood, not in urine.(Albuminuria)
- A simple blood test to determine GFR. This number tells you how well your kidneys are working. The GFR is estimated from a simple blood test, creatinine.

What Should You Do?

- See your health care provider on a regular basis
- See a dentist at least twice a year
- See a podiatrist at least once a year
- See an Ophthalmologist at least once a year looking for changes in the Retina
- Blood sugar control
- Take your meds

What Should You Do?

- Problem solve
- Healthy coping
- Call the National Kidney Foundation of Illinois for more information CALL 1-800-9-KIDNEY for free booklets on diabetes