

If you have type 2 diabetes,

## HERE IS WHAT YOU SHOULD KNOW ABOUT CHRONIC KIDNEY DISEASE



Chronic kidney disease (CKD) is a condition where there is a gradual loss of kidney function. The disease is called chronic because the damage to your kidneys happens steadily over a period of time and does not get better. When your kidneys are damaged, they can't filter blood like they should, which can cause dangerous levels of waste and fluid to build up in your body.

### CKD by the numbers



Up to 40% of people with type 2 diabetes (T2D) develop CKD



Diabetes is the #1 cause of kidney failure

### If you have CKD in T2D, you're:



3x more likely to suffer a cardiovascular event such as a heart attack or stroke than people with diabetes alone



More likely to experience high blood pressure

### Factors that may increase your chance for developing chronic kidney disease

If you have type 2 diabetes and any of the risk factors listed below, talk with your doctor about getting tested for CKD and what you can do to protect your kidneys:

- ✓ High blood pressure
- ✓ Family history of kidney disease
- ✓ Overweight/high BMI (body mass index)

**For more information on diagnosing and managing CKD in T2D and to get our doctor discussion guide and view helpful videos, visit [CKDandT2D.com](https://www.ckdandt2d.com)**

# GETTING TESTED FOR CHRONIC KIDNEY DISEASE



You can find out if you have kidney damage by taking a UACR (urine albumin-to-creatinine ratio) test at least once a year. A **UACR test** can detect how much small protein, called albumin, is in your **urine**, which is one of the earliest indicators of kidney damage. The sooner you catch CKD, the more you can do to slow its progression and help protect your kidneys from further damage.

A UACR test is often one of the earliest indicators of kidney damage, but isn't always part of a routine health screening and is different from usual urinalysis tests that are commonly used at doctor's appointments, so be sure to ask your healthcare provider specifically for a UACR test.

## What is a normal UACR test result?



### Normal

Continue testing once a year



### High

May indicate kidney damage. Speak with your healthcare provider about your risk of CKD

## What is an eGFR test?



You may have heard of an eGFR (estimated glomerular filtration rate) test. This is a **blood test** that's used to measure how well your kidneys are functioning. Once your kidney function or eGFR begins to decline, the damage cannot be reversed.

**Get ahead of further kidney damage. Ask your healthcare provider for a urine test, called a UACR, to find out if you have chronic kidney disease.**

# HOW CHRONIC KIDNEY DISEASE AFFECTS YOUR HEALTH

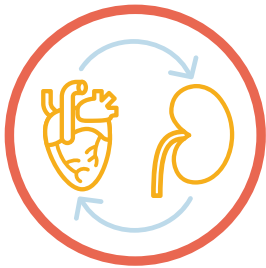


There are generally no symptoms of CKD until you reach the later stages. If you're diagnosed with CKD, ask your healthcare provider about steps you can take to slow the progression of the disease.



## Why kidneys are important

Kidneys keep your whole body working well, so the health of your kidneys impacts the health of your entire body. The kidneys' main job is to filter the blood and remove waste and extra fluid, which leaves your body as urine.



## Chronic kidney disease and your heart

Your heart and kidneys work together to keep you healthy. When one isn't working properly, the other is affected. This is why CKD can worsen heart disease; likewise, heart disease can worsen CKD. Heart disease is the most common cause of death among people with CKD in T2D.



## Chronic kidney disease and your blood pressure

Damaged kidneys may release too much of an enzyme called renin, which can lead to high blood pressure, and make kidney disease worse. Worsening kidney disease raises blood pressure, creating a dangerous cycle as each disease makes the other worse.

**Don't wait. Make an appointment today with your healthcare provider to get screened for CKD by taking a UACR urine test.**

# ANSWERS TO FREQUENTLY ASKED QUESTIONS ABOUT CKD



## **Can I have chronic kidney disease and not feel sick?**

There are generally no symptoms of CKD until you reach the later stages. This is why it's important to get ahead of any further kidney damage. Talk to your doctor about taking a UACR urine test.

## **I get a urine test when I visit my doctor. Is this a UACR?**

Not all urine samples are tested for UACR, which is one of the earliest indicators of kidney damage. Ask your doctor about taking a UACR test so you will be able to detect CKD as early as possible and have time to get ahead of any further damage to your kidneys.

## **My doctor said that I have "leaky kidneys." What does this mean?**

If your kidneys are damaged by inflammation and scarring, they can't filter small proteins out of the blood and protein will "leak" from the kidneys into your urine, indicating that your kidneys may be damaged by CKD.

## **Is there a cure for chronic kidney disease?**

Once you develop chronic kidney disease, you cannot cure or reverse it. Talk with your healthcare provider about steps you can take to slow the progression of the disease.

## **My blood sugar levels are well controlled. Am I still at risk for chronic kidney disease?**

Even people with well-controlled blood sugar levels can develop CKD.

## **How often should I get tested for CKD?**

You should ask your healthcare provider for a urine test, called a UACR, at least once a year, to check for kidney damage.

## **Am I going to end up on dialysis?**

CKD is a chronic disease, which means that it will gradually worsen, and you could end up on dialysis. However, there are things you can do to help protect your heart and kidneys, so it is important to get tested early and talk to your doctor about steps you can take to delay progression.

**Sign up for [My Kidney Connection](#) and gain access to helpful resources, kidney-friendly recipes, insightful patient profiles, and more at [CKDandT2D.com](#)**

