



Protecting Your Kidney Health When You Have Diabetes

If you have diabetes, you are at greater risk of developing Chronic Kidney Disease (CKD). But there are things you can do to protect your kidney health.

Approximately 1 in 3 adults with diabetes have CKD. Why? Because, over time, high blood sugar from diabetes can damage the kidneys so they don't work as well as they should. Plus, many people with diabetes have high blood pressure, which can also harm the kidneys.

Your kidneys filter wastes and excess fluids from your blood, which are then removed in your urine. When you have CKD, there is a gradual loss of kidney function, which can lead to dangerous levels of fluid, minerals and waste building up in your body.

Ways to Keep Your Kidneys Healthy

- Keep your blood sugar levels in your target range.
- Get an A1C test at least twice a year, more often if your medicine changes or if you have other health conditions. Talk to your doctor about how often is right for you.
- Check your blood pressure regularly and keep it below 140/90 mm/Hg (or the target your doctor sets).
- Stay in your target cholesterol range.
- Eat a diet that's lower in sodium and rich in fruits and veggies.
- Be physically active.¹
- Take your medicines as directed.

If you have diabetes, are prediabetic, or have a family history of diabetes, talk with your doctor about what can be done to protect your kidneys.



To learn more about how to get and stay healthy — as well as all the programs and services available to you as a Horizon member — visit HorizonBlue.com/shbp. Or call us at 1-800-414-SHBP (7427), weekdays, from 8 a.m. to 6 p.m., Eastern Time (ET).

HorizonBlue.com

¹Talk to your doctor before beginning any new diet or exercise program.

Source: Centers for Disease Control and Prevention. *Diabetes and Chronic Kidney Disease*. Retrieved on February 16, 2024 from cdc.gov/diabetes/managing/diabetes-kidney-disease.html.

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