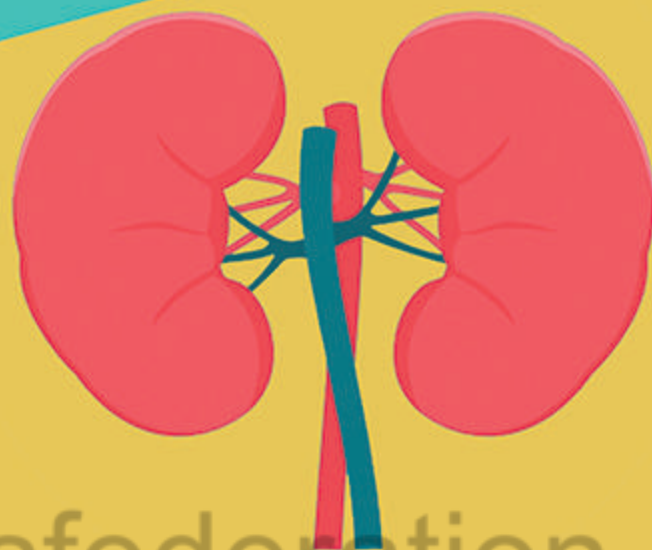


Step 2

Serum creatinine level and the estimated glomerular filtration rate (eGFR) will help you to check your kidney function.



How to protect your kidneys from Diabetes?

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- Proper blood sugar control
- Adequate blood pressure control
- Annual checking of above urine and blood tests
- proper medical follow up
Will help you to protect your kidneys from Diabetes.



Protect your
kidneys from
Diabetes

Can Diabetes damage your kidneys?



Yes. Poor diabetes control can damage your kidneys and even cause complete failure of the kidneys. Then you might have to undergo either kidney transplant or haemodialysis.



Are all patients with diabetes affected by kidney damage/ failure?

No. Not at all. Majority of the patients with Diabetes (60-80%) are not affected by kidney disease. You can easily protect your kidneys by adhering to medical advice and properly taking the prescribed medication.



Do your medications harm your kidneys?

No. It is a complete myth. Diabetes medications which are prescribed by a qualified doctor will never harm your kidneys. In fact they will provide an additional protection to your kidneys. Especially, metformin does not harm your kidneys. But if your kidneys are already damaged due to diabetes, you will not usually be prescribed metformin.



How to check whether your kidneys are affected by Diabetes?

It is essential to obtain proper medical advice for this.

Step 1

Kidney damage can be assessed by checking the urinary albumin level



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