Candid Conversations about Diabetes and Kidney Health
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What is Chronic Kidney Disease?

- Chronic Kidney Disease (CKD) is a gradual loss of kidney function over time. This loss of function can occur over many years.

- How does it relate to diabetes?
The Two Main Causes of Kidney Disease

• Diabetes

• High blood pressure
How Does Diabetes Affect the Kidneys?

- Kidneys have blood vessels that filter out wastes and extra fluid.

- With diabetes, these vessels become narrow and clogged because of high blood sugar.

- The kidneys are then less able to filter wastes and fluids.

- They are also less able to retain the protein albumin, which gets lost in the urine.
Diabetes and Your Kidneys

• Diabetes is the most common risk factor for kidney disease

• People with diabetes should be tested for kidney disease every year

• Blood sugar and blood pressure management are key to protecting the kidneys
Diabetes and Your Kidneys

- About 1/3 of people with diabetes get kidney disease

- There are steps you can take to prevent or slow the onset or progression of kidney disease: Take charge!
Quality of Life with Diabetes

• Your healthcare team, including an endocrinologist and diabetes educator, can provide you with the support you need.
What Should You DO?

Get these 2 simple tests:

• **Urinary albumin-to-creatinine ratio (ACR):**
  • Too much albumin in your urine indicates the presence of kidney damage and can cause more kidney damage.
  • Albumin in the urine is a **SIGN** of kidney damage and a **CAUSE** of further kidney damage.

• **Glomerular filtration rate (GFR):** This blood test shows how well your kidneys are working.
What Should You DO?

• See your healthcare professional on a regular basis.

• Know your A1c to see if your blood sugar is staying within a range that’s good for you.

• Take your medications as prescribed.

• If you have high blood pressure, discuss with your healthcare professional the medications that will protect your kidneys.
Are You at Risk?

- Be aware that symptoms for kidney disease are silent until it is very far advanced.
- Discuss risk factors with your healthcare team.
- Ask about getting tested for ACR and GFR.
Prevention and Treatment

• Exercise and maintain a healthy weight.

• Medication: If you have kidney disease, try to avoid non-steroidal inflammatory drugs (NSAIDs). Ask your healthcare team about other medication and supplements to avoid, or how to use drugs like metformin safely with kidney disease.

• Nutrition:
  • DASH diet for early-stage kidney disease. Certain dietary modifications may apply as kidney disease progresses.
  • Modifying sodium intake may improve blood pressure and possibly reduce albumin in the urine.

• Stress Management

• Lifestyle Behaviors
Resources

• DiabetesSisters – www.diabetessisters.org

• National Kidney Foundation – nkfcares@kidney.org; 1-855-NKF-CARES

• National Institute of Diabetes and Digestive and Kidney Diseases -- https://www.niddk.nih.gov/

• Center for Disease Control & Prevention – www.cdc.gov; 1-888-CDC-INFO