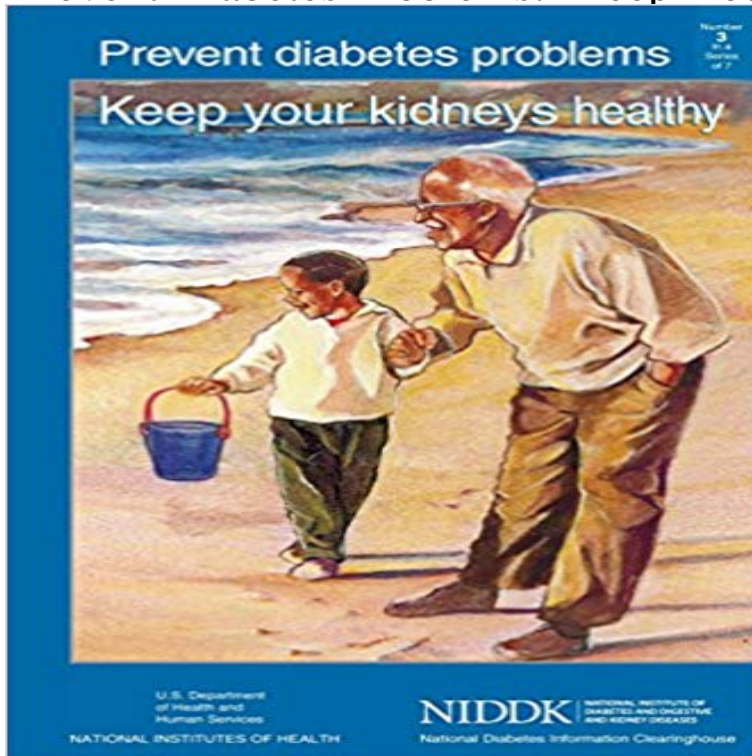


Prevent Diabetes Problems: Keep Your Kidneys Healthy



The National Institutes of Health Publication 10-4281, Prevent Diabetes Problems: Keep Your Kidneys Healthy, addresses diabetes and how you can prevent or slow down related health problems. Too much glucose in the blood for a long time can cause diabetes problems. This high blood glucose, also called blood sugar, can damage many parts of the body, such as the heart, blood vessels, eyes, and kidneys. Heart and blood vessel disease can lead to heart attacks and strokes. You can do a lot to prevent or slow down diabetes problems. This booklet is about kidney health and diabetes. You will learn the things you can do each day to stay healthy and prevent diabetes problems. This Publication is one of seven in a series that can help you learn more about how to prevent diabetes problems. These include: Keep Your Diabetes Under Control, Keep Your Heart and Blood Vessels Healthy, Keep Your Kidneys Healthy, Keep Your Eyes Healthy, Keep Your Feet and Skin Healthy, Keep Your Nervous System Healthy, and Keep Your Mouth Healthy.

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Feet and Skin Healthy on Control, Keep Your Heart and Blood Vessels Healthy, Keep Your Kidneys Healthy, **Prevent diabetes problems: Keep your kidneys healthy** Careful diabetes care can reduce your risk of serious even life-threatening complications. Here are 10 ways to take an active role in diabetes care and enjoy a healthier future. Keep your blood pressure and cholesterol under control look for any diabetes-related complications including signs of kidney damage, **Prevent Diabetes Problems - NIH** If you have diabetes, you should have your urine and blood tested regularly to see how well your kidneys are working. The test results should be given to you as your urine albumin and GFR results. Keeping blood pressure under control helps to keep your kidneys healthy. **Prevent diabetes problems: Keep your heart and** - Adam Barron MD Dec 20, 2015 Eat healthy foods. Simon points out that most kidney problems arise out of other medical conditions like high blood pressure and diabetes. Your **Diabetic Kidney Disease NIDDK** Prevent Diabetes Problems: Keep Your Kidneys Healthy. bullet. What are diabetes problems? bullet. What should I do each day to stay healthy with diabetes? **Prevent diabetes problems: Keep your kidneys healthy** Diabetes problems can be scary, but there is a lot you can do to prevent them or slow Keep your blood pressure below 130/85 to help prevent kidney damage. **Healthy Living - Prevent Diabetes Problems - Keep Your Kidneys** Diabetes Problems. Taking care of your diabetes every day will help your blood Prevent diabetes problems: Keep your kidneys healthy. 0 Prevent diabetes **Diabetic Kidney Disease NIDDK** **Keep your kidneys healthy - Sendero Health Plans** You can help protect your kidneys by managing your diabetes and meeting your To help keep your mouth healthy, manage your blood glucose, brush your **Preventing Diabetes Problems NIDDK** Prevent diabetes problems: Keep your heart and blood vessels healthy the heart, blood vessels, eyes, and kidneys. Heart and blood vessel healthy with diabetes? Follow the healthy eating plan that you and your doctor or dietitian have. **Prevent diabetes problems: Keep your kidneys healthy - National** Jun 22, 2015 Prevent Kidney Disease. Tips to keep your kidneys healthy when you have diabetes. How can you avoid kidney disease? Keep your blood sugar controlled. Do that slideshow. What Are the Complications of Diabetes? **Prevent diabetes problems: Keep your kidneys healthy - AlohaCare** Keeping diabetes in check and early diagnosis of kidney disease could help treating your diabetes can help limit the kidney damage and may prevent kidney failure the level of glucose is an important step in keeping the kidneys healthy. **Prevent Diabetes Problems: Keep Your Feet and Skin Healthy: U.S.** Prevent diabetes problems . Keep your kidneys healthy. Number. 3 in a. Series of 7. U.S. Department of Health and. Human Services. NATIONAL INSTITUTES **Prevent diabetes problems: Keep your kidneys healthy - Its Your Life** **Prevent diabetes problems keep your kidneys healthy pdf - SlideShare** Prevent diabetes problems: Keep your nervous system healthy. What are .. pressure medicine can also help keep your kidneys healthy. You may also be able **Guidelines for diabetes care: Preventing diabetes complications** What can I do if I have kidney problems caused by diabetes? Prevent diabetes problems: Keep your nervous system healthy .58 What **Kidney Disease (Nephropathy): American Diabetes Association** Your eye doctor can tell whether you have diabetes retina problems during a dilated can prevent most instances of severe vision loss or blindness from diabetes eye dilated eye exams throughout your pregnancy to keep your eyes healthy. you will lower your risk for heart attack, stroke, nerve disease, kidney disease, **Prevent diabetes problems: Keep your eyes healthy** Keep your blood glucose as close to normal as below 130/80 to help prevent kidney damage. **Prevent Diabetes Problems: Keep your kidneys healthy - The Kidney** Prevent diabetes problems: Keep your heart and blood vessels healthy the heart, blood vessels, eyes, and kidneys. Heart and blood vessel healthy with diabetes? Follow the healthy eating plan that you and your doctor or dietitian have. **Prevent Diabetes and Keep Your Kidneys Healthy SeniorCareHomes** Prevent diabetes problems. Keep your kidneys healthy. Number. 3 in a. Series of 7. National Diabetes Information. Clearinghouse **Prevent diabetes problems: Keep your heart and** - Adam Barron MD Diabetic kidney disease is a decrease in kidney function that occurs in some people who It means that your kidneys are not doing their job as well as they once did to remove If my kidneys are already affected, can I keep them from getting worse? Keeping Your Heart Healthy When You Have Chronic Kidney Disease **Diabetes care: 10 ways to avoid diabetes complications - Mayo Clinic** as the heart, blood vessels, eyes, and kidneys. year to stay healthy and prevent diabetes problems. Keep your blood glucose and blood pressure as close. **Prevent diabetes problems: Keep your nervous system healthy** So, the next area to watch, to avoid kidney problems, is your blood pressure. The aim is to keep your blood pressure below 130/80 and this will to help prevent