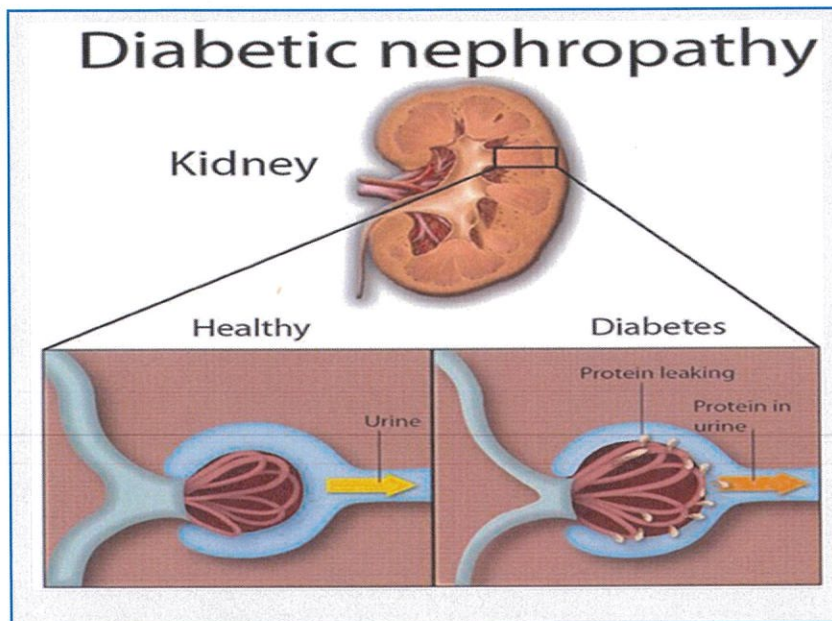


DIABETES COMPLICATIONS part 4: Diabetic Kidney disease



Potential Diabetes Complications: Diabetic Kidney disease

- Diabetes can damage your kidneys if your blood sugar is out of control.
- This happens as diabetes blocks the small arteries inside your kidney.
- This causes excessive protein to leak from the kidney into the urine.
- Diabetes reduces the kidneys' ability to remove waste products and extra fluid from your body.
- Diabetic Kidney disease may progress to kidney failure, also called end-stage kidney disease.
- Kidney failure is a life-threatening condition. When that happens treatment options are only dialysis or a kidney transplant- which is not available in Botswana.

How can kidney disease if you are a Diabetic?

- Reduce your blood sugar to a HBIAC of 7% and below- **Again, this is the most crucial element!**
- Make sure your blood pressure is under control as the combination of high blood pressure and diabetes leads to faster deterioration of your kidney function than any of these factors alone.
- Make sure you take enough fluid as dehydration can accelerate the damage to your kidney.
- Reduce the intake of Salt as far as possible.
- Reduce your intake of certain medication, e.g. Brufen, to a minimum.

Company Medical Doctor

Date