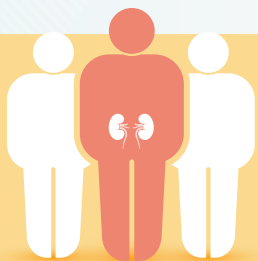




Diabetic Kidney Disease: What Does It Mean For Patients?



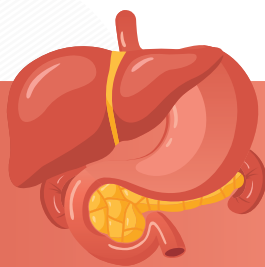
One in three adults diagnosed with diabetes has Chronic Kidney Disease (CKD)¹

Every 24 hours, 170 patients with diabetes begin kidney replacement therapy¹



90%
90% of patients with CKD do not know that they have it²

Nonmodifiable Risk Factors Of DKD³



- ① Age when diagnosed
- ② Family health history
- ③ Level of formal education
- ④ Being male
- ⑤ Having either type 1 or type 2 diabetes

Patient Education & Empowerment



RISK FACTORS

In Diabetic Kidney Disease (DKD), there are risk factors you can help control (modifiable) and risk factors you cannot help control (nonmodifiable).^{3,4}



MEDICATION COMPLIANCE

It is important to take your medications on time and as instructed by your health care provider.^{3,4}



PATIENT EMPOWERMENT

You play an important role in your health. You are a member of your own health care team. Follow recommendations by your doctor and help take charge of modifiable risk factors.^{3,4}

Modifiable Risk Factors Of DKD³



- ① Control of blood sugar
- ② Control of blood pressure
- ③ Drinking alcohol & alcoholism
- ④ Control of blood cholesterol levels
- ⑤ Being overweight or obese
- ⑥ Exercising & being physically fit
- ⑦ Having social support from family & friends

References:

1. Chronic kidney disease. US Centers for Disease Control and Prevention (CDC). Published May 15, 2024. Accessed July 12, 2024. <https://www.cdc.gov/diabetes/diabetes-complications/diabetes-and-chronic-kidney-disease.html>.
2. Chronic kidney disease in the United States, 2023. US Centers for Disease Control and Prevention (CDC). Published May 15, 2024. Accessed July 12, 2024. https://www.cdc.gov/kidney-disease/php/data-research/?CDC_AAref_Val=https://www.cdc.gov/kidneydisease/publications-resources/ckd-national-facts.html.

3. McGrath K, et al. Diabetic kidney disease: diagnosis, treatment, and prevention. *Am Fam Physician*. 2019;99(12):751-759.
4. Top 10 takeaways for patients from the KDIGO 2022 clinical practice guideline for diabetes management in CKD. KDIGO. Accessed July 12, 2024. <https://kdigo.org/wp-content/uploads/2022/10/KDIGO-2022-Diabetes-Management-in-CKD-Guideline-Top-10-Takeaways-for-Patients.pdf>.
5. Rossing P, et al. Executive summary of the KDIGO 2022 clinical practice guideline for diabetes management in chronic kidney disease: an update based on rapidly emerging new evidence. *KDIGO Exec Concl*. 2022;102(5):990-999.

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Diabetic Kidney Disease (DKD): What Does It Mean For Patients?

Regular Tests For DKD



Glucose testing helps your doctor diagnose DKD or identify if you are at risk for DKD³:

- Blood glucose testing
- Hemoglobin A1c (HbA1c)



Kidney function tests can be ordered to check how well your kidney is functioning³:

- Estimated glomerular filtration rate (eGFR)
- Serum creatinine (sCr)
- Spot urine albumin/creatinine ratio testing
- Screen for micro-/macroalbuminuria

Recommended HbA1c Targets

HbA1c Targets From The American Diabetes Association (ADA)³

- **<6.5%** is a target for patients without low blood sugar or complications. This target carries an expectation for a long life
- **<7%** is an excellent target goal for many adults
- **<8%** is an acceptable target goal for these patients³:
 - Those with advanced kidney disease
 - Elderly or frail patients
 - Patients with other chronic diseases
 - Those who have risk for low blood sugar levels
 - Patients who have experienced DKD for a long time or are at end of lifespan



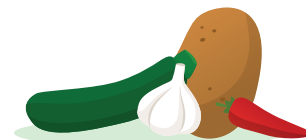
In addition to your diet and lifestyle choices, your doctor may prescribe medicines to^{4,5}:

- Control your blood sugar
- Control high blood pressure
- Protect your kidneys
- Control cholesterol levels
- Protect your heart and blood vessels



Healthy Lifestyle Intentionality^{4,5}

- **Nutritious food:** fruits, vegetables, whole grains, legumes, nuts, plant-based proteins, and unsaturated fats
- **Try to avoid:** processed meats, simple carbohydrates, and sweetened drinks
- **Lower the amount of salt you eat:** <1 teaspoon of salt daily
- **Daily protein:** 0.8 grams/kilogram of body weight
- **Registered dietitian nutritionist education:** Meet with a dietitian and learn about a healthy diet; eat healthy foods.
- **Exercise**
- **Stop smoking**



References:

1. Chronic kidney disease. US Centers for Disease Control and Prevention (CDC). Published May 15, 2024. Accessed July 12, 2024. <https://www.cdc.gov/diabetes/complications/diabetes-and-chronic-kidney-disease.html>.
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