

Diabetes: Managing Kidney Disease

Taking care of yourself is an important part of managing kidney disease.

And even though it can't be reversed, there are steps you can take to slow it down.

Here are a few things you can do to help manage your kidney disease.

First, eat healthy foods.

Follow your meal plan to know how many carbohydrates to eat at meals and snacks.

Your doctor may also suggest cutting down on salt.

Try looking for low-sodium labels on the foods you buy.

Second, try to find ways to move more each day.

Regular activity can help both your blood pressure and your blood sugar.

And it doesn't have to be heavy activity. Try taking several short walks every day.

Every little bit of activity you do throughout the day adds up.

Third, do your best to take your medicines exactly as prescribed.

Medicines for high blood pressure and diabetes not only help manage those problems, but they also help protect your kidneys.

Finally, make sure your doctor checks your kidney function each year.

And keep checking your blood pressure and blood sugar.

Regular checks can help you and your doctor manage your kidneys in the best possible way.

This may seem like a lot to manage.

But the good news is that you can protect your kidneys by eating healthy foods, being more active, taking your medicines, and tracking your kidney function, blood sugar, and blood pressure.

And remember, if you have any questions, you can always call your doctor.