

## Take Care of Your Diabetes to Keep Your Kidneys Healthy

*From: National Diabetes Education Program*

**DIABETES  
ALERT  
DAY**

**American  
Diabetes  
Association  
Alert Day is  
observed on the  
4th Tuesday in  
March. This is a  
one-day  
wake-up call to  
inform the  
American  
public about the  
seriousness of  
diabetes,  
particularly  
when diabetes is  
left  
undiagnosed or  
untreated.  
Diabetes Alert  
Day 2018 is on  
Tuesday,  
March 27th.  
Spread the  
word!**

If you have diabetes, it's important that you know about the link between diabetes and kidney disease, and what you can do to keep your kidneys healthy.

### **Why do we have kidneys?**

You have two kidneys, each about the size of your fist, located just below the rib cage, near your back. Their main job is to filter wastes and excess water out of your blood to make urine. Your kidneys also help control blood pressure.

### **What is kidney disease?**

Your kidneys filter your blood through many tiny blood vessels within your kidney. If the blood vessels in your kidney are damaged, they become less and less able to do their job. This damage can cause wastes to build up in your body. This is called kidney disease.

### **What is the link between diabetes and kidney disease?**

Kidney disease is most often caused by diabetes or high blood pressure (which many people with diabetes also have). As many as 2 in 3 people with diabetes also have high blood pressure. About 1 in 3 people with diabetes have kidney disease.

When you have diabetes, there is too much sugar (glucose) in your blood. This high blood sugar can damage the tiny blood

vessels in your kidneys, so they have trouble filtering waste from your blood. High blood pressure also can damage these blood vessels.

Having diabetes does not mean you will get kidney disease. The better a person with diabetes keeps their blood sugar and blood pressure under control, the lower the chance of getting kidney disease.

Kidney disease usually develops over many years, and has few warning signs in the early stages; so many people with kidney disease don't know they have it. That's why it's important to manage your diabetes and your blood pressure at all times.

### **Can kidney disease be treated?**

Yes. If you have kidney disease, you can stop it from getting worse by taking care of your diabetes and taking any needed medicines.

People with diabetes can lower their chances of having diabetes-related health problems like kidney disease by managing the ABCs of diabetes – A1C, Blood Pressure, and Cholesterol.

A is for the A1C test. It measures your average blood sugar level over the past three months.

B is for blood pressure. High blood pressure makes

your heart work too hard.

C is for cholesterol. Bad cholesterol, or LDL, builds up and clogs your arteries.

**Ask your health care team what your A1C, blood pressure, and cholesterol numbers are; what your ABC numbers should be; and what you can do to reach your ABC goals.**

Here are other things you can do to keep your kidneys healthy when you have diabetes:

- Get your blood and urine tested at least once a year to measure how well your kidneys are working.
- Be physically active.
- If you smoke, get help to quit.
- Follow what your doctor says. Your doctor may ask you to see a special doctor to help with your kidney disease. Your doctor may also tell you to eat less salt or less protein.
- Take all medicines that your doctor tells you to take – even when you feel well.

Spread the word about the link between diabetes and kidney disease. There are many things you can do to take care of your kidneys and your overall health when you have diabetes.



Lake Cumberland District Health Department

A Healthy Today for a Brighter Tomorrow

Lake Cumberland District Health Department

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1-800-928-4416 diabetes@lcdhd.org

We are here to help!



### Do Know Your ABCs??

Below are the goals for A1c, blood pressure and cholesterol.

- A: A1c 7% or lower
B: Blood Pressure 140/90 or lower
C: Cholesterol
Total Cholesterol - under 200
LDL -under 100
HDL -over 50 for Women over 40 for Men
Triglycerides -under 150

Have you talked to your health care provider about your blood sugar goals? Sick Day guidelines? Any changes in your feet? When you need to call ?

## Vegetable Casserole

### Ingredients

- cooking spray
10 oz frozen mixed vegetables
1/2 cup chopped fresh red onion
1/2 cup chopped green bell pepper
1 cup low sodium vegetable juice
1/8 tsp dried thyme
1/4 tsp dried oregano
1/4 tsp chopped fresh parsley
1/4 tsp chopped garlic
3 tbsps grated Parmesan cheese

### Directions

- Preheat oven to 350°F.
1. Lightly coat 9"x9" baking dish with cooking spray.
2. In casserole dish, layer frozen mixed vegetables, onion, and pepper.
3. In small bowl, combine vegetable juice, herbs, garlic, and 2 tbsps Parmesan cheese.
4. Pour vegetable juice mixture over vegetables, cover and bake 1 hour.
5. Remove cover, sprinkle with remaining Parmesan cheese.

Bake additional 5-8 minutes, uncovered, until cheese melts.

### Nutrition Information

Per serving—95 calories; 15g carbohydrates; 2g fiber; 1g saturated fat; 5g protein; 119mg sodium

http://dlife.com/recipes/veggie-casserole/

