

Preventing or Delaying Kidney Disease

Who gets kidney disease?

Not everyone with diabetes develops kidney disease. Factors that affect whether you develop kidney disease include genetics, blood glucose (also called blood sugar) control, and blood pressure.

What can I do to prevent or delay kidney disease?

The better you keep your blood glucose and blood pressure in your target ranges, the lower the chance of getting kidney disease. This helps prevent or delay kidney disease and also slows it down if you already have it. All of these actions work best if you start at the earliest stages of kidney disease.

Keep Your Blood Pressure on Target

Keeping your blood pressure on target helps you avoid kidney disease, heart and blood vessel problems, and diabetic eye disease. The



American Diabetes Association recommends that most people aim for a blood pressure level of less than 140 over 90.

There are many types of medications to control blood pressure, but one type, called an ACE inhibitor, has been proven to slow the progression of kidney disease. In fact, it's so effective that doctors also prescribe it for people who don't have high blood pressure so that they can protect their kidneys. Another type of medication, called an ARB, can also help protect kidney function. You may need several types of blood pressure medications to reach your goal.

Reach Your Blood Glucose Targets

Another important thing you can do is to reach your blood glucose targets as often as possible. Talk with your health care team about the best blood glucose targets for you. The ADA recommends the following targets:

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- When you wake up and before meals: 80 to 130 mg/dL
- 2 hours after starting a meal below: 180 mg/dL

You'll also want to have an A1C test (also reported as estimated average glucose or eAG) at least twice a year. The results provide your average glucose levels for the previous 2 to 3 months. The ADA suggests that most people aim for an A1C of less than 7% or, if reported as eAG, less than 154 mg/dL.

Lose Weight, If Needed

If you're overweight, losing even 10 or 15 pounds can help you reach your blood glucose and blood pressure targets.

Have Regular Check-ups

Make sure you get regular check-ups, including an annual check of your urine for microalbumin (small amounts of protein), each year. This will show you and your doctor how well you're managing your blood glucose and blood pressure and tell him or her how well your kidney is working.