

Protecting Your Kidneys

When You Have Diabetes

In most cases, there are no symptoms of kidney problems. That is why it is important for people with diabetes to get their kidneys checked.

Take steps to protect your kidneys.



Get your kidneys checked every year. Blood and urine tests are the only way to know how well your kidneys are working.



Take care of your blood pressure and blood sugar.

Did you know?



Frequent use of common over-the-counter medicines can harm your kidneys.

These include the following:



Ibuprofen (Examples: Advil, Motrin, Midol)



Naproxen (Examples: Aleve, Naprosyn)

Talk with your doctor about over-the-counter medicines you may be using.

