

## Preventing Diabetic Kidney Disease: 10 Answers to Questions

Prevention, daily life, and wellbeing

Diseases and conditions

Disease prevention

Kidney diseases and conditions

Diabetic kidney disease



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Prevent diabetic kidney disease with good blood sugar control. Regular checkups, a healthy lifestyle, and medication can help protect your kidneys and overall health.

Diabetic kidney disease is a decrease in kidney function that occurs in some people who have diabetes. It means that your kidneys are not doing their job as well as they once did to remove waste products and excess fluid from your body. These wastes can build up in your body and cause damage to other organs.

### 1. What causes it?

The causes of diabetic kidney disease are complex and most likely related to many factors. Some experts feel that changes in the circulation of blood within the filtering units of the kidney (glomeruli) may play an important role.

### 2. Are some people more likely to get diabetic kidney disease?

Yes. The following risk factors have been linked to increased risk of developing this disease: high blood pressure, poor glucose (sugar) control and diet.

### 3. I have diabetes. How do I know if my kidneys are affected?

In the early stages, there may not be any symptoms. As kidney function decreases further, toxic wastes build up, and patients often feel sick to their stomachs and throw up, lose their appetites, have hiccups and gain weight due to fluid retention. If left untreated, patients can also develop heart failure and fluid in their lungs.