

# CKD



Living well with  
**Chronic Kidney Disease**

## CKD and diabetes

### The connection

Diabetes is the most common cause of CKD. High blood sugar damages the small blood vessels in the kidneys.

### Why control matters

Good blood sugar and blood pressure control help to slow kidney damage and protect the heart.



### Simple steps you can take

- Monitor blood sugar regularly
- Follow your diabetic meal plan
- Stay active and take medicines as prescribed
- Attend annual diabetes and kidney checks

