



Week 4: Diabetes and the Kidneys

Your kidneys filter waste from your blood. High blood sugar and high blood pressure can damage them, leading to diabetic kidney disease.

How to protect your kidneys:

- Keep blood sugar, blood pressure, and cholesterol in target range.
- Have your yearly urine test (to check for protein) and blood test (eGFR).
- Avoid smoking – it speeds up kidney damage.
- Take medicines as prescribed, especially if you're on tablets that protect the kidneys.



Did you know?

Kidney problems often have no symptoms in the early stages – testing is the only way to know.

