

Diabetes

Diabetes is a major cause of kidney disease, and approximately 25-40% of kidney disease patients have diabetes. The types of diabetes are Type 1 and Type 2. In Type 1 diabetes, the body does not make enough insulin. Insulin is a small protein made by the pancreas that helps the body use or store glucose from food. In Type 2 diabetes, the body makes insulin, but the cells in the body are resistant to insulin's actions or the body simply does not make enough insulin.

Diabetic nephropathy is the term used for kidney disease associated with diabetes. Not all diabetic patients will develop diabetic nephropathy.



Notes

Diabetes

In people with nephropathy, the kidney's blood vessels are unable to filter out the impurities in the blood. These blood vessels become blocked and leaky at the same time. As a result, some of the waste products that should be removed stay in the blood, and some of the proteins and nutrients that should stay in the blood are lost in the urine. Symptoms of kidney disease usually occur after considerable kidney damage has been done. These symptoms may include:

- Fluid build-up (swelling)
- Sleeplessness or tiredness
- Vomiting
- Weakness
- Itching
- Muscle cramps

How to manage and potentially delay the progression of kidney disease due to diabetes:

- See your doctor for regular checkups, even if you are feeling well
- Keep your glucose level and blood pressure under control
- Follow your doctor's recommendations about therapy and diet
- Exercise regularly (after checking with your doctor)
- Lose weight, if you are overweight
- Reduce stress
- Stop smoking
- Limit alcohol and caffeine

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