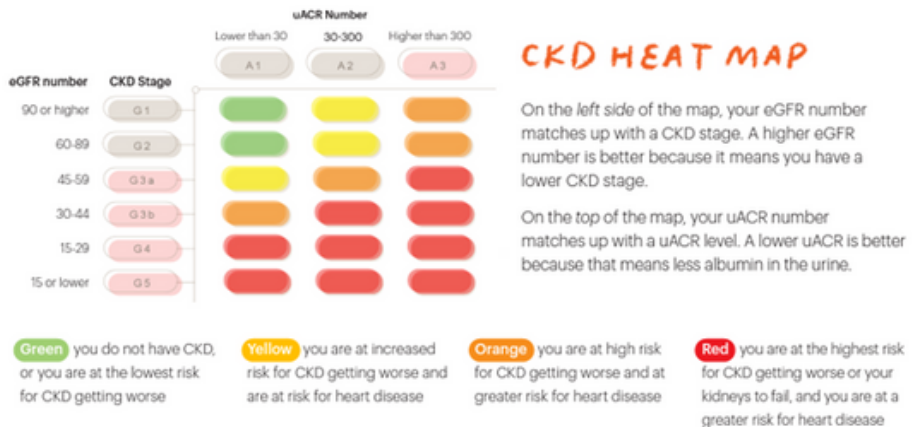


Reducing Risks

Kidney Health - What is CKD (Chronic Kidney Disease)?

As things are heating up for summer, Stability Health wants you to know about a different kind of Heat Map. The CKD Heat Map uses the results from 2 important lab tests to determine your kidney health, a blood test called the Estimated Glomerular Filtration Rate, eGFR, and a urine test called the Urine Albumin to Creatinine Ratio, uACR.



For more detailed information on the Heat Map click [NKF Heat Map](#)

Why is it important to know my numbers?

Kidney disease may occur in up to 30% of patients with Type 1 diabetes and up to 40% of patients with Type 2 diabetes. Chronic kidney disease may come on slowly, without symptoms. Early diagnosis can help to slow the progression of the disease and decrease long-term complications.

How can I protect my kidneys?

Many day-to-day habits in your control can have an impact on the progression of kidney disease.

- Smoking is associated with a faster decline in eGFR and kidney function. Many resources can help you to quit. Click [Help to quit smoking](#)
- Reducing weight, if overweight, and getting in at least 150 minutes of moderate-intensity physical activity each week can help.
- Healthy nutrition is key! A high-sodium and high-protein diet can strain the kidneys.
- NSAIDs, such as ibuprofen and naproxen, and many herbal supplements can harm the kidneys.
- Improving glucose control early on can significantly decrease many microvascular complications of diabetes, including CKD.
- Know your cardiac risk and blood pressure. Cardiac disease is a leading cause of death in patients who have diabetic kidney disease. Maintain a healthy lifestyle, take your medications as prescribed, and stay up to date with screenings.
- A class of diabetes medication called sodium-glucose cotransporter-2 inhibitor (SGLT2i) is effective at slowing the progression of kidney disease. See more information in Coach's Corner on page 2.

KEEP
YOUR
DIABETES
ON A
STABLE
PATH

Healthy eating for diabetes and CKD

The cornerstone of a healthy eating pattern for diabetes is balancing carbohydrates. That remains true even in the presence of kidney disease, but as kidney disease progresses, the types of carbs you choose will need to be modified. Let's look at some additional dietary guidelines that may need to be considered with CKD.

In the early stages of CKD, focus on a balance of whole grains, fruits, vegetables, healthy fats, and lean or plant-based protein. Give extra attention to limiting sodium and eating the right amount of protein. Too much protein makes your kidneys work harder and can make your CKD worse, but too little isn't healthy either. Moderation is key and there is no one specific eating plan that's right for everyone with kidney disease.

As we learned through the CKD Heat Map, kidney disease progresses through different stages. Foods to include and foods to avoid may change over time. Nutrients of concern as CKD progresses include potassium, phosphorus, calcium, and sometimes fluid.

Potassium - In kidney disease potassium levels may be higher or lower than normal and some adjustments in your choices may be needed. The good news is that there are plenty of healthy lower-potassium fruits and vegetables to choose from. Check out the link for options. [High and low potassium food choices](#)

Phosphorous and calcium - These are needed to build strong healthy bones, among other things. When kidneys are functioning normally, and in the early stages of CKD, there is no need to restrict phosphorous-containing foods. As kidney function decreases, extra phosphorous can start to build up in the blood and become a problem so limiting phosphorous-containing foods is recommended. [Phosphorous in the diet](#)

Fluid - Limiting fluid may be indicated in the later stages of kidney disease but it is different for everyone and if needed, will be guided by your provider. Without the need to restrict fluid, choose water over juices or sodas.

Ask your doctor about working with a Registered Dietitian who specializes in kidney disease to get support for making the best food choices to balance your diabetes, blood pressure, and kidney needs based on your preferences and labs.

Check out these options for [kidney disease cookbooks](#)

Coach's Corner

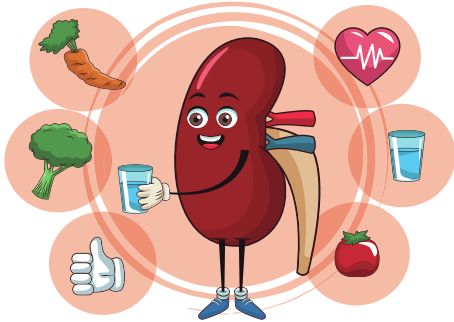


Hey Coach,
My Diabetes Care Provider (DCP) wants me to start taking Jardiance, but a couple of friends told me that it could hurt my kidneys. What should I do?
Hesitant in Huron, OH

Dear Hesitant,
I understand your concerns about starting a new medication to help you to manage your diabetes and getting all the facts is important. To start, Jardiance is a sodium-glucose cotransporter-2 inhibitor (SGLT2i). Other medications in this class are Invokana, Farxiga, and Steglatro. These medications work with your kidneys to remove the extra glucose from your blood. During this kidney filtration process, the glucose is put into your urine so you may find yourself urinating more frequently when you start taking it. Over time, this should be less frequent as your body gets used to the medication. Additionally, we recommend drinking extra water to assist your kidneys with the filtering process.

Recent clinical trials have shown that the SGLT2i medications actually reduce the risk of chronic kidney disease (CKD). If you have already been diagnosed with CKD, this medication will help to slow down the progression of the disease. Additionally, these trials have shown a 40-50% reduction in risk for heart-related events and a 25-30% reduction in heart failure-related hospitalization.

Link for more info: <https://diatribe.org/sglt-2-inhibitors>



COACH SUPPORT:

Reach out when you have a question or concern.
You don't have to wait for your scheduled appointment.
Three ways to reach us: email, phone, SMS text