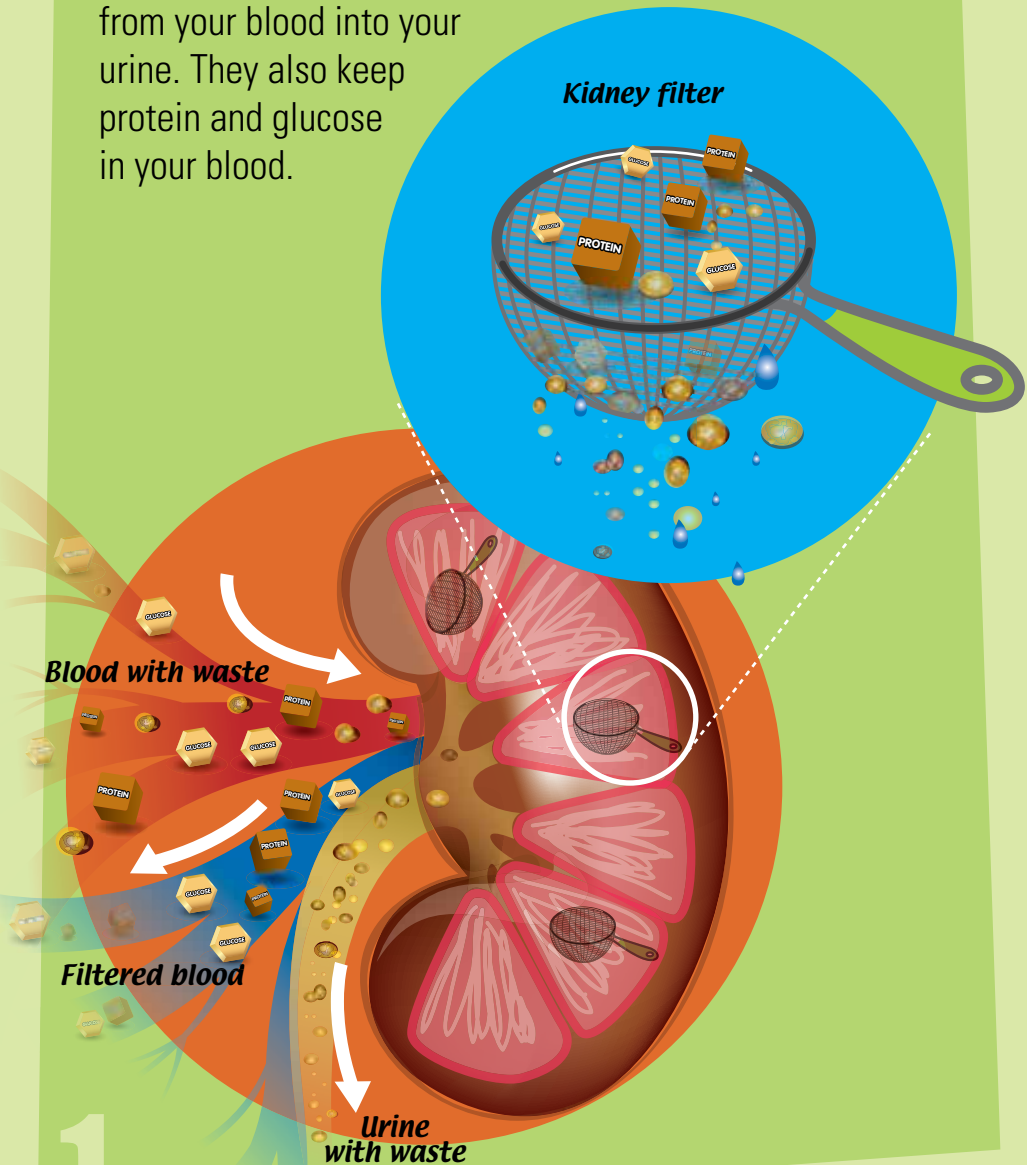


HOW THE KIDNEYS WORK

The kidneys are the body's filters. Tiny blood vessels bring blood into the kidneys to be cleaned.

Normally, kidneys filter out waste and extra liquid from your blood into your urine. They also keep protein and glucose in your blood.



WHERE PROTEIN COMES FROM

Our body needs protein from foods to build and maintain bones, muscles and skin.



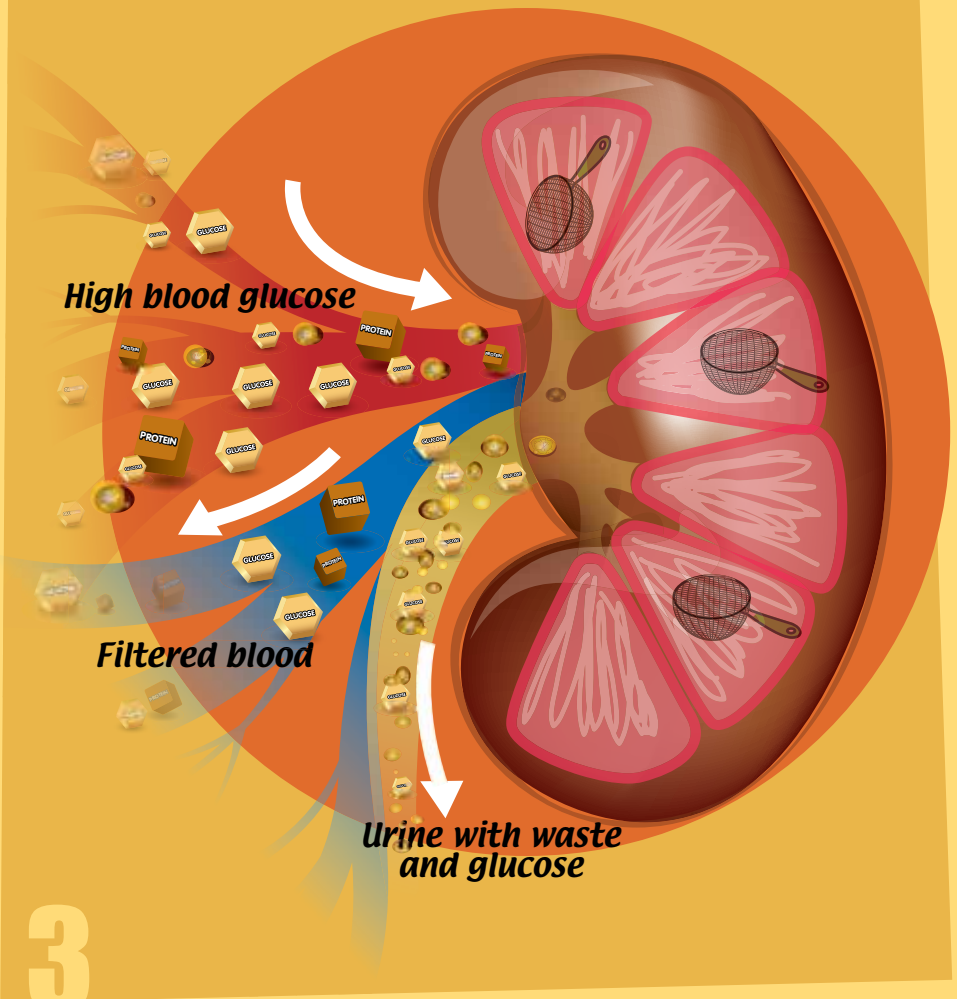
Food high in protein includes:

- Meat, fish, shellfish, poultry
- Eggs
- Milk, yogurt and cheese
- Nuts, peanut butter and seeds
- Lentils, chickpeas and beans (kidney beans, black beans, etc.)
- Tofu and soy beverages

HIGH BLOOD GLUCOSE DAMAGES THE KIDNEYS

If blood glucose is too high, it will leak into the urine and damage kidney filters over time.

Kidney damage from diabetes is called **diabetic nephropathy**.



HIGH BLOOD PRESSURE DAMAGES THE KIDNEYS

High blood pressure is like a raging river, the strong current breaks the land and trees along the riverbanks.

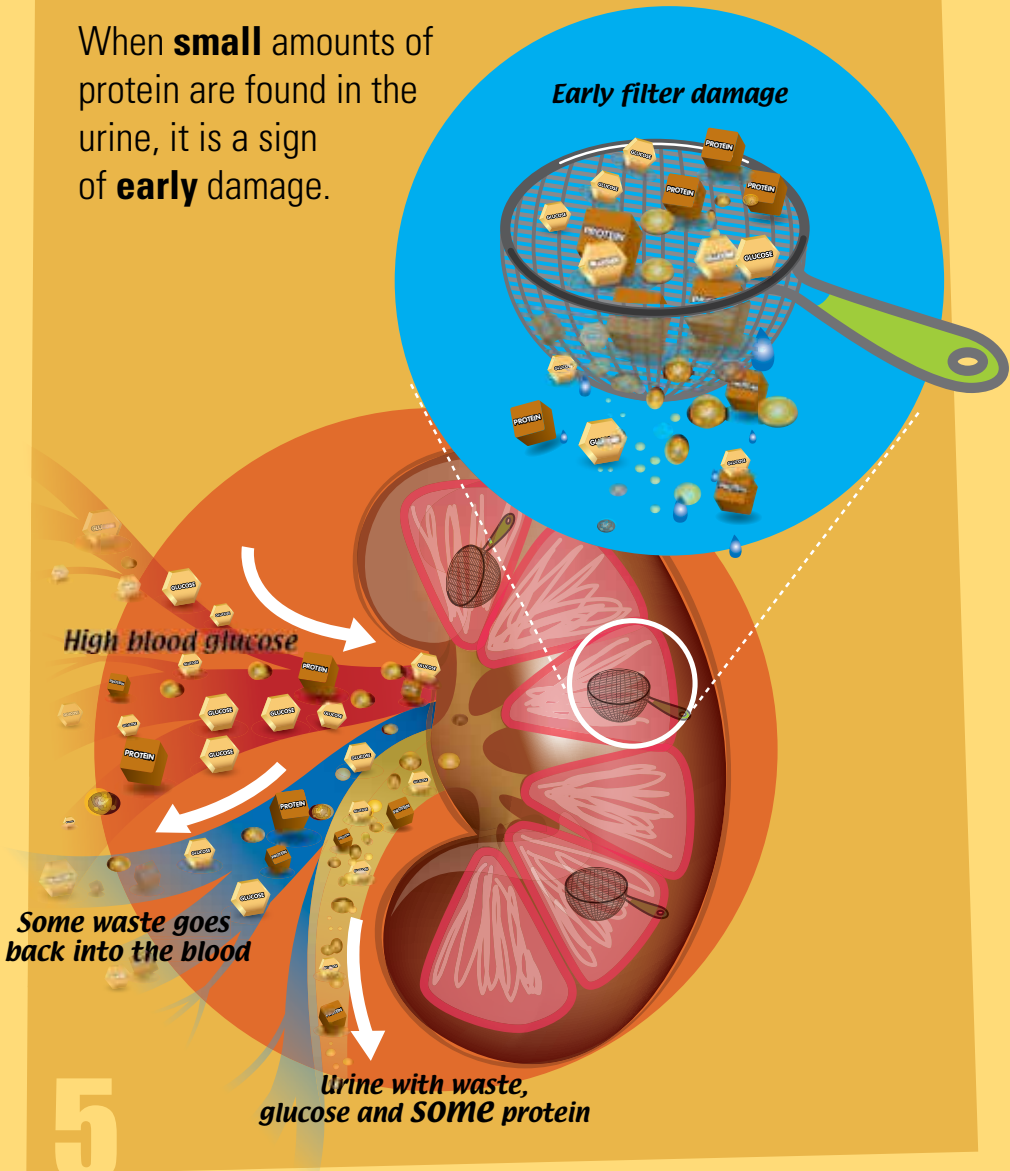
When the blood goes into your kidneys with too much pressure, it starts to break the filters. The damaged filters can no longer do their job well.



EARLY KIDNEY DAMAGE

When your kidney filters become damaged by long-term high blood pressure, protein will start leaking into the urine.

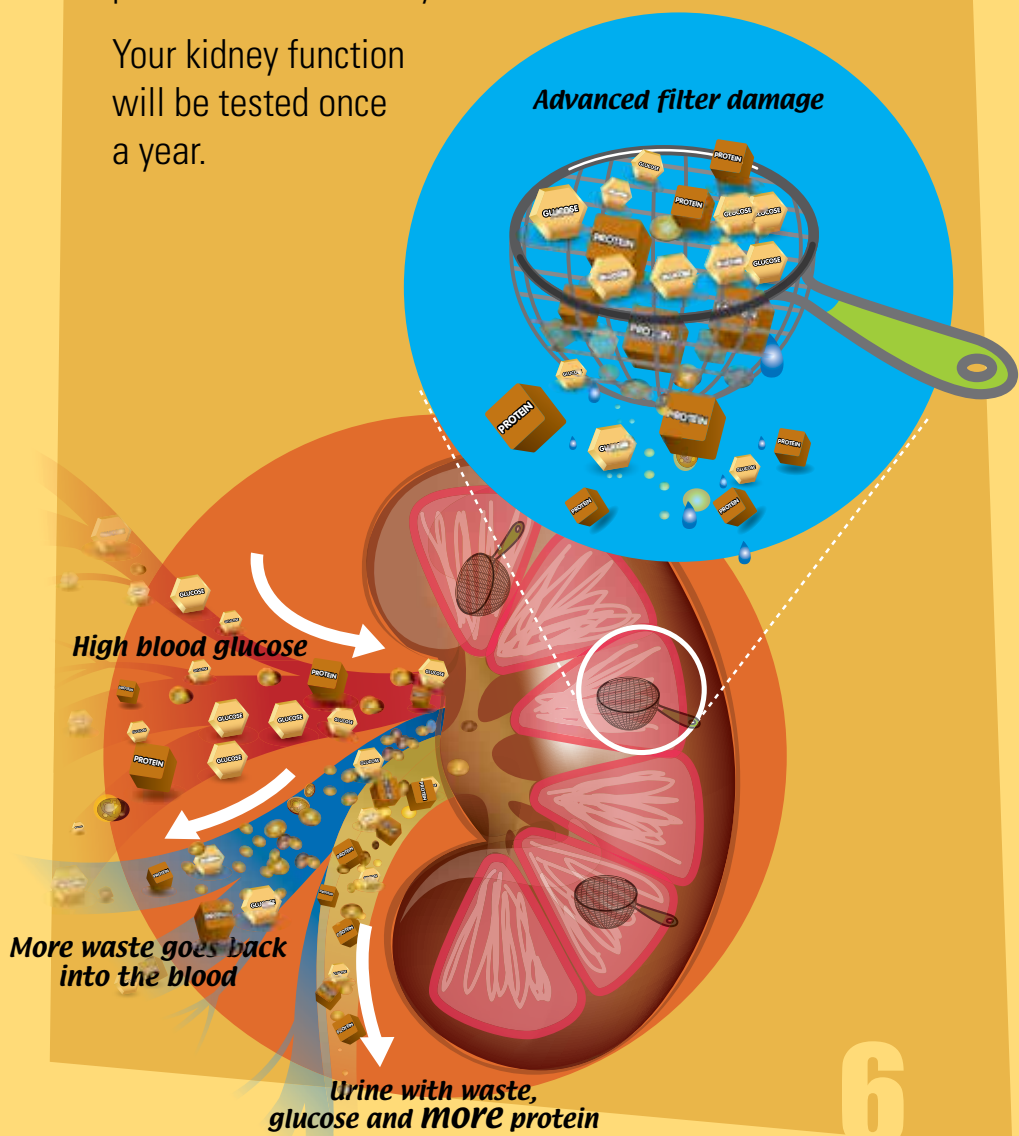
When **small** amounts of protein are found in the urine, it is a sign of **early** damage.



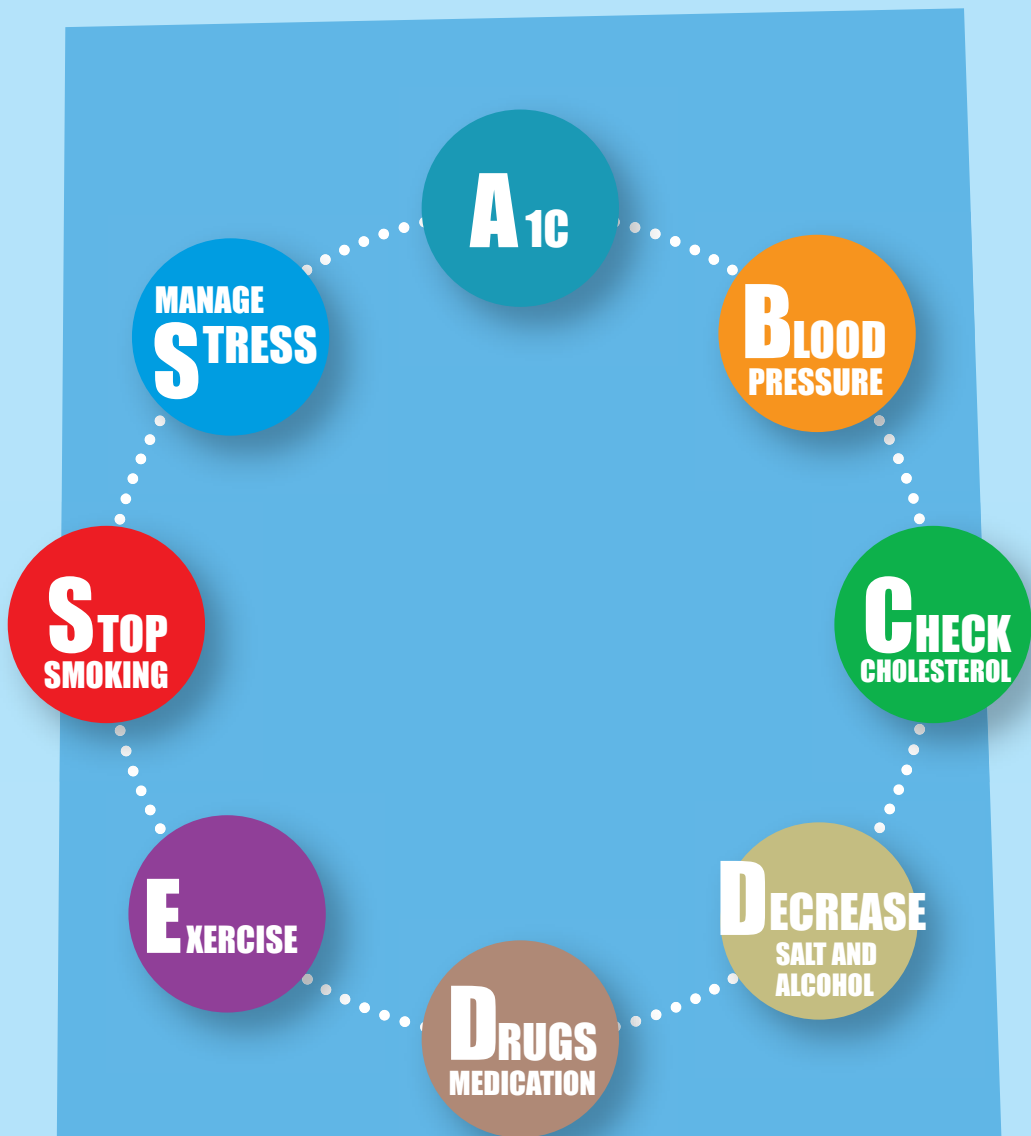
ADVANCED KIDNEY DAMAGE

When the damage gets worse, the kidney filters can no longer remove waste from your blood. Dangerous levels of liquids and waste will build up in your body; **more** protein will leak into your urine.

Your kidney function will be tested once a year.



TO PROTECT YOUR KIDNEYS FOLLOW YOUR ABCDEs



FOLLOW YOUR ABCDEs

A_{1c}

Aim to maintain your blood glucose within normal target

Healthy blood glucose target is:

- Between 4.0 to 7.0 mmol/L in the morning before breakfast
- Between 5.0 to 10.0 mmol/L 2 hours after a meal
- A_{1c} = 7.0% or less (average blood glucose for last 3 months)



SELF CARE DIARY

Medications: _____ None _____

DATE	FASTING BLOOD SUGAR	BREAKFAST	1-2H BLOOD SUGAR	BEFORE LUNCH BLOOD SUGAR	LUNCH	1-2H BLOOD SUGAR	BEFORE SUPPER BLOOD SUGAR	SUPPER	1-2H BLOOD SUGAR	BEST TIME BLOOD SUGAR	PHYSICAL ACTIVITY FOR THE DAY
Feb 2	7.1	2 fried eggs 2 slices bologna	10.0	6.8	Macaroni and ground beef Turnover apple	9.0	4.7	1 hamburger Salad	7.9		
			8.0		Moose meat Creamed corn Mashed potatoes Peach powder punch	11.7	5.5	Mashed potatoes Carrots Tea			

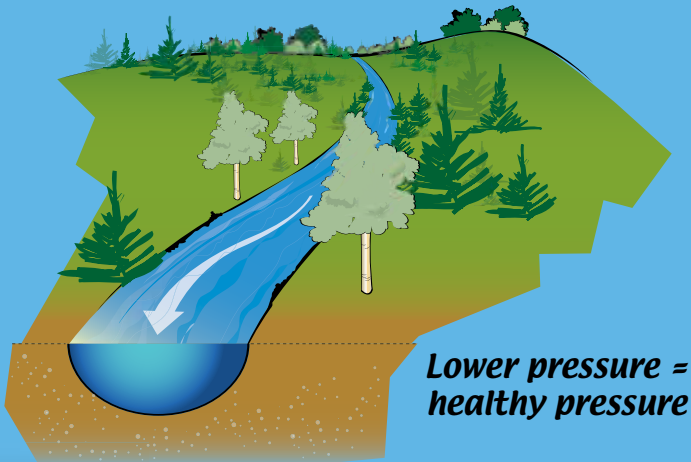
FOLLOW YOUR ABCDEs

BLOOD PRESSURE

For people with diabetes, blood pressure target is 130/80

When pressure in the river is low, the water moves smoothly. This keeps the land moist and helps the trees to grow.

In the same way, bringing your blood pressure at target will protect your kidney filters.



CHECK CHOLESTEROL

For people with diabetes, LDL (bad) cholesterol target is 2.0 mmol/L or less

Have your blood cholesterol checked once a year.

FOLLOW YOUR ABCDEs

DECREASE SALT

Decrease your salt intake

Limit high-salt store-bought foods.



FOLLOW YOUR ABCDEs

DECREASE ALCOHOL

Limit your alcohol consumption
Maximum of 1 to 2 drinks on **most days**

What counts as « one » drink

12 oz beer = 5 oz wine = 1.5 oz liquor



FOLLOW YOUR ABCDEs

DRUGS MEDICATION

Take your medications,
as prescribed by your doctor

It is normal to take 2 or more different medications to lower your blood pressure, or your blood glucose.

If small amount of protein is found in your urine, blood pressure pills will be prescribed to prevent kidney damage, even if your blood pressure is normal.

Do not use Non Steroidal Anti-Inflammatory Drugs
(also called NSAIDs)

NSAIDs such as Ibuprofen, Motrin or Advil are over the counter painkillers. They are excreted by your kidneys and can over time damage them. Tylenol may be a better choice, or speak to your health care provider.



Even though you feel good now, taking the medications will help keep your kidneys and body healthy for many more years.

FOLLOW YOUR ABCDEs

E XERCISE

Be active every day

This will help:

- Control your blood glucose levels
- Control your blood pressure
- Manage your stress
- Keep a healthy weight

Aim for 30 minutes per day.

Every minute counts!

Walk as much as possible to do your daily chores.



FOLLOW YOUR ABCDEs

STOP SMOKING

Quit smoking or do not start!

Smoking can raise your blood pressure.

Make your home smoke-free!

Second-hand smoke is also harmful to you and your loved ones. Ask your family and visitors to smoke outside.

MANAGE STRESS

Tips to help you cope with stress:

- Spend time in the bush
- Go for a walk
- Listen to music
- Laugh
- Do arts and crafts
- Enjoy good times with family and friends



