



Headline: Caution! Diabetes and High Blood Pressure Can Cause Kidney Disease!
Subhead: Learn how to protect your kidneys.

Inside Right Panel:

Headline:

Are you at risk of having kidney disease?

Answer these questions:

- Do you have diabetes?
- Do you have high blood pressure?
- Has your mother, father, sister, or brother ever been on dialysis or had a kidney transplant?
- Has a doctor ever told you that you had protein in your urine?

If you answered “yes” to even one of these questions, it means you are at risk for kidney disease.

Ask your doctor if you need to get your blood and urine tested. The tests are fast and easy. And they could save your life.

Inside Left Panel:

Headline:

You can have kidney disease without knowing it

You can't feel if you have kidney disease. Early on, there aren't any symptoms. You may not know you have a problem until your kidneys are on the point of failing.

If you have diabetes or high blood pressure, or someone in your immediate family has kidney disease, you should get simple blood and urine tests to see how well your kidneys are working.

It is important to know if you have kidney disease because there are medications and other steps you can take to prevent more damage to your kidneys.

Inside Spread:

Inside Left Panel

Headline:

What do your kidneys do?

Healthy kidneys filter your blood. They remove waste and extra water. They control and balance certain chemicals to help your body function properly.

Diabetes and high blood pressure can damage your kidneys and cause kidney disease. This damage happens very slowly, over years — without you knowing it's happening.

Visual of kidneys in body:

Caption:

You have two kidneys located near the middle of your back. They are bean-shaped, and each is about the size of your fist.

2nd panel from left

Headline:

Kidney failure can be prevented or delayed

Kidney disease can cause serious complications, like heart disease. If kidney disease is not treated, it is possible that the kidneys will fail.

If your kidneys fail, you have only two choices: dialysis or a kidney transplant. Dialysis (a treatment that replaces the function of your kidneys) takes hours at a time, three or more days a week, and can be very uncomfortable. A kidney transplant is major surgery, and it can take a long time to find a donor.

But if you discover kidney disease early enough, you can protect your kidneys and avoid or delay dialysis or a transplant. That is why it is so important to get tested.

Box:

Diabetes and high blood pressure are the leading causes of kidney disease. If you have diabetes or high blood pressure you should talk to your doctor about getting tested.

Inside Second Right Panel

Headline

What you can do

1. Maintain control of diabetes and blood pressure.
2. Ask your doctor to test your blood and urine to see if you have kidney disease.
3. When you find out your results, ask about medications you can take to protect your kidneys and how to change your lifestyle so you can stay healthier longer.

Inside Right Panel

"I started having my kidneys tested regularly"

"I was diagnosed with diabetes and high blood pressure several years ago, but I didn't take it seriously at first because I didn't feel ill. But when I found out I was at risk for kidney disease, I started to follow my doctor's treatment. I also started having my kidneys tested regularly to make sure they are working properly. I want to stay informed about my kidneys and how to keep them healthy. It's important to my health and my family's."

Heriberto R., 45 years old, Los Angeles

Back Panel:

Learn More About Kidney Disease

If you or a family member is at risk of kidney disease, it is important to learn more. Take care of your kidneys so you can continue to take care of your family.

This brochure is brought to you by the **National Kidney Disease Education Program**. For more information about kidney disease, call toll-free 1-866-454-3639. Or visit: www.nkdep.nih.gov/espanol

For more information about controlling diabetes, call the **National Diabetes Education Program** at 1-800-438-5383. Or visit www.ndep.nih.gov/diabetes/pubs/catalog.htm#PubsHispLatino

For more information about controlling high blood pressure from the **National Heart, Lung and Blood Institute**, and other organizations, visit Medline Plus at <http://www.nlm.nih.gov/medlineplus/spanish/highbloodpressure.html>

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