

Diabetes & High Blood Pressure

Make the Kidney Connection



What African Americans
Need to Know



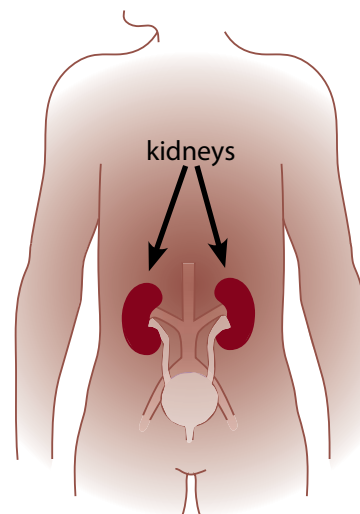
Have you talked to a doctor or nurse about your kidneys?

If you have diabetes or high blood pressure, ask about your kidneys at your next doctor's appointment. Both of these conditions can damage your kidneys and lead to kidney disease.

Kidney disease from diabetes or high blood pressure does not go away. Instead, it gets worse over time. If not treated, kidney disease can lead to kidney failure, where your only options are dialysis or a kidney transplant.

Early kidney disease does not make you feel sick. The only way to know if you have kidney disease is to get tested. The sooner you catch kidney disease, the sooner you can take steps to keep your kidneys healthier longer.

Take the first step and talk to your doctor or nurse about your kidneys. Ask if you should be tested for kidney disease.



You have two kidneys located near the center of your back. Their job is to filter your blood. Small blood vessels in your kidneys remove waste and extra water and produce urine. Diabetes and high blood pressure damage these blood vessels and can cause kidney disease.

For more information

About kidney disease:

Call the National Kidney Disease Education Program (NKDEP) toll free at 1-866-4 KIDNEY (1-866-454-3639), or go online at www.nkdep.nih.gov.

More kidney information also is available at www.kidney.niddk.nih.gov.

About diabetes:

Contact the National Diabetes Education Program (NDEP) at 1-800-438-5383, or visit www.ndep.nih.gov.

About high blood pressure:

Contact the National High Blood Pressure Education Program (NHBPEP) at 1-800-575-WELL (1-800-575-9355), or visit www.nhlbi.nih.gov/about/nhbpep.



U.S. Department of Health
and Human Services
National Institutes of Health



NKDEP, a program of the National Institutes of Health, aims to improve early detection of kidney disease, help identify patients at risk for progression to kidney failure, and promote interventions to slow progression of kidney disease.