

## FOR IMMEDIATE RELEASE

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### The Link Between Diabetes and Kidney Disease: Take Steps to Cut Your Risk!

**NEW HAMPTON, NH (July 23, 2013)** - Diabetes is the #1 cause of kidney failure. In fact, approximately 40 percent of people with diabetes will develop chronic kidney disease.

#### What is the connection between diabetes and kidney disease?

Besides balancing chemicals in your body, controlling blood pressure and keeping bones healthy, your kidneys clean waste and extra fluid from your blood. The filters in your kidneys are full of tiny blood vessels (called glomeruli) and high blood sugar can harm these glomeruli, which causes diabetic kidney disease. Once the kidneys are harmed like this, they cannot be fixed, and if not treated early, can lead to kidney failure.

#### Can you notice if your kidneys are being damaged?

Unfortunately, noticeable symptoms do not appear until after kidney disease has already progressed, so you will not be able to feel if diabetes has harmed your kidneys. The only way to know is to be tested, and be sure to test regularly because early detection can slow the progression of the disease. Your doctor can perform these simple tests to check how well your kidneys are functioning.

#### How can I protect my kidneys?

The good news is that diabetic kidney disease does not happen quickly, which means you can take steps to protect your kidneys! Even if your kidneys are already damaged, you can control your diabetes to help keep them from getting worse.

The steps to prevent diabetic kidney disease are the same steps needed to slow diabetic kidney disease.

- **Control your blood sugar:** Because high blood sugar can damage the kidneys, it is important to monitor your blood sugar regularly and work with your diabetes care team to keep your blood sugars within your blood glucose goal range.
- **Control your blood pressure:** Right behind diabetes, high blood pressure is the second leading cause of kidney failure. Having both diabetes and high blood pressure increases your risk of kidney disease.
- **Control your cholesterol:** High cholesterol speeds up the progression of kidney disease.
- **Be physically active:** Daily physical activity and exercise help control blood pressure and lower blood sugar.
- **Avoid tobacco:** Smoking reduces blood flow to the kidneys; therefore, kidneys cannot function at their best. Smoking also tends to raise blood sugar and makes it harder for your body to use insulin.
- **Follow a proper diabetic diet and keep a healthy weight:** Picking healthy foods, eating smaller meals and eating more often can help control diabetes and prevent problems. Work with a dietician to plan meals and learn what is right for you.
- **Use pain medications with caution:** Nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and naproxen reduce blood flow to the kidneys and regular use can trigger kidney damage. Seek the advice of your physician, as regular use of these medications should be monitored.

It can be difficult on one's own to handle the many aspects of diabetes management and possible lifestyle changes to keep kidneys as healthy as possible. A qualified home care agency such as **Live Free Home Health Care** develops private and personalized in-home care plans that help empower people to enhance their health and ensure a vibrant quality of life at home. Contact **Live Free Home Health Care** at **(603) 217-0149** or visit our website at **www.LiveFreeHomeHealthCare.com** for more information on the ways in-home care can help effectively manage diabetes and kidney care.

Sources: American Kidney Fund, Mayo Clinic

**About Live Free Home Health Care:**

Serving the Lakes Region and Central New Hampshire, Live Free Home Health Care, LLC is dedicated to providing top quality care in the comfort of home, wherever home may be. Family owned and operated, Live Free Home Health Care offers a wide range of services, from companion care and assistance with activities of daily living to skilled nursing. All care is supervised and updated by a registered nurse, who is specially trained to watch for new or changing health issues. Whether the need is for short or long term care, Live Free Home Health Care works with each client's physician to provide a continuum of care unparalleled with other agencies, and the compassionate staff promises to treat each client respectfully and like a cherished family member. Live Free Home Health Care also offers medical alert systems to provide extra peace of mind should an emergency care need arise.

For further information, contact **(603) 217-0149** or visit [www.LiveFreeHomeHealthCare.com](http://www.LiveFreeHomeHealthCare.com).

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