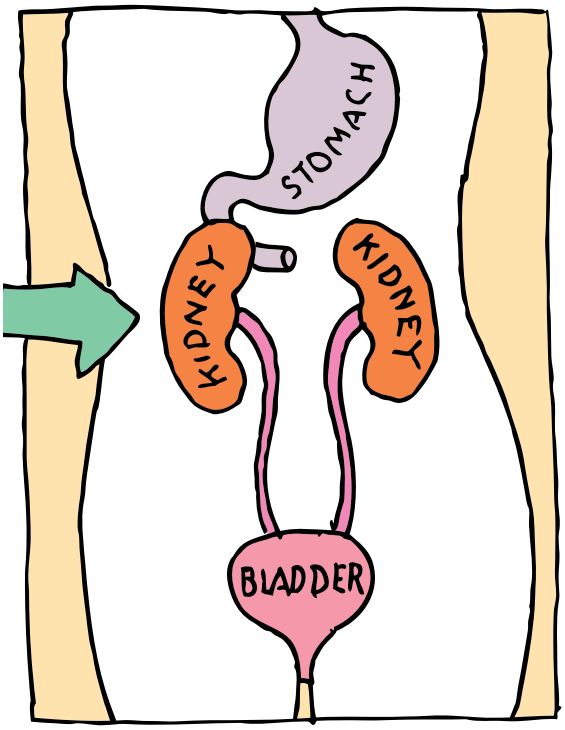
# PROTECT YOUR KIDNEYS

The kidneys clean your blood. Their main job is to remove the waste or things in your blood that can make you sick if you don't get rid of them.

People with diabetes have a higher risk or chance of having kidney disease. A problem with your kidneys can cause serious health problems that are hard to control.



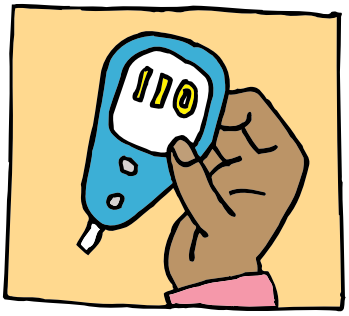

Kidney disease is also called a "hidden" health problem. Why? Because there is often no sign of a kidney problem until it is too late.

Stop kidney problems before they start. Talk to your doctor or diabetes educator for more information.

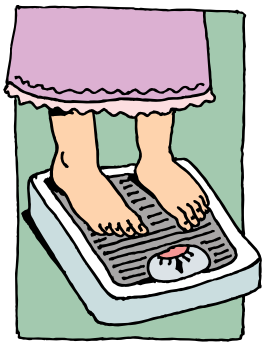
## What can you do?

You can help stop kidney problems before they start if you:

- Control your blood sugar every day




- Control your blood pressure
- Be active and eat healthy foods in the right amounts
- Have a urine protein (kidney) test once a year
- Control your weight or get help to lose weight, if you need to



- Don't smoke!
- Drink 6 to 8 glasses of water a day
- Take all the medicine you are supposed to take every day

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