

Know **Diabetes** by **Heart**™

Tips for Talking to Your Doctor about Kidney Health



Important Questions for your Doctor

Use this guide for ideas about what to do before and after a doctor's appointment. There are also questions you can ask about kidney and heart disease.

Before Your Appointment

Think about what you want to do during your next visit:

- Make a list of questions
- Print this PDF
- Consider bringing a loved one with you to take notes
- Tell the nurse you have questions for your doctor

After Your Appointment

Follow your doctor's instructions and call your doctor if:

- You experience side effects or problems with your medications
- Any symptoms you talked about get worse
- You receive new prescriptions or start taking any over-the-counter medications
- You haven't received results of any tests you've had. Do not assume that no news is good news—be proactive
- You don't understand your test results

During Your Appointment Be Sure To:

Listen actively, take notes and ask for clarification if there's anything you don't fully understand.

3 Questions for Your Doctor

- 1.** Have I received my annual urine albumin-to-creatinine ratio (UACR) screening?
- 2.** What signs or symptoms of kidney disease should I be aware of?
- 3.** How do I take care of my kidneys and reduce my risk for heart disease and stroke?

If you have diabetes, there's a lot you can do to reduce your risk of heart disease and chronic kidney disease (CKD). Start by practicing good communication with your health care team.

You're not in this alone. Find answers to your questions and join the initiative at knowdiabetesbyheart.org/join

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