Kidney disease is a common complication of type 2 diabetes. If you have type 2 diabetes and kidney disease, you’re at 3x higher risk of dying from a cardiovascular event like heart attack or stroke. There are actions you can take to reduce your risk.

Act today for tomorrow

Gain a second chance to have more time with loved ones and build the healthy life you love.

Get tested
- Blood tests check kidney filtration rate.
- Urine tests check for protein in urine.

Keep your blood sugar and blood pressure under control in your target range.

Lose weight

Stop smoking

Keep moving

Talk to your doctor about your next steps. You’re not in this alone. Find answers to your questions and join the initiative: KnowDiabetesbyHeart.org/join

IF YOU HAVE DIABETES, THERE IS A LOT MORE YOU CAN DO TO REDUCE YOUR RISK FOR STROKE.