Heart health: The link between Type 2 Diabetes and Chronic Kidney Disease

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.

- Keep your blood sugar and blood pressure under control and in your target range.
- Stop smoking
- Keep moving
- Get tested
  - Blood tests check kidney filtration rate.
  - Urine tests check for protein in urine.
- Lose weight
- Stop smoking
- Act today for tomorrow

If you have diabetes, there is a lot more you can do to reduce your risk for stroke.

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.

© Copyright 2024 American Heart Association, Inc. and American Diabetes Association, 501(c)(3) not-for-profits. All rights reserved. Know Diabetes by Heart is a trademark of the AHA and ADA. Unauthorized use prohibited. WF580552 7/24

FOUNDRING SPONSOR