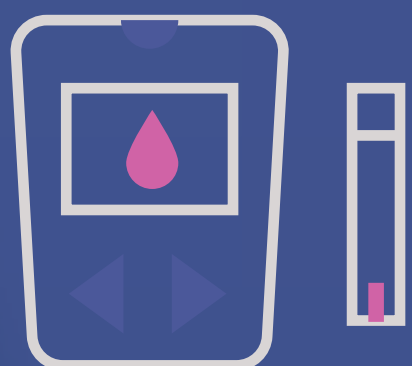


Protect Your Kidneys WHEN YOU HAVE DIABETES

About 1 in every 3 adults with diabetes also get kidney disease.
Take these steps to keep your kidneys healthy.



Meet your A1c and blood glucose targets



Control your blood pressure and cholesterol



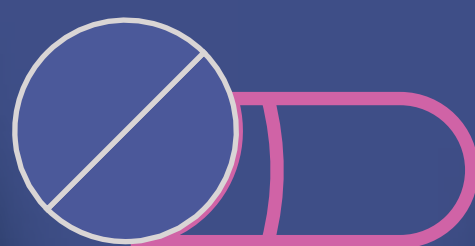
Get your kidneys tested regularly



Follow a healthy diet that limits salt



Don't smoke



Carefully follow package directions if you use ibuprofen or naproxen



Exercise most days