

The Velma B. Cox Foundation

For Type II Diabetes & High Blood Pressure

Fact #1:

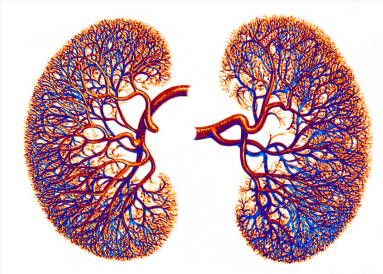
Factors that Increase Risk for Diabetic Kidney Disease

- Smoking
- High Sodium (salt) diet
- Sedentary lifestyle/Lack of physical activity
- Overweight
- Heart Disease
- Family history of kidney failure

Diabetic Kidney Disease

How Naturopathic Medicine Can Help You...

~Dr. Ann Ijeh, ND~



There are several health complications that can take place if type 2 diabetes goes untreated or is not properly treated.

Diabetic kidney disease (also referred to as DKD or diabetic nephropathy) is a complication of type 2 diabetes. The kidneys are a very important organ in our body. They are responsible for filtering waste and extra water out of our blood to make urine.

How Type 2 Diabetes cause Diabetic Kidney Disease...

The kidneys also help control blood pressure and make the hormones that our body needs to stay healthy. When the kidneys get damaged, such as what happens in insulin resistance or uncontrolled diabetes type 2, your blood cannot be appropriately filtered, and waste builds up in the body. The damage to the kidneys caused by type 2 diabetes happens over time.

With that being said, there are steps one can take to prevent irreversible damage to the kidneys.

High blood sugar (or high blood glucose) can result in damage to the blood vessels in your kidneys. Damaged blood vessels do not work very well and lead to kidneys that are not functioning like they should. High blood pressure which is also common amongst diabetics can cause damage to the kidneys as well do due to the excessive pressure damaging the blood vessel walls.



Fact #2:

Did you know that 1 in 3 people with diabetes have kidney disease?



SIGNS & SYMPTOMS OF DIABETIC KIDNEY DISEASE

To prevent DKD, limit or avoid the following:

- Alcohol
- Smoking
- Packaged foods
- Fast foods
- Foods high in sugar such as cakes, cookies, pastries, etc.



In the early stages of diabetic kidney disease, you may not have any noticeable symptoms. The best way to check your kidney function is through routine lab work by your doctor. Make sure you keep up with your kidney function every year with your primary care doctor, especially if you have type 1 or type 2 diabetes or high blood pressure.

In later symptoms, these include:

- Protein in the urine
- Worsening blood pressure control
- Swelling of feet, ankles, hands, or eyes
- Increased need to urinate
- Confusion or difficulty concentrating

- Shortness of breath
- Loss of appetite
- Nausea & Vomiting
- Persistent itching
- Fatigue

People with DKD may:

- Be on dialysis due to irreversible damage to the kidneys (end stage kidney disease)
- Suffer from hyperkalemia or high potassium levels in the blood
- Have swelling in the arms and legs
- Have fluid in the lungs
- Have high blood pressure
- Have anemia
- Suffer from foot sores
- Have erectile dysfunction
- Have severe diarrhea
- Suffer from stroke

Fact #3

Diabetes is one of the leading causes of kidney disease.

Always Remember!

Increase your physical activity to at least 30 minutes of cardio and aerobics exercises daily

Drink half your body weight in ounces of water daily. For example, if you weigh 100 pounds, drink 50 ounces of water daily.

****Please talk to your healthcare provider before taking any of these medications or eating any of these foods. If you already have kidney disease, some of these suggestions have to be altered. Speak to your healthcare provider about the nutrition and supplements that are right for you.**



Lifestyle modifications in diet and physical activities have been proven to help prevent DKD. Here is a list of recommended foods:

- Broccoli & broccoli sprouts
- Salmon
- Sardines
- Pumpkin & pumpkin seeds
- Nuts & nut butters
- Okra
- Flaxseeds
- Beans & lentils
- Kimchi & sauerkraut
- Chia seeds
- Kale
- Berries
- Avocados
- Steel cut oats & oat brans
- Oranges
- Sweet potatoes
- Walnuts
- Spinach

- Quinoa
- Collard greens
- Ginger
- Garlic
- Grapefruits
- Kefir and yogurt
- Eggs
- Apples
- Cabbage

Nutrients and Herbs:

- Alpha lipoic acid
- Andrographis
- Moringa
- NAC
- Probiotics
- Resveratrol
- Chromium
- Magnesium
- Omega 3 fish oils
- Vitamin C
- Vitamin D3
- Turmeric
- Cinnamon
- Fenugreek
- Bitter melon
- Psyllium husk

References:

BIOCORE journals. Herbs and Spices for Diabetes. (n.d). <https://biocoreopen.org/ijnt/Herbs-and-Spices-for-Diabetes.php>.

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