

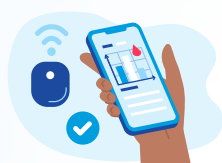
C.A.R.E.

for your kidneys

**CHECK
ACT
REDUCE
EMPOWER**

Diabetes can have serious health impacts, including affecting the function of your kidneys. The good news is that most cases of diabetic kidney disease can be prevented with early intervention. By staying informed, recognising early signs and making positive lifestyle choices, you can support your kidney health and overall wellbeing.

Additionally, it's important to work with your doctor and healthcare team to reduce your risk. By simply downloading this checklist, you've already made positive steps to care for your kidneys.



Check



Act



Reduce



Empower

What to do now:

1. Make an appointment with your doctor to talk about your kidney health today
2. Take this print out to your doctor so you know what to ask (or just keep this on your phone)
3. Keep caring for your kidneys!

Take charge of your health. C.A.R.E. for your kidneys and enjoy a healthier life.

Questions to ask your doctor:

- Am I at risk of chronic kidney disease?
- Should I be concerned about this right now?
- Is diabetes increasing my risk of chronic kidney disease?
- What can I do to help reduce my risk of kidney disease?
- How will I know if I have lowered my risk?
- How can I get personalised dietary advice?
- What steps can I take to get more active?
- What tests do I need to do to keep on top of my kidney health?
- What's involved with a kidney health check?

This is intended as a guide only and should not replace individual medical advice. If you have any concerns about your health or further questions, you should contact your health professional.