

If you have type 2 diabetes,

# TALK TO YOUR DOCTOR

## ABOUT YOUR RISK OF CHRONIC KIDNEY DISEASE



When it comes to talking about chronic kidney disease (CKD) with your doctor, it may help to have a list of things to ask so you can make sure you cover everything you want to discuss. Below are some questions to help get the conversation started. **Print this Doctor Discussion Guide and bring it with you to your next doctor's appointment.**

Use the space below each question for taking notes during your appointment, so you can remember any important information or details you discuss with your doctor.

### **Am I at an increased risk of chronic kidney disease in type 2 diabetes (CKD in T2D) based on my:**

- ✓ Blood sugar level or A1C?
- ✓ Blood pressure?
- ✓ Weight?
- ✓ Family history of kidney disease or dialysis?
- ✓ Lifestyle habits?

### **I learned that a urine albumin-to-creatinine ratio UACR test is one of the earliest indicators of kidney damage. Have I taken a UACR test, and do I have any kidney damage?**

### **Have I taken an estimated glomerular filtration rate (eGFR) blood test? If so, what do these results indicate about my kidney function?**

### **I take medication to help control my blood sugar and blood pressure and I've made healthy lifestyle changes. Am I still at risk for CKD in T2D?**

### **Can I have CKD in T2D even though I feel fine?**

### **How can I reduce my risk of progression of CKD in T2D? How can I prevent further kidney damage if I have early-stage CKD?**

