



*Davita's KEY  
to Better Health*



Do you know which of these people  
have diabetic kidney disease?  
*Neither do they.*

For more information, please call  
1-888-MY-KIDNEY (695-4363)

## Kidney Education and You.

### Could you have diabetic kidney disease and not even know it?

#### Blood Pressure

High blood pressure is closely linked to kidney failure. Untreated high blood pressure can lead to permanent damage to the blood vessels in the kidneys.

#### Diabetes

Diabetes is the leading cause of kidney failure. Uncontrolled diabetes will damage your kidneys. Controlling diabetes is the treatment. Ask your doctor if your diabetes is in control.

#### Kidney Function

Kidney disease is described in five stages, with 5 being the worst. Over time your kidneys may stop working as well as they do right now. There are tests your doctor can do to find out how well your kidneys are working. Ask your doctor about your kidney function.

#### Delaying Kidney Disease

If you have kidney disease there are ways to keep your kidneys working well as long as they can. Ask your doctor what you can do to keep your kidneys healthy.

#### Learn more

[DaVita.com](http://DaVita.com) features free online kidney presentations you can view at your own pace to learn more about kidney disease and treatment options.

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**Grand Island Dialysis**

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