

YOUR CHECKLIST FOR KIDNEY HEALTH

Print this handy table before your next diabetes-related visit with your healthcare team. It lists the key issues to discuss with your doctor about diabetes and kidney disease.

A1C targets *(A1C may be falsely lower in kidney disease)*

- Most adults: **7% or lower**
- Adults with a low risk of hypoglycemia, to reduce the risk of kidney disease: **6.5% or lower**

Blood sugar targets *(These targets are accurate in kidney disease)*

- Before a meal: **4 to 7 mmol/L**
- Two hours after the start of a meal: **5 to 10 mmol/L**
(**5 to 8 mmol/L** if A1C targets are not being met)

Cholesterol target

- LDL-cholesterol **less than 2 mmol/L**

Blood pressure target

- **Less than 130/80 mm Hg**

Medications that may be used

- Talk to your diabetes healthcare team about what might be appropriate for you

Other factors

- Weight management: What is my ideal weight?
How can I maintain a healthy weight?
- Quitting smoking
- Food choices for eating a heart- and kidney-healthy diet