

**Can diabetes
and high blood
pressure hurt
my kidneys?**



Kidney Smart®



Diabetes and high blood pressure are the top causes of kidney failure. In fact, they account for 3 out of 4 cases.*

You can help prevent kidney disease by:

- Lowering your blood pressure
- Managing your blood sugar
- Eating a kidney-friendly diet
- Making simple lifestyle changes

Learn more with a no-cost, Kidney Smart® class. Classes are available online, in person and in many languages. Attend a Kidney Smart class or talk with your doctor to learn more.



Find a Kidney Smart® class today!
Visit [kidneysmart.org](https://www.kidneysmart.org) or scan the QR code.

*<https://www.cdc.gov/kidneydisease/basics.html>

