



# Diabetes and the Kidney

*Christoph Hasslacher, Sonja Böhm*

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Diabetes, when untreated, leads to damage to several organs within the body, particularly the kidneys. This damage may also go undetected for several years, until the later stages of kidney failure are reached, with a need for kidney replacement therapy - either dialysis or transplantation. Such progression is not inevitable.

With good management, diabetes can be well controlled and kidney function can be maintained; to a certain extent, the damage can even be reversed.

*Diabetes and the Kidney* is written for people with diabetes, their families and carers. It describes the function of the kidneys, the development of nephropathy, the ways to recognize it early and the correct way to manage it.

The title emphasizes how people should take responsibility for their own health, with information on diet, giving up smoking and taking exercise.

- Clearly written description of kidney function, how it goes wrong in diabetic nephropathy and ways to prevent this
- Guidance on diet, exercise and generally encouraging people to become involved in their own health care
- Information on treatment of kidney disease and kidney replacement therapy

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