diabet renal diseas diabet renal diseas drd also known diabet nephropathi seriou complic diabet mellitu type 1 type 2 progress diseas silent damag kidney organ respons filter wast product excess fluid blood time uncontrol high blood sugar level wreak havoc delic filter unit kidney lead declin kidney function potenti complet kidney failur earli stage drd often go unnot recogn risk factor understand progress implement prevent measur crucial protect kidney health diabet damag kidney variou mechan high blood sugar level injur tini blood vessel within kidney impair abil filter wast effect addit chronic elev blood sugar trigger inflamm scar within kidney compromis function high blood pressur frequent companion diabet also acceler progress drd sever risk factor increas suscept drd individu poorli control diabet mean consist high blood sugar level significantli higher risk durat diabet also play role longer one diabet greater risk develop drd high blood pressur major contributor kidney damag individu diabet hypertens particularli suscept famili histori kidney diseas diabet also increas risk certain ethnic like african american hispan higher preval drd drd progress variou stage often without notic symptom earli stage earli detect crucial slow prevent damag routin urin test detect presenc albumin protein normal larg pass healthi kidney microalbuminuria presenc small amount albumin urin earli sign kidney damag blood test assess kidney function measur wast product healthi kidney would normal remov blood regular monitor blood pressur also essenti hypertens manag crucial slow drd progress fortun effect strategi manag drd prevent kidney damag tight glycem control maintain blood sugar level close normal possibl cornerston drd manag achiev combin lifestyl modif medic like insulin oral hypoglycem agent manag blood pressur medic equal import certain medic known angiotensin-convert enzym ace inhibitor angiotensin receptor blocker arb offer specif benefit protect kidney individu diabet lifestyl modif includ healthi diet low salt protein regular physic activ maintain healthi weight play crucial role manag drd sever case drd kidney lose filter abil complet dialysi kidney transplant may becom necessari dialysi lifesav treatment artifici remov wast product excess fluid blood kidney transplant involv receiv healthi kidney deceas live donor live diabet requir vigil proactiv manag minim risk complic like drd regular monitor blood sugar level blood pressur kidney function essenti adher medic regimen healthi lifestyl regular consult healthcar profession crucial protect kidney health overal well-b earli diagnosi intervent offer best chanc slow progress drd preserv kidney function take control diabet adopt healthi habit individu diabet significantli reduc risk develop silent threat