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URL of this page: <https://medlineplus.gov/diabetickidneyproblems.html>

## Diabetic Kidney Problems

Also called: Diabetic nephropathy

If you have diabetes [<https://medlineplus.gov/diabetes.html>] , your blood glucose, or blood sugar [<https://medlineplus.gov/bloodglucose.html>] , levels are too high. Over time, this can damage your kidneys. Your kidneys clean your blood. If they are damaged, waste and fluids build up in your blood instead of leaving your body.

Kidney damage from diabetes is called diabetic nephropathy. It begins long before you have symptoms. People with diabetes should get regular screenings for kidney disease. Tests [<https://medlineplus.gov/kidneytests.html>] include a urine test to detect protein in your urine and a blood test to show how well your kidneys are working.

If the damage continues, your kidneys could fail. In fact, diabetes is the most common cause of kidney failure [<https://medlineplus.gov/kidneyfailure.html>] in the United States. People with kidney failure need either dialysis [<https://medlineplus.gov/dialysis.html>] or a kidney transplant [<https://medlineplus.gov/kidneytransplantation.html>] .

You can slow down kidney damage or keep it from getting worse. Controlling your blood sugar and blood pressure, taking your medicines and not eating too much protein [<https://medlineplus.gov/dietaryproteins.html>] can help.

*NIH: National Institute of Diabetes and Digestive and Kidney Diseases*

### Start Here

- Diabetes - A Major Risk Factor for Kidney Disease [<https://www.kidney.org/kidney-topics/diabetes-major-risk-factor-kidney-disease>] (National Kidney Foundation)

### Diagnosis and Tests

- Creatinine Test [<https://medlineplus.gov/lab-tests/creatinine-test/>]  (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-de-creatinina/>]
- Kidney Tests: MedlinePlus Health Topic [<https://medlineplus.gov/kidneytests.html>]  (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/kidneytests.html>]

### Prevention and Risk Factors

- Diabetic Kidney Disease [<https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/diabetic-kidney-disease>]  (National Institute of Diabetes and Digestive and Kidney Diseases)  
Also in Spanish [<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/diabetes/informacion-general/prevenir-problemas/rinones>]

### Treatments and Therapies

- Chronic Kidney Disease (Nephropathy) [<https://diabetes.org/about-diabetes/complications/chronic-kidney-disease>] (American Diabetes Association)
- Kidney-Pancreas Transplant [<https://www.kidney.org/kidney-topics/kidney-pancreas-transplant>] (National Kidney Foundation)

# Living With

- Emergency Meal Planning for Diabetic Patients on Dialysis [<https://www.kidney.org/kidney-topics/emergency-meal-planning-diabetic-patients-dialysis>] (National Kidney Foundation)

## Specifics

- Albuminuria (Proteinuria) [<https://www.kidney.org/kidney-topics/albuminuria-proteinuria>] (National Kidney Foundation)
- Glomerular Diseases [<https://www.niddk.nih.gov/health-information/kidney-disease/glomerular-disease?dkrd=/health-information/kidney-disease/glomerular-diseases>]  (National Institute of Diabetes and Digestive and Kidney Diseases)
- Nephrotic Syndrome in Adults [<https://www.niddk.nih.gov/health-information/kidney-disease/nephrotic-syndrome-adults>]  (National Institute of Diabetes and Digestive and Kidney Diseases)

## Clinical Trials

- ClinicalTrials.gov: Diabetic Nephropathies [<https://clinicaltrials.gov/search?cond=%22Diabetic+Nephropathies%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

## Journal Articles

### References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: The distal nephron biomarkers associate with diabetic kidney disease progression. [<https://www.ncbi.nlm.nih.gov/pubmed/40548378>]
- Article: Effects of dapagliflozin on sodium excretion, blood pressure and volume status... [<https://www.ncbi.nlm.nih.gov/pubmed/40444388>]
- Article: Involvement of impaired carnitine-induced fatty acid oxidation in experimental and human... [<https://www.ncbi.nlm.nih.gov/pubmed/40402578>]
- Diabetic Kidney Problems -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Diabetic+Nephropathies%22%5Bmajr%3Aexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND%22last+1+Year%22+%5Bdat%5D+AND+%28patient+education+handout%5Bpt%5D+OR+guideline%5Bpt%5D+OR+clinical+trial%5Bpt%5D%29++NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

## Reference Desk

- Your Kidneys and How They Work [<https://www.niddk.nih.gov/health-information/kidney-disease/kidneys-how-they-work>]  (National Institute of Diabetes and Digestive and Kidney Diseases)  
Also in Spanish [<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/enfermedades-rinones/rinones-funcionamiento>]

## Find an Expert

- American Diabetes Association [<https://diabetes.org/>]
- National Institute of Diabetes and Digestive and Kidney Diseases [<https://www.niddk.nih.gov>] 
- National Kidney Foundation [<https://www.kidney.org/>]
- NIDDK Information Clearinghouses and Health Information Center [<https://www.niddk.nih.gov/health-information/community-health-outreach/information-clearinghouses>] 

## Patient Handouts

- Diabetes and kidney disease [<https://medlineplus.gov/ency/article/000494.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000494.htm>]
- Microalbuminuria test [<https://medlineplus.gov/ency/article/003591.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003591.htm>]

- Urine protein dipstick test [<https://medlineplus.gov/ency/article/003580.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003580.htm>]



## MEDICAL ENCYCLOPEDIA

[Diabetes and kidney disease](https://medlineplus.gov/ency/article/000494.htm) [<https://medlineplus.gov/ency/article/000494.htm>]

[Microalbuminuria test](https://medlineplus.gov/ency/article/003591.htm) [<https://medlineplus.gov/ency/article/003591.htm>]

[Urine protein dipstick test](https://medlineplus.gov/ency/article/003580.htm) [<https://medlineplus.gov/ency/article/003580.htm>]

[Urine protein electrophoresis test](https://medlineplus.gov/ency/article/003589.htm) [<https://medlineplus.gov/ency/article/003589.htm>]

## Related Health Topics

[Diabetes](https://medlineplus.gov/diabetes.html) [<https://medlineplus.gov/diabetes.html>]

[Diabetes Complications](https://medlineplus.gov/diabetescomplications.html) [<https://medlineplus.gov/diabetescomplications.html>]

[Kidney Failure](https://medlineplus.gov/kidneyfailure.html) [<https://medlineplus.gov/kidneyfailure.html>]

[Kidney Tests](https://medlineplus.gov/kidneytests.html) [<https://medlineplus.gov/kidneytests.html>]

[Kidney Transplantation](https://medlineplus.gov/kidneytransplantation.html) [<https://medlineplus.gov/kidneytransplantation.html>]

## National Institutes of Health

The primary NIH organization for research on *Diabetic Kidney Problems* is the National Institute of Diabetes and Digestive and Kidney Diseases [<https://www.niddk.nih.gov>]

## Other Languages

Find health information in languages other than English [<https://medlineplus.gov/languages/diabetickidneyproblems.html>] on *Diabetic Kidney Problems*

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