

Prevent Diabetes Problems Keep Your Kidneys Healthy

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Here is what you can do to prevent nerve damage: Keep your blood glucose as close to normal as you can. Limit the amount of alcohol you drink. Don ' t smoke. Take care of your feet (see pages 4 and 5). Tell your doctor about any problems you have with • your hands, arms, feet, or legs • your stomach, bowels, or bladder

Prevent diabetes problems: Keep your nervous system healthy
Include foods high in fiber, such as oat bran, oatmeal, whole-grain breads and cereals, fruits, and vegetables. Cut back on foods high in saturated fat or cholesterol, such as meats, butter, dairy products with fat, eggs, shortening, lard, and foods with palm oil or coconut oil. Limit foods.

Prevent diabetes problems: Keep your heart and blood ...
Diabetes can damage your eyes and lead to low vision and blindness. The best way to prevent eye disease is to manage your blood glucose, blood pressure, and cholesterol; and to not smoke. Also, have a dilated eye exam at least once a year. [Gum Disease & Other Dental Problems](#)

[Preventing Diabetes Problems | NIDDK](#)
The "Prevent Diabetes Problems" series includes seven booklets that can help you learn more about how to prevent diabetes problems. [Keep Your Diabetes Under Control](#); [Keep Your Eyes Healthy](#); [Keep Your Feet and Skin Healthy](#); [Keep Your Heart and Blood Vessels Healthy](#); [Keep Your Kidneys Healthy](#); [Keep Your Nervous System Healthy](#); [Keep Your Teeth and Gums Healthy](#)

[Prevent Diabetes Problems, Keep Your Teeth And Gums Healthy](#)
Prevent diabetes problems: Keep your feet and skin healthy. Prevent diabetes problems: Keep your nervous system healthy. Prevent diabetes problems: Keep your heart and blood vessels healthy. Prevent diabetes problems: Keep your kidneys healthy. Prevent diabetes problems: Keep your teeth and gums healthy.

Prevent diabetes problems: Keep your diabetes under ...
[Prevent Diabetes Problems Keep Your Kidneys Healthy](#) kidney disease and failure is a condition to monitor carefully as part of management of good health for diabetes patients this article discusses what the kidneys do in our body how problems arise tests and treatments that will help to keep healthy kidney function

[Prevent Diabetes Problems Keep Your Kidneys Healthy \[PDF\]](#)
Keep your blood glucose as close to normal as you can. Ask your doctor what blood glucose numbers are healthy for you. Keep your blood pressure below 130/80 to help prevent kidney damage. Blood pressure is written with two numbers separated by a slash.

Prevent Diabetes Problems: Keep your kidneys healthy
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Keep your blood glucose numbers as close to your target as possible. Your doctor will help you set your target blood glucose numbers and teach you what to do if your numbers are too high or too low. Eat healthy meals and follow the meal plan that you and your doctor or dietitian have worked out.

[Diabetes, Gum Disease, & Other Dental Problems | NIDDK](#)
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[Prevent Diabetes Problems Keep Your Kidneys Healthy, Print ...](#)
If you have nerve damage from diabetes, you may burn your feet and not know you did. Take the following steps to protect your feet from heat: Wear shoes at the beach and on hot pavement. Put sunscreen on the tops of your feet to prevent sunburn. Keep your feet away from heaters and open fires. Do not put a hot water bottle or heating pad on your feet.

[Diabetes and Foot Problems | NIDDK](#)
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[Prevent Diabetes Problems Keep Your Kidneys Healthy, Textbook](#)
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Uncontrolled diabetes can trigger several health problems ...
If you have a mother, father, sister, or brother with diabetes, you are more likely to get diabetes yourself. You are also more likely to have prediabetes. Talk to your doctor about your family health history of diabetes. Your doctor can help you take steps to prevent or delay diabetes, and reverse prediabetes if you have it.

[Family Health History and Diabetes | CDC](#)
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