

Diabetes and Kidney Problems

The kidneys remove waste from the body, remove excess fluids, and keep important proteins in the body.

If diabetes is not well controlled, high blood sugar can harm the blood vessels and nerves in the kidneys. It causes kidney damage and this condition is called nephropathy. Without treatment, it can lead to kidney failure.

Signs of Nephropathy

You will not have signs in the early stages, which is why you need to get regular checks for kidney problems from your doctor. If not controlled, and the condition gets worse, you may have one or more of these signs:

- Feeling tired
- Unusual weight gain from fluid build up in the body
- Foamy urine from protein in urine
- Nausea, vomiting or poor appetite
- Swelling, numbness or tingling in the legs, ankles or feet
- High blood pressure called hypertension
- Feel itchy (from imbalance of phosphorous in the body)
- Hiccups

Testing

Each year, have your urine checked for protein as part of a physical exam. If protein is found in the urine, it can be a sign of kidney damage. Your doctor may order these tests:

- Blood test:
 - ▶ Hemoglobin A₁C to see how well glucose levels are controlled.
 - ▶ Blood urea nitrogen (BUN test) or creatinine test to check how well your kidneys are working.

Sokorta iyo kili dhuuri

Aliida wali kubuhuyaase wasaqda jirka, biyooga badan iyo wali reebasee porotiinka jirka.

Hoo ada sifeela in ilaalina sokorta, sokorka dheer meey sheeno korka hodido dhiga iyo nerfooyinka oo dhib deero. Wey sababo kortee dhibatoyinka kiliyaha wena la aree nephropathy. Hoo lin daaweyna, meey sababa kartee keliida oo suranta.

Calaamoyinka nephropathy

Marka hore wal alaama ah ma argaase wey lin baahanya intii ada inseeto dhagtarka si infiriyo. Hoo lin illaalino xalada ko doraase calamada iska aragaasa:

- Noogana
- Si aadi inhayna ya jirka wiinaadee
- Kadidaa oo sameyta porotiin
- Dhagadhagaaw, mantah iyo raashiin xumo
- Barar, lugaa oo kaqarqara iyo kaaba barar
- Dhiig karka walii la eree hypertension
- Dareenka in inisxooqa
- Hingad

Baaritaanka

Sanad walba kaadidaa wali kufiiriyaasee porotein intii kajarta. Hoo laku helo protein kaadidaa, walii alaama in ata keliidaa oo bey hoogti. Daktarkaa wali wediya kora intii usu fiiriya haan:

- Dhiig baarow:
 - ▶ Intii ada fiirisaa dhiiga A₁C da oona illaalisa mela sokorta maraasa.
 - ▶ Dhiiga kaadida oo fiiriyo sidi usu in ogaado shaqada keliidoo.

- Urine test for protein called albumin. Your doctor may also call it a microalbuminuria test.
- Foot checks to check for numbness and tingling in your feet and legs as kidney disease affects blood flow and may cause nerve damage. Nerve conduction tests may be given to check for nerve damage.
- Blood pressure checks.
- Blood tests for cholesterol and triglycerides. These types of fat in your blood are harder to control if the kidneys are not working well.

Treatment

Treatment is done to keep the kidney disease from getting worse. Blood sugar and blood pressure control can slow kidney damage.

- Check and record your blood sugar levels. Take your diabetes medicines as ordered. Talk to your doctor or diabetes educator if your blood sugar levels are not controlled with medicine.
- Exercise for 30 minutes at least most days of the week.
- Avoid tobacco and alcohol, manage your weight, your stress and get enough sleep. Lifestyle behavior can improve your diabetes.
- Talk to your doctor or pharmacist before taking any over the counter medicines. Some medicines may be harmful to weakened kidneys. For example, medicines used for pain called NSAIDS, like ibuprofen or naproxen, should not be used.
- Your doctor may order medicines to lower your blood pressure while protecting your kidneys from damage. Use a home blood pressure monitor to check your blood pressure between doctor visits.
- Follow your meal plan, and talk with a dietitian about changes you can make to control your blood sugar. If your kidneys are not working well, you may need to limit protein in your diet.

As kidney disease progresses, dialysis may be needed. Transplantation may also be an option for treatment.

- Farmada barida porotenka kadida wey la aree albumin. Daktarkaa mey ara koree microalbuminuria test.
- Fiiri kaabowгаа iyo lugoogaa sidii udurka kalyaga insababa lahayeen dhibaatooyinka nerfooyinka. Nerfooyinka wa ini fiiriso sidi ada in ogaato dhibaatada nerfooyinka.
- Barooka dhiig karka.
- Dhiiga oo laka baaroo sokorta. Qaababkan saliida adeeg yiin intii la ilaaliyo hoo kalyaaga sifeela inin shaqeeyana.

Daaweyowky

Qaadoy dawo sidii udurka kalyaagaa ankodorno. Sokorta iyo dhiig karka wardiyooshoow wali yareeyaayan dhibatada kaliyoo.

- Firi oona qor meli maraasa sokortaa. Inqadoow dawada sokorta sifeela. Ladoowaa daktarkaaga hoo dawada walku tara waayta ilaaliyooga sokorta.
- Raroor 30 daqiiqa malintii todobaadka.
- Usku illaali tubakoda, qamrada, maamul misankaa iyo walwalka wana inii helo hundurmo feela. Qaabka ada in nola iyo dabeecada yaa walii hor mariya koraan sokortaa.
- Ladoowaa daktarkaa adagoo in qaadana daawo. Dawooyinka barshoo yaa welii dhib insheeno karaan keliyaaga. Tusaala daawo lin isticmaalo dhuuriga la araaw NSAIDS, mey ko mid ah profen eey la isticmaalnooy.
- Daktarkaa wali kaweydiiyo karo daawooyin yarayaw dhiig karka oo hadana ko reebo koro dhibaatooyinka kalyoogaa. Intii ada dhaktarka inin seen ogaaw dhiik karkaa.
- Lasocooy rashiinka ada aamaasa, oo ladowaa daktarkaa sidii ada in ilaliya fada sokorta. Hoo kalyaaga sifeelan inin shaqeeyan wey in bahanta intii ada isku illalida poroteinka.

Boshuga kelyaaga mey inbaahanya inii biyo badan waraabta. Keli ada lakii talaala wey nagada kortee daawo.

Talk to your doctor or diabetes educator if you have questions or concerns.

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La hadal dhakhtarka ama kalkaalisada haddii aad qabtid su'aalo ama walaac.

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Diabetes and Kidney Problems. Somali.