



Stay on Track:

Managing Diabetes and Dialysis Simple steps to help you feel your best

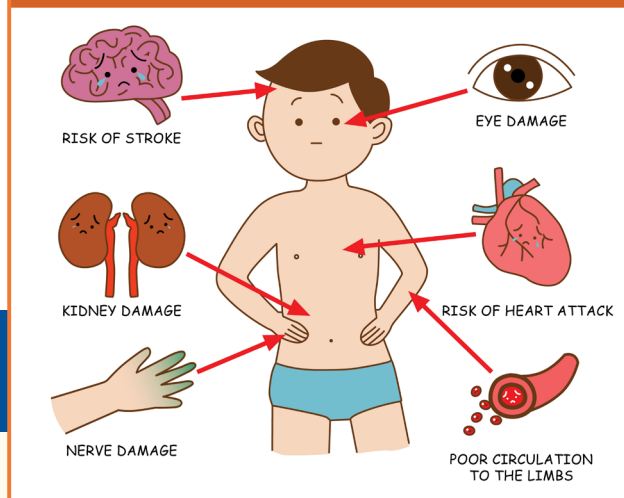
What is Diabetes?

Diabetes happens when there's too much sugar in your blood due to a problem with your body's ability to manage the sugar you eat or that your body creates. If the sugar level in your body is not kept at the right level, this can harm your body and affect your health.

Why Does It Matter?

Keeping your blood sugar in check helps protect your kidneys, heart, and more.

DIABETES COMPLICATIONS



Warning Signs That Your Diabetes May Not Be Under Control

LOOK OUT FOR THESE SIGNS:

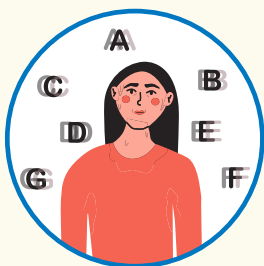
Feeling Thirsty All the Time:

Your body might be losing fluids due to high blood sugar, making you feel constantly thirsty.



Wounds That Heal Slowly:

High blood sugar can slow the healing process by affecting blood flow and your immune system.

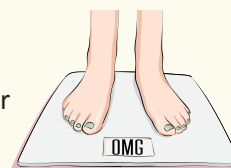


Blurry Vision:

High blood sugar can cause the lens of your eye to swell, leading to blurry vision.

Weight Loss:

If you are losing weight even though you have not changed your diet, this can be a warning sign.



Feeling Very Tired:

When your body can't use sugar for energy properly, it leaves you feeling exhausted.



Dizziness, or Feeling Confused:

Having high or low blood sugar levels can affect how you think and are able to respond.

Simple Steps to Manage Diabetes While on Dialysis

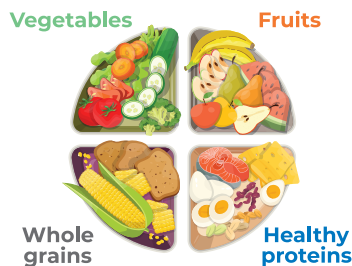
1. Check Your Blood Sugar Regularly

Monitoring your blood sugar is even more important when on dialysis. Ask your care team about safe levels during treatment and in between sessions.



2. Eat Healthy

Balance is key! On dialysis, managing your diet helps both your diabetes and kidney health. Focus on eating low-potassium vegetables, lean proteins, and avoiding sugary drinks. Work with your dietitian for a plan that works for you.



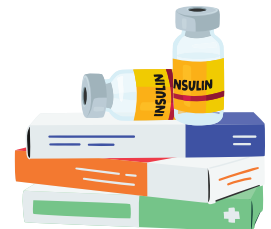
3. Stay Active

Light exercises like walking or stretching can help control blood sugar and improve circulation, even on dialysis days. Ask your care team what's safe for you.



4. Take Your Medications

Keep a consistent schedule for your diabetes medications, even on dialysis days. Your care team can help adjust timing around your sessions.



5. Stay Hydrated Carefully

Managing fluid intake is critical on dialysis. Avoid sugary drinks and stick to your care team's recommendations to balance blood sugar and fluid levels.



What to Notify Your Dialysis Staff About

Keep your dialysis team informed of any of these changes so they can support your health:

- **Unusual Blood Sugar Readings:** Let them know if your blood sugar is too high or too low before your session.
- **Changes in Diet or Medications:** Share any updates with your dialysis team, including new medications or dietary changes.
- **Symptoms of High or Low Blood Sugar:** Report dizziness, confusion, or any other concerning symptoms.
- **Infections or Slow-Healing Wounds:** These can affect your overall health and treatment plan.

Know When to Get Help - Call your doctor if:

- Your blood sugar stays too high or too low.
- You feel dizzy, very thirsty, or confused.

Support is Here for You!

Your dialysis care team is here to help! Reach out with questions or concerns.

Here are additional references and resources:

<https://www.kidney.org/kidney-health/diabetes>

<https://www.kidney.org/kidney-topics/diabetes-and-kidney-disease-stage-5>

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