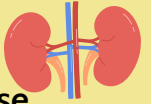


# Do Not Let Diabetes Harm Your Kidneys

Your kidneys help you clean your blood and get rid of extra water and waste. If you have diabetes, too much sugar in your blood can hurt your kidneys. When they do not work well, waste builds up in your body and can cause kidney disease.



As a Migratory and Seasonal Agricultural Worker (MSAW), you may be at a higher risk for kidney disease because you may:

- Not be able to see a doctor very often.
- Work with chemicals, like pesticides, which can harm your kidneys.
- Do hard physical work outdoors and be more likely to dehydrate.

Kidney disease can develop without warning. The good news is that it can be detected early. Here are the common signs and symptoms, and tips to prevent them.

## Signs and Symptoms of Kidney Disease

1. Swelling in the legs, ankles, or feet
2. Feeling very tired or weak
3. Urinating more often, especially at night
4. Back pain and muscle cramps
5. Foamy or bubbly urine may mean your kidneys are leaking protein.



If you have any of these symptoms, talk to your doctor as soon as possible.

## Tips to Prevent Kidney Damage

1. **Control your blood sugar** often if you have diabetes and keep it controlled to keep your kidneys healthy.
2. Keep healthy habits:
  - **Eat healthy meals:** Choose foods low in salt, sugar, and avoid bad fats (like lard and fried foods)
  - **Be active:** Include 30 minutes of physical activity in your day
  - **Drink enough water:** Drink about four 16-ounce bottles a day (64 ounces total)
  - **Avoid smoking and limit alcohol:** These can harm your kidneys
3. Visit your doctor regularly:
  - **Get your kidneys tested once a year:** Ask for a urine and blood test to check your kidney health.
  - **Ask questions!** Talk to your doctor about your test results, any changes in your body, or things you do not understand.

**Even small steps can help keep your kidneys healthy.  
Stay informed and take control today!**



Contact the **NCFH's Call for Health Helpline** at 1 (800) 377-9968 or WhatsApp at 1 (737) 999-4162, a toll-free, bilingual health information and referral service program for MSAWs and their families, or use **HRSA's Find a Health Center** to find one near you.

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