

CONTROL DIABETES WITH NEPHROPATHY

It's important for you to understand that the diabetes is starting to cause damage to your kidneys. To prevent this from worsening, which could ultimately lead to END STAGE KIDNEY DISEASE and DIALYSIS, you need to take responsibility to better control your diabetes. That means that you need to be more responsible with your diet. **YOU NEED TO EAT 3 MEALS AND A BEDTIME SNACK EVERY DAY.** You need to be careful about your carbohydrate (sugars, sweets, rice, noodles) intake. You also need to start some kind of **REGULAR DAILY EXERCISE.** You need to check your blood sugars, record them, and bring in the records with you at your future visits so I know how to adjust your medications to better control your diabetes. Read through the Diabetic Information, Diabetic Diet, Blood Glucose Targets, Record Sheets I'm giving you. Check your blood sugars 1-2 X daily, but do them at different times on different days, so we can see blood sugar results before breakfast, before lunch, before dinner and before bed.