

# Why does your Diabetes Nurse ask you for a sample of urine?

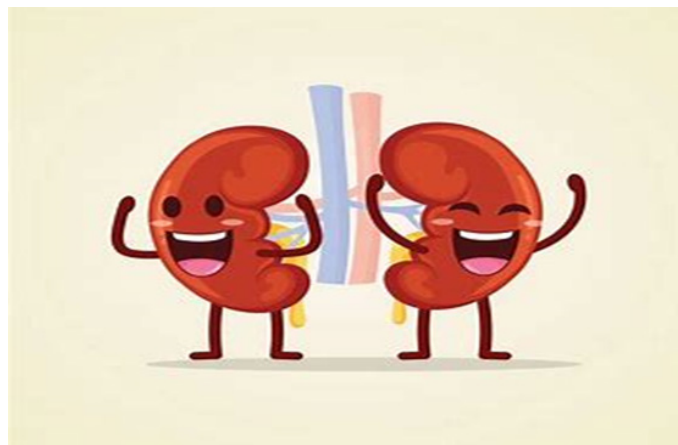
## Well, here's the thing:

- The early stages of chronic kidney disease are often symptomless.
- Diabetes is the most common cause of end stage renal failure.
- Diabetes and chronic kidney disease are linked with cardiovascular disease.

Did you know that your kidneys filter 240 – 300 pints of blood a day to produce 2 - 4 pints of urine, removing waste products from your body.

They help to balance the fluids in your body and they release hormones that regulate your blood pressure. They also produce an active form of vitamin D that helps to promote strong, healthy bones and they control the production of red blood cells.

Clever huh!



By giving a sample of your urine to your diabetes nurse, you can be tested for signs of kidney disease and if any problems are detected, you can be treated to prevent any further damage occurring.

**So please give generously – your kidneys depend on you!**