

diabetessisters

Your Journey. Your Community.

DIABETESSISTERS EXPERT SERIES WEBINAR:

Needed Conversations About Coping With Kidney Disease

Anne Safrin Dalin

Amy Hess-Fischl, MS, RDN, LDN, BC-ADM, CDCES



UNDERSTANDING

Chronic Kidney Disease (CKD)



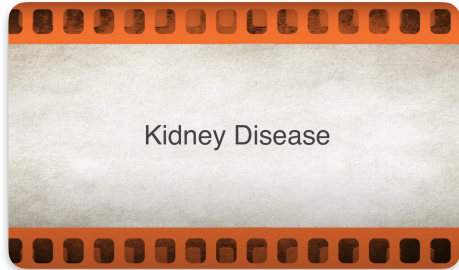
When the kidneys become damaged over time and cannot function correctly, affecting everything they do:

- Removing natural waste products and extra water from your body
- Helping make red blood cells
- Balancing important minerals in your body
- Helping maintain your blood pressure
- Keeping your bones healthy

Also increases the risk of other health problems like heart disease and stroke

Developing CKD is usually a very slow process with very few symptoms in the beginning

Additional Resources



VIDEO

**The Kidney Disease,
Heart Disease, and
Diabetes Connection |
NKF**



VIDEO

**What is Diabetes? | The
Kidney Disease, Heart
Disease, and Diabetes
Connection | NKF**



VIDEO

**The Kidney Disease,
Heart Disease, and
Diabetes Connection**



VIDEO

**Prevention &
Management**





What are some of
the challenges with
kidney disease?



What were your
steps to coping?



Where can you
find support when
You are navigating
kidney disease
management?

Resources – to find a mental health professional

Organization

American Association of Retired Persons (AARP)

Description

Provides helplines and tools to help you connect with others on mental health.

Link

<https://aarpcommunityconnections.org/mental-health-resources/>

American Psychological Association (APA) Psychologist Locator

An online locator that makes it easy for you to find a practicing psychologist in your local area.

<https://locator.apa.org/>

Psychology Today

Browse an online directory of mental health professionals in your area.

<https://www.psychologytoday.com/us/therapists>

SAMHSA Behavioral Health Treatment Services Locator

Search for treatment facilities across the United States or U.S. territories for mental health and/or substance use and addiction.

<https://findtreatment.samhsa.gov/>

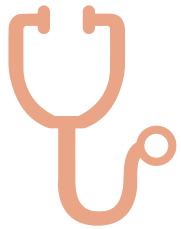


What are some key questions to ask a dietitian about meal planning?



What are some of the most important questions to ask your health provider about when you have kidney disease?

The 4 Critical Times for (DSMES) include:



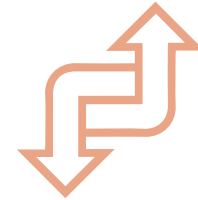
At Diagnosis



Annually



**If Complicating
Factors Develop**



**When Transitions in Life
or Care Occur (7)**

Use the benefits that are available to you – typically, 2 hours of DSMES is a covered benefit every year to individualize your needs and goals.

Diabetes Self-Management Education and Support (DSMES) and Peer Support



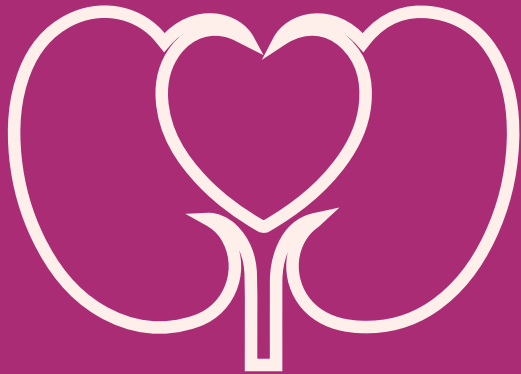
To find a certified diabetes care and education specialist or an accredited/recognized program go to:

- https://professional.diabetes.org/erp_list_zip
- <https://nf01.diabeteseducator.org/eweb/DynamicPage.aspx?Site=aade&WebCode=DEAPFindApprovedProgram>
- <https://www.cbdce.org/locate>

Peer support is also just as important and is so valuable in conjunction with DSMES from a diabetes care and education specialist team. Find additional peer support with DiabetesSisters!

2022 National Standards for Diabetes Self-Management Education and Support Diabetes Care 2022;45:484–494 | <https://doi.org/10.2337/dc21-2396>

Hope for preventing and slowing kidney disease



DiabetesSisters is an excellent support for you and your family to learn more and stay informed

ADDITIONAL RESOURCES

- National Kidney Foundation: <https://www.kidney.org/>
- Centers for Disease Control: <https://nccd.cdc.gov/CKD/Calculators.aspx>
- American Association of Kidney Patients: <https://aakp.org/>
- National Institute of Diabetes and Digestive and Kidney Diseases: <https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd>
- American Diabetes Association: <https://www.diabetes.org>
- American Heart Association: <https://www.knowdiabetesbyheart.org/living-with-type-2/kidney-disease-connection/>
- It Takes 2: <https://patient.boehringer-ingelheim.com/us/test-your-kidneys/>