

Chronic kidney disease in Latino communities

Individuals in the Latino community face a higher risk of chronic kidney disease (CKD). If you are Latino and managing CKD, it's important to take steps to stay healthy.

- ✓ **Control your type 2 diabetes**
The Latino community has a greater risk for developing type 2 diabetes, which can lead to CKD. The high blood sugar levels associated with diabetes can harm your kidneys and prevent them from functioning properly. If you have diabetes, talk to your care team about your blood sugar levels and how to protect your kidneys.
- ✓ **Check your blood pressure**
High blood pressure can cause further damage to your kidneys. It's important to monitor your blood pressure regularly so you can make sure it's under control. You can check it at home with safe and easy-to-use blood pressure monitors. Keep a log of your blood pressure to bring with you to appointments.
- ✓ **Meet with your healthcare providers**
Regular checkups make a huge difference in slowing the progression of any health condition. It's important to attend your scheduled appointments. These checkups help you and your care team take the right steps to manage your CKD.
- ✓ **Eat a healthy diet**
A healthy diet doesn't mean you have to stop eating your favorite foods—it means balancing the flavors you love with nutritious options. Taking small steps to eat healthier can make a big difference for your health. If you need support, talk to your care team about meeting with a dietitian.
- ✓ **Take a few extra steps**
The American Heart Association says adults should aim for at least 150 minutes of activity each week—about 20 minutes per day. Being active doesn't mean you have to go to the gym or run a marathon. Go for a walk, play some soccer, or stroll around the mall!
- ✓ **Look after your mental health**
Your mental health is just as important as your physical health and can affect your kidneys. Practicing meditation, deep breathing, and yoga can reduce your stress levels and make it easier to cope with CKD. Reach out to your care team if you need someone to talk to.



We're here to help

Your care team is here to help you stay healthy. Reach out for any support you need.