Kidney Health Warning Signs



Changes in urination: Symptoms include foamy urine, more frequent urination at night, darker or blood-tinged urine, or difficulty urinating.



Swelling (edema): This can show up in the legs, feet, ankles, around the eyes, or in the hands.



Fatigue and weakness: This may include feeling unusually tired or having trouble concentrating.



High blood pressure: This is often found during check-ups and is more common in people with diabetes, which can further harm the kidneys.



Anemia: It causes fatigue and weakness, especially in those with diabetes-related kidney disease.



Itchy skin: It often occurs in more advanced stages and can be worsened by the dry skin associated with diabetes.



Nausea and loss of appetite: Feeling unwell may result from waste buildup and can be mistaken for low blood sugar symptoms in diabetes.