

HEALTH

# Diabetic Kidney disease

**T**he incidence of Diabetes Mellitus is rising all over the world and WHO estimates that by the year 2025, there will be 320 million people affected. What is more alarming is that 80 percent of this population will belong to the Asian continent. There are many complications of diabetes but the only lethal one is kidney failure. Diabetic kidney disease is known as Diabetic Nephropathy (DN).

A diabetic who starts developing Nephropathy has no symptoms till the condition is very advanced. The earliest sign is the excretion of small amount of protein in the urine, called microalbuminuria. Specific tests are required for detecting microalbumin, which is passed out in small amounts of 20 - 200 mg albumin per litre. If no intervention is



should adopt a healthy life style. Regular monitoring of blood glucose, screening for kidney involvement, and acquiring good knowledge on the disorder always pays good dividends. A good glycaemic control with insulin or Oral Hypoglycaemic Agents, a balanced diet and exercise is the primary requirement.

High Blood Pressure should be controlled with preferably Angiotensin Converting Enzyme Inhibitors, restricting salt

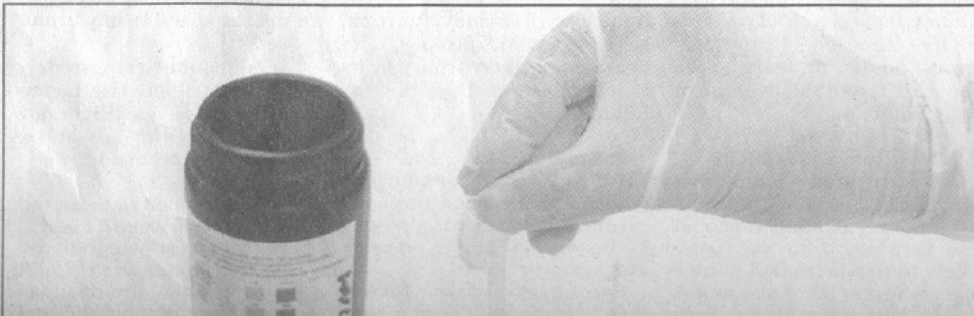


either Dialysis or Kidney transplantation.

With the rising trend of diabetes, especially type 2 diabetes, the patients with DN are also increasing. The third world countries are facing the burden to a greater extent. This has led to increased expenditures and loss of working time on the individual and the state. In Pakistan a similar scenario is

being witnessed. Dialysis is expensive and centres are insufficient in numbers to meet the needs. Transplantation institutes in the public sector are only two, and most patients in the private sector cannot afford this expensive procedure.

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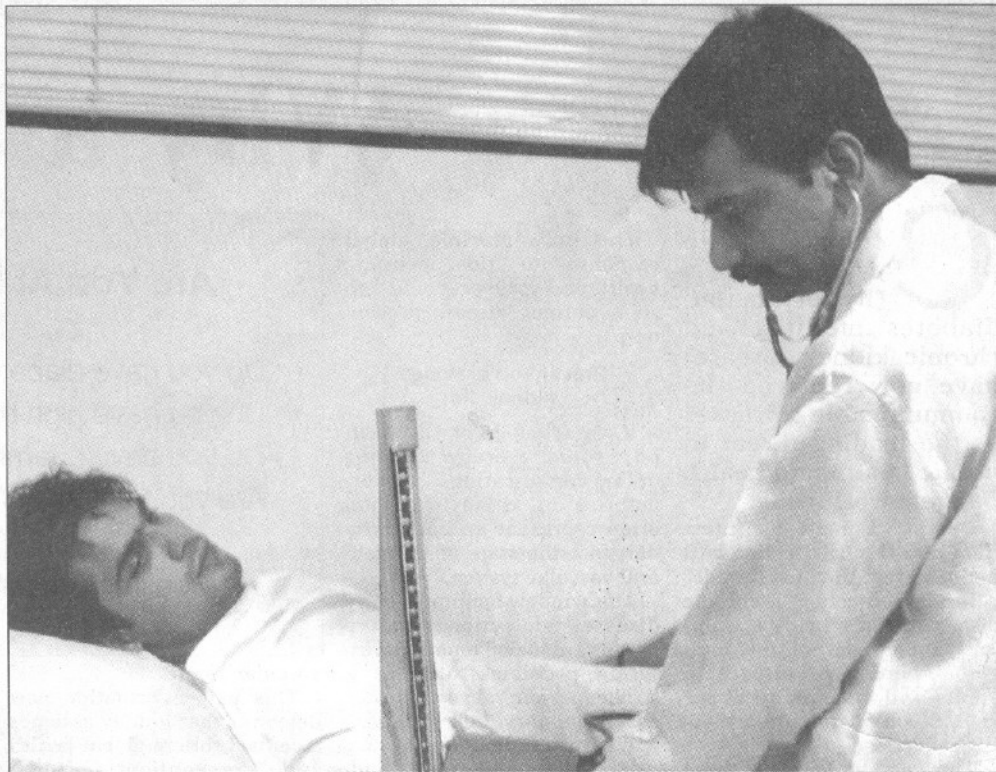
and fats in diet, exercise and loss of excess weight. Dyslipidaemia (raised blood

fat levels) should be treated with appropriate drugs and smoking should be stopped.

## A disciplined life with diabetes is the key to prevent complications.

### Steps to Prevent Diabetic Nephropathy

- Tight Glucose control
- Smoking Cessation
- Weight loss, exercise.
- Control of blood pressure
- Treatment of raised lipids
- Moderate restriction of dietary protein intake.



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