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Experienced & Former Medical Officer –

Charak Palika Hospital, NDMC, Delhi. * PGIMER Dr R. M. L. Hospital, Delhi. * Safdarjang Hospital & V.M. Medical College, Delhi. # Recipient of CHIKITSAK RATNA AWARD . EX – INTENSIVIST – Metro Hospitals & Heart Institute, Noida, NCR.

Care for Your Kidneys, And Your Kidneys Will Care For You.....

Diabetes-related Kidney Disease

In the early course, patients suffering from diabetes generally don't show any symptoms. They develop symptoms in late stages and may be a result of excretion of high amounts of protein in the urine or due to renal failure.

The following symptoms are the warning of kidney disease:

- Poor appetite
- Nausea and vomiting
- Malaise (general ill feeling)
- Fatigue
- Headache
- Frequent hiccups
- Generalized itching
- Swelling, usually around the eyes in the morning & later, general body swelling may result, such as swelling of the legs
- Large amounts of protein in the urine
- Foamy appearance or excessive frothing of the urine
- Blood in the urine leading to pink or cola-colored..
- Unintentional weight gain due to fluid accumulation
- Decreased filtering of wastes from the blood Low blood protein occurs due to leakage of protein in urine.



The symptoms may occur due to other causes also and does not necessarily indicate kidney damage. Therefore these symptoms should be judged only by the physician.

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Kidneys are made up of millions of tiny filters called nephrons. The nephrons have even smaller vessels within them. These are destroyed over time, when glucose levels are consistently too high.

A healthy lifestyle will help prevent kidney damage and diabetic nephropathy.

Kidney Diseases in diabetic patients can be prevented by taking the following measures:

- Keep the glucose levels as close to your goals as possible.
- Maintain healthy weight: if you are overweight or obese, work towards reducing your weight.
- Take a low protein diet. Avoid Trans fat, found for example in margarine, hydrogenated oils and some processed foods.
- Consume healthy diet which includes healthy herbs and supplements, fresh fruits and vegetables, especially raw and organic ones and more dietary fiber.
- Maintain a blood pressure below 130/80 mmHg to help prevent kidney damage.
- Have your kidneys checked at least once a year by having your urine tested for protein.
- Have your blood tested at least once a year for creatinine.
- Avoid taking painkillers regularly. Daily use of pills like Diclofenac or acetaminophen can damage the kidneys.

See a doctor right away for bladder or kidney infections. You may have an infection if you have these symptoms:

- pain or burning when you urinate
- a frequent urge to go to the bathroom
- urine that looks cloudy or reddish
- fever or a shaky feeling
- pain In your back or on your side below the ribs