



# Impact of Diabetic Nephropathy on Lifestyle: Symptoms and Treatment

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## DESCRIPTION

Diabetes is a chronic disease that affects millions of people worldwide. It is a condition that occurs when the body is unable to produce or use insulin properly, resulting in high blood sugar levels. One of the most common complications of diabetes is diabetic nephropathy, a kidney disease that affects people with both type 1 and type 2 diabetes. In this essay, we will discuss diabetic nephropathy, its symptoms, causes, and treatment. Diabetic nephropathy, also known as diabetic kidney disease, is a common complication of diabetes that can lead to kidney failure. It is caused by damage to the small blood vessels in the kidneys that filter waste from the blood. Over time, this damage can cause the kidneys to lose their ability to function properly, resulting in a buildup of waste products in the body.

The symptoms of diabetic nephropathy may not be noticeable until the later stages of the disease. Some of the common symptoms include proteinuria, which is the presence of protein in the urine, edema or swelling in the feet, ankles, and legs, high blood pressure, and decreased urine output. If left untreated, diabetic nephropathy can progress to End-Stage Renal Disease (ESRD), which requires dialysis or a kidney transplant. There are several risk factors associated with diabetic nephropathy. People with type 1 or type 2 diabetes who have high blood sugar levels over a prolonged period of time are at an increased risk of developing diabetic nephropathy. Additionally, people with high blood pressure, high cholesterol levels, and a family history of kidney disease are also at an increased risk of developing the condition.

The diagnosis of diabetic nephropathy is based on a combination of factors, including a medical history and physical examination, blood and urine tests, and imaging tests such as ultrasounds or CT scans. If diabetic nephropathy is suspected, a doctor may perform a kidney biopsy to confirm the diagnosis.

The treatment of diabetic nephropathy is aimed at controlling blood sugar levels and managing the symptoms of the disease. In the early stages of diabetic nephropathy, lifestyle changes such as a healthy diet, regular exercise, and quitting smoking may be recommended. Additionally, medications such as Angiotensin-Converting-Enzyme Inhibitors (ACE) or Angiotensin Receptor Blockers (ARBs) may be prescribed to help control blood pressure and reduce proteinuria. In the later stages of diabetic nephropathy, dialysis or kidney transplantation may be necessary. Dialysis is a medical procedure that uses a special machine to filter waste products from the blood when the kidneys are no longer able to do so. Kidney transplantation involves replacing a diseased kidney with a healthy kidney from a donor. Therefore, it is important to diagnose diabetic nephropathy early and start treatment to slow the progression of the disease. The best way to prevent diabetic nephropathy is to manage blood sugar levels and maintain a healthy lifestyle. This includes eating a balanced diet, exercising regularly, and avoiding smoking and excessive alcohol consumption. Additionally, people with diabetes should have their kidney function checked regularly by their healthcare provider to detect any signs of kidney disease early.

## CONCLUSION

Diabetic nephropathy is a serious complication of diabetes that can lead to kidney failure if left untreated. The symptoms may not be noticeable until the later stages of the disease, making early diagnosis and treatment essential. People with type 1 or type 2 diabetes should work closely with their healthcare providers to manage their blood sugar levels and monitor their kidney function to reduce the risk of developing diabetic nephropathy. With proper management and treatment, people with diabetic nephropathy can live healthy, productive lives.

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**Received:** 21-Feb-2023, Manuscript No. DCRS-23-20873; **Editor assigned:** 24-Feb-2023, PreQC No. DCRS-23-20873 (PQ); **Reviewed:** 14-Mar-2023, QC No DCRS-23-20873; **Revised:** 21-Mar-2022, Manuscript No. DCRS-23-20873 (R); **Published:** 28-Mar-2023, DOI: 10.35841/2572-5629.23.8.151

**Citation:** Christiane T (2023) Impact of Diabetic Nephropathy on Lifestyle: Symptoms and Treatment. Diabetes Case Rep. 8:151.

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