

Diabetes and Kidney Disease



Diabetic kidney disease is kidney damage that results from having diabetes, is common complication of diabetes type 1 and 2. High blood glucose levels in diabetes can damage the kidneys or some of its parts that filters your blood. The damaged filter starts to leak and allows the protein into your urine. Diabetes is the leading cause of kidney failure. But there are few things that you can do to prevent or delay or treat the kidney disease, along with keeping the blood glucose and blood pressure in control.

What is the Function of my Kidney?

The kidneys' job is to filter your blood through millions of tiny vessels. The blood in your body keeps flowing through them multiple times in a day. Blood enters into the kidney, waste gets filtered while salt, water, and minerals are absorbed or excreted as per need.

Important functions of Kidney

- Maintaining overall fluid balance. They remove unwanted fluid from body through urine that can make you sick.
- Regulating and filtering minerals from blood. The filters retains important materials like protein and minerals needed by the body in the blood. The cleaned up blood is returned to your bloodstream.
- Filtering and rejecting waste materials from food, medications, and toxic substances.
- Generating hormones which are important in synthesis of red blood cells, improve bone health, and regulate blood pressure.

What is the impact of diabetes on my kidney?

Kidney functions get damaged due to constant high level of blood glucose over few years. High blood glucose leads extra blood to flow through the filters, increasing load on the kidneys than usual. Along with diabetes many people have high blood pressure which again cause strain on tiny blood vessels. High blood glucose and blood pressure can injure the filters so that they cannot work as they should.

What happens once the damage is done?

There are often no symptoms with early diabetic kidney disease until most of the kidney's working capacity is lost. Before any symptoms are observed, substances such as protein are not retained and leak through the walls of the filters. Protein then leaves the body in the urine.

How will i know if i have kidney problems?

As diabetic kidney disease is a silent disease, you may not have any symptoms in the early phase. The best way to learn about the kidney problem is to check urine sample for micro albumin test, can show whether your kidneys are leaking protein (also called albumin). It's best to have this test when you're first diagnosed with type 2 diabetes and then once every year

