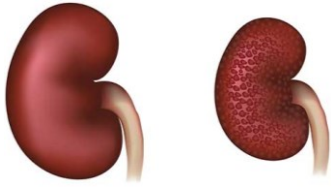


Diabetic nephropathy



If you have diabetes, your blood sugar level is very high. This can affect many parts of the body, including the kidneys. In healthy kidneys, tiny blood vessels called glomeruli filter waste from the body. The glomeruli have holes that are large enough to allow body waste to pass through into the urine. If the kidneys are damaged, wastes and fluids build up in the blood instead of being excreted from the body through urine.

Facts about diabetic nephropathy

Nephropathy is the name given to changes in the kidney that occurs in people with diabetes. It is part of the chronic complications of diabetes.

Causes of kidney disease

It is a consequence of diabetes. It is also more likely if the person smokes or has high blood pressure

Symptoms

There are usually no symptoms until kidney damage is severe. As symptoms progress, they may include:

- Swelling of the feet and ankles
- Weakness
- Loss of appetite
- Stomach ache
- Insomnia and difficulty sleeping
- Confusion and trouble thinking

Diagnostic tests

Albumin urine test: This test detects protein in the urine.

Albumin-creatinine ratio: This test compares the amount of albumin to the amount of creatinine in the urine. Creatinine is a chemical waste that healthy kidneys remove from the blood.

Glomerular filtration rate: (GFR): This test evaluates kidney function by measuring creatinine and estimating how quickly the kidneys filter blood.

Once diabetic nephropathy is diagnosed, it is practically irreversible, therefore, early detection is important to prevent its progression.

Prevention

The best way to prevent diabetic nephropathy is to keep your blood glucose level regulated and your blood pressure level under control, as it can lead to decreased kidney function. Maintaining a good diet and engaging in regular physical activity can help regulate your blood glucose and blood pressure levels.



Social and Emotional Aspect

For tips, tools, and resources on how you and your family can manage emotional and physical concerns that occur during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare

787-641-9133

References:

<https://medlineplus.gov/spanish/diabetickidneyproblems.html>

<https://www.mayoclinic.org/es-es/diseases-conditions/diabetic-nephropathy/diagnosis-treatment/drc-20354562>

Prepared by Licensed Health Educators.

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