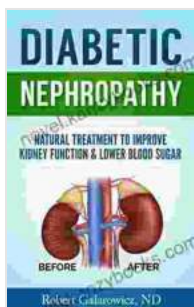


Diabetic Nephropathy: Understanding Diabetic Kidney Disease

What is Diabetic Nephropathy?

Diabetic nephropathy is a serious complication of diabetes that can lead to kidney failure. It occurs when high blood sugar levels damage the blood vessels in the kidneys, causing them to leak protein and other waste products into the urine. Over time, this can lead to scarring and damage to the kidneys, which can eventually lead to kidney failure.



Diabetic Nephropathy (Diabetic Kidney Disease): Natural Treatment to Improve Kidney Function & Lower Blood Sugar by Robert Galarowicz

★★★★☆ 4.1 out of 5

Language	: English
File size	: 1938 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 155 pages
Lending	: Enabled



Symptoms of Diabetic Nephropathy

In the early stages of diabetic nephropathy, there may be no symptoms. However, as the condition progresses, symptoms may include:

* Increased urination * Increased thirst * Fatigue * Weakness * Nausea * Vomiting * Swelling in the feet, ankles, and hands * High blood pressure * Anemia * Bone pain

Causes of Diabetic Nephropathy

The main cause of diabetic nephropathy is high blood sugar levels. Over time, high blood sugar levels can damage the blood vessels in the kidneys, causing them to leak protein and other waste products into the urine. This can lead to scarring and damage to the kidneys, which can eventually lead to kidney failure.

Other risk factors for diabetic nephropathy include:

* High blood pressure * High cholesterol * Obesity * Smoking * Family history of kidney disease

Treatment for Diabetic Nephropathy

There is no cure for diabetic nephropathy, but treatment can help to slow the progression of the disease and prevent kidney failure. Treatment options include:

* Controlling blood sugar levels * Lowering blood pressure * Managing cholesterol levels * Quitting smoking * Losing weight * Following a healthy diet * Getting regular exercise * Taking medication to protect the kidneys

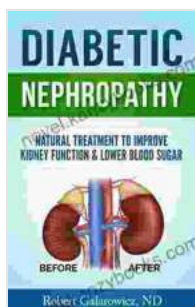
Preventing Diabetic Nephropathy

The best way to prevent diabetic nephropathy is to control blood sugar levels. This can be done by following a healthy diet, getting regular

exercise, and taking medication as prescribed by your doctor. Other preventive measures include:

* Maintaining a healthy weight * Quitting smoking * Managing blood pressure * Getting regular checkups

Diabetic nephropathy is a serious complication of diabetes that can lead to kidney failure. However, early diagnosis and treatment can help to slow the progression of the disease and prevent kidney failure. If you have diabetes, it is important to see your doctor regularly for checkups and to follow your doctor's instructions for managing your blood sugar levels and other risk factors.



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