

# Diabetic Nephropathy

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# Outline

- Definition
- Importance/Epidemiology
- Pathogenesis
- Natural History
- Risk factors and prevention
- Treatment strategies

# Definition

- ***Diabetic nephropathy:***
  - Functional and structural renal changes that happen in the context of Diabetes mellitus.
- ***Functional:***
  - Albuminuria
  - Progressive loss of renal function
- ***Structural:***
  - Mesangial expansion, GBM thickening and glomerulosclerosis

# Definition

- Albuminuria =  $> 300$  mg/d
- Microalbuminuria = 30-300 mg/d
  - ACR  $> 3$  mg/mmol creatinine

# Importance

- The leading cause of ESRD in our society

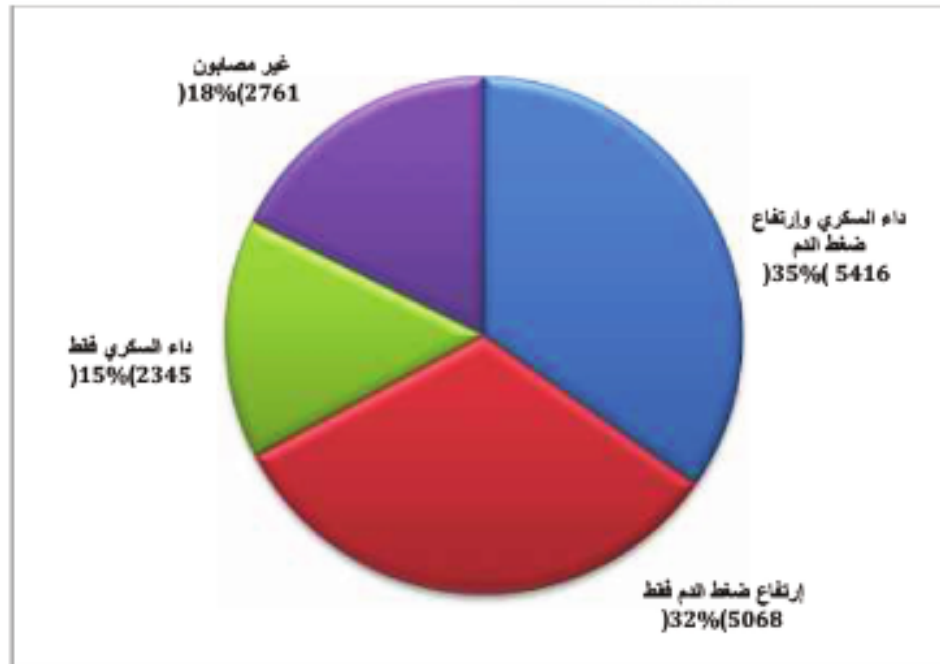
أسباب الفشل الكلوي النهائي عند مرضى التنقية الدموية  
بيانات نهاية عام 2015م

SCOT 2015

النسبة المئوية%	العدد	سبب الفشل الكلوي
39%	6081	إعتلال كلوي بارتفاع ضغط الدم
<u>38.8%</u>	6055	إعتلال كلوي بداء السكري
7.4%	1158	مجهول السبب
3.7%	570	إعتلال كبيبات الكلى البدئي
2%	364	إعتلال كلوي إنسدادي
2%	259	إلتهاب الأوعية
1.7%	270	الآفات الكلوية الوراثية
1.4%	214	تشوهات خلقية
1%	129	إعتلال أنيوبي خلالي مزمن
0.5%	74	عواقب الحمل
2.5%	416	أخرى
100%	15590	المجموع



انتشار داء السكري وارتفاع ضغط الدم عند مرضى التنقية الدموية  
بيانات نهاية عام 2015



# Importance

- Diabetic nephropathy is a risk factor for cardiovascular disease

# Importance

- Prevalence of Diabetes in Saudi Arabia:
  - 23.7% DM
  - 14.1 % impaired fasting glucose
  - In total 37.8% have abnormal glucose metabolism (age 30-70 year)

## Epidemic



# Prevalence of Diabetic Nephropathy in Type II

- 11.5% in UK
- 42.9% in Thailand

- ***Saudi Arabia:***

- **10.8%**

- the Saudi National Diabetes Registry (SNDR), Al-Rubeaan et al 2014.

- **31.8%**

- Alwakeel et al, Ann Saudi Med 2011; 31(3): 236–242.

- ESRD in DM II:
- - **1.5% of type II DM**

the Saudi National Diabetes Registry (SNDR), Al-Rubeaan et al 2014.

- **5% of type II DM**

Alwakeel et al, Ann Saudi Med 2011; 31(3): 236–242.

- Type 2
  - 10 years: 25% MA, 5% proteinuria and 0.8% Cr $\geq$ 175 or renal replacement therapy
- Adler AI, et al. Kidney Int 2003; 63:225.
- Type 1
  - 7-10%  $\rightarrow$  ESRD after 20-30 year

# Pathophysiology

- Hyperfiltration
- Hyperglycemia and AGEs (advanced glycation end products )
- Hyperglycemia Increases VEGF expression (vascular endothelial growth factor)
- Hyperglycemia increases the expression of transforming growth factor-beta (TGF-beta)

# Risk Factors

- Duration of DM
- Age
- HTN
- Race
- Genetic factor
- Retinopathy
- Smoking, Hyperlipidemia
- Poor Glycemic control



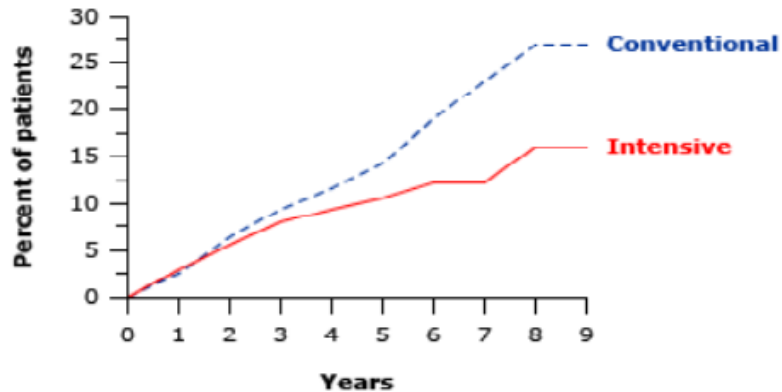
# Treatment Strategies

- Good BP control
  - BP <130/80
- Good glycemic control
  - HgbA<sub>1</sub>C <7 %
- Lipid lowering agnt
  - LDL-C <2.0 mmol/L
- RAS blockade, independent of BP
- Diet (protein, sodium)

## GRAPHICS

**Strict glyceimic control prevents moderately increased albuminuria (formerly called microalbuminuria) in patients with type 1 diabetes mellitus**

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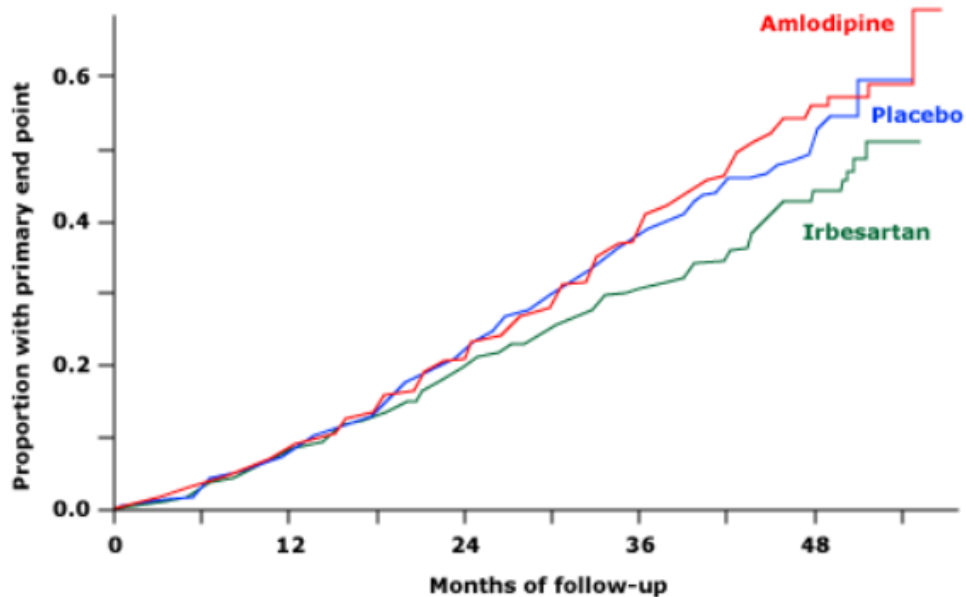
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The Diabetes Control and Complications Trial  
Research Group. N Engl J Med 1993



## Irbesartan slows progression of nephropathy in type 2 diabetes

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Adapted from data published in: Lewis EJ, Hunsicker LG, Clarke WR, et al. N Engl J Med 2001; 345:851.