



## ASK THE EXPERT

### Dr Piyush Desai

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*talks about chronic kidney disease*

**R**ecently published in The Lancet, results from Global Burden of Diseases 2015 reveal that diabetes and chronic kidney disease are among the top five causes of death in India.

Some form of kidney disease is commonly seen in about 40% of people with type 1 diabetes and about 20-30% of those living with type 2 diabetes. Diabetics should check for increase in levels of albumin, a protein in urine. If albumin levels are above 30mg/g, it's a warning sign. In another blood test, the filtration of the kidney is tested via estimating the levels of serum creatinine through eGFR (estimated Glomerular Filtration Rate). eGFR below 60ml/min triggers the diagnosis of kidney disease.

When both kidneys have failed, dialysis or kidney transplant becomes essential for the person to survive. Diabetes can quickly result in

progression of kidney disease. Early detection can help in initiation of aggressive treatment strategies to stop or slow down the progression of kidney disease. At least once a year check-up of kidney function is a must. At Advanced Diabetes Centre, individualized assessment and treatment strategies are chalked out for each patient to achieve optimal control over blood sugar, blood pressure and lowering of urine albumin levels. This helps patients lead a healthy and active lifestyle with proper nutrition, exercise, smoking cessation etc.

For more information on how to effectively control your diabetes, prevent life-threatening complications, and lead a normal life, contact experts at Advanced Diabetes Centre.

*For appointments—  
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