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Diabetic kidney disease: Measure to slow the progression to ESRF

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The incidence and prevalence of diabetes mellitus are increasing worldwide, including the burden of its complication. Considerable proportion of this burden is attributable to the effect on the on the kidneys, accounting for increased incidence of DKD. In spite of a well-controlled blood sugar and blood pressure, there is a proportion of diabetics who progress to end stage renal failure. Hence pathologic molecular mechanisms of DN, which may provide valuable tools for early diagnosis and prevention of disease, have been studied to prevent its progression to end stage renal failure. Currently, there are few therapeutic drugs for DN, which mainly consist of antihypertensive and antiproteinuric measures. Current research into original therapies to treat DN is focusing on the intrinsic renal pathways that intervene with intracellular signaling of anti-inflammatory, antifibrotic and metabolic pathways. More over early identification of the complications such as anemia, which are common to both DKD and diabetes, are therefore an important therapeutic strategy to improve outcomes in patients with DKD. The guidelines concern several issues as renal replacement modality selection, glycemic control, the choice of glycaemia controlling drugs and cardiovascular risk management aiming to improve the quality of life of the patients, as well as to reduce the costs of the medical care. Management of diabetic nephropathy at early stages can determine the outcome of the disease and subsequent management.

Biography

Amna Khalifa Mohamed Salim Al-Hadari is a Consultant Nephrologist at the Renal Department at Dubai Hospital, Dubai Health Authority, UAE. She has obtained her Diploma, Masters and MD in Nephrology from Sheffield Kidney Institute, University of Sheffield, UK. She is also interested in medical education and is a Member of the Dubai Hospital Residency program, Supervisor of the residents in Nephrology Department in Dubai Hospital, Member of the Teaching Staff of Dubai Medical College, Program Director of activities in Dubai Hospital and Organizer of World Kidney Day in Dubai Health Authority, which aims at increasing awareness of kidney diseases among the public.

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