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# Nephrology: Kidney & Therapeutics

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### New approaches to preventing progressive renal function loss

A variety of therapeutic interventions are available to alter the abnormalities seen in patients with chronic kidney disease (CKD). Programs can now be developed to slow the progression of CKD. This delay can be achieved by using accepted recommendations for optimal diabetes therapy (HbA1c target 7%), goals for blood pressure levels, reduction of proteinuria and the proper use of ACE/ARB therapies. For example, limits on dietary sodium and protein intake and reduction of body weight will decrease proteinuria. Proper treatment for elevated serum phosphorus and parathyroid hormone levels as well as therapy for dyslipidemias and anemia can mitigate renal loss. Other less widely appreciated measurable abnormalities such as elevated FGF-23 levels, hyperuricemia and metabolic acidosis have more recently been recognized to be associated with progressive renal insufficiency. Efforts aimed at correction of these disorders may have an important role in altering the course of renal dysfunction. Data will be presented to support this strategy.

### Biography

Michael F Michelis has been Director of the Division of Nephrology at Lenox Hill Hospital for more than three decades. He is Clinical Professor of Medicine at the New York University School of Medicine. He received a BA at Columbia College, Columbia University in New York City, and his MD degree at George Washington School of Medicine in Washington DC. He received his Nephrology Training at the University of Pittsburgh, School of Medicine. He has been selected for inclusion in the listing of top doctors in New York for the past several years. He is the Co-Editor of several medical textbooks, and he has published dozens of articles in the area of general nephrology, electrolyte disorders, hypertension and geriatric renal disease. He has lectured extensively throughout the United States, Hawaii, Japan and in various European cities. He has served on the Editorial Board of several medical journals, and he also reviews articles for established journals in nephrology. He has received many Awards and Lectureships for his work in nephrology.

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