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Multicystic dysplastic kidney with twice duplicated distal ureter having ectopic blind endings**Amar Jayanthi A and Jisha K T**
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Congenital abnormalities of the kidneys, urinary collecting system and bladder come at an incidence of roughly 1% of total live births. These urinary abnormalities form a major problem in urological studies both of interest to the surgeons and anatomists, of which inverted Y shaped ureter, ectopic ureter, blind ending ureter and multicystic kidney are a very rare spectrum of anomalies. Co-existence of such a complex spectrum of anomalies in the same individual is of immense surgical importance. During dissection, retro peritoneum of intra uterine dead (IUD) male fetus of 28 weeks gestation, a combination of multicystic dysplastic kidney with a rare ureteral anomaly which is not seen frequently was observed. The normal left renal anatomy was completely distorted. Ureter divided twice in an inverted Y branching pattern, the two left limbs entered the wall of rectum and urinary bladder of same side, respectively and right limb opened ectopically into urinary bladder. The gross and microscopic features were in favor of Multicystic dysplastic kidney and ureter. Congenital renal dysplasia may be explained by an abnormal induction of metanephric blastema by migrating ureteric bud. The embryological basis of inverted Y shaped ureter is not clearly understood, we suggest that it is due to longitudinal splitting of ureteric bud. This type of anomaly of the ureter may represent real traps in the interpretation of abdominal imaging, particularly in CT scanning.

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Dietary and physical activity of adult patients with type 2 diabetes in Zhejiang province of Eastern China: Data from a cross-sectional study**Jie Pan**
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Aim: Lifestyle management helps improve the clinical outcome in patients with type 2 diabetes. This study aimed to obtain lifestyle data on the dietary and physical activity of adult type 2 diabetes patients in Zhejiang province of eastern China for better patient education and improvement of clinical management.

Methods: A cross-sectional survey of 607 adult type 2 diabetes patients was conducted in 12 hospitals within 8 cities of Zhejiang province. Data were collected for gender, age, basic physical measurement (blood pressure, height, weight, waist circumference and hip circumference), dietary favor and habit (vegetarian diets vs. meat diets, preference of salty or light tastes), detailed dietary intake (24 hour recall method), as well as the weekly physical activity.

Results: The mean age of the patients in the analysis was 56.39 ± 12.29 , and 38.71% of the patients had higher levels of body mass index than recommended. The average daily total energy intake was 1887.71 ± 575.10 kcal. The percentage of calories from carbohydrate, protein and fat were $61.36 \pm 11.59\%$, $13.29 \pm 3.37\%$ and $25.35 \pm 11.16\%$, respectively. For physical activity, the patients generally spent most of their daily time in sitting and sleeping, and the time for moderate-vigorous activity was limited.

Conclusions: Adult patients with type 2 diabetes in Zhejiang province have a relatively high carbohydrate and low protein diet with very limited physical activity. Patient education to achieve a better lifestyle intervention needs to improve in this region.

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