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Efficacy of Novel SGLT2 Inhibitors in Slowing Progression of Diabetic Nephropathy: A Multicenter Clinical Trial

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Diabetic nephropathy (DN) is a leading cause of end-stage renal disease worldwide. Sodium-glucose cotransporter-2 (SGLT2) inhibitors have recently emerged as promising agents to reduce hyperglycemia and protect kidney function. This multicenter, double-blind clinical trial evaluated the efficacy and safety of a new SGLT2 inhibitor in 400 patients with type 2 diabetes and early-stage DN over 24 months. The primary outcome was decline in estimated glomerular filtration rate (eGFR). Secondary outcomes included albuminuria reduction, blood pressure control, and adverse events. Results demonstrated a significant 30% reduction in eGFR decline compared to placebo ($p < 0.001$), accompanied by improved albuminuria and blood pressure parameters. The drug was well tolerated with a low incidence of genitourinary infections. This study supports the use of SGLT2 inhibitors as an effective strategy to delay DN progression and improve renal outcomes in diabetic patients.

Biography

Robert J. Feldman is a nephrologist with over 20 years of experience researching diabetic kidney disease and novel therapeutic interventions. He has led multiple large-scale clinical trials and serves on several guideline committees for chronic kidney disease management.