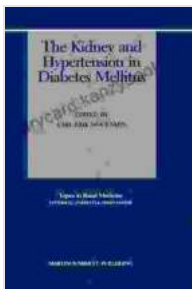


Kidney and Hypertension in Diabetes Mellitus: A Comprehensive Guide

Diabetes mellitus is a chronic disease that affects the body's ability to produce or use insulin. Insulin is a hormone that helps glucose, or sugar, get from the blood into the cells. When there is not enough insulin, or when the body does not use insulin well, glucose builds up in the blood. This can lead to a number of health problems, including kidney disease and hypertension.



Kidney and Hypertension in Diabetes Mellitus

by Carl Erik Mogensen

★★★★☆ 4.8 out of 5

Language : English
File size : 12439 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 954 pages



Kidney disease is a condition that damages the kidneys. The kidneys are responsible for filtering waste products from the blood and producing urine. When the kidneys are damaged, they cannot filter waste products as well, and this can lead to a build-up of toxins in the blood. Hypertension, or high blood pressure, is a condition that occurs when the force of blood against the walls of the arteries is too high. Hypertension can damage the blood vessels and lead to a number of health problems, including heart disease, stroke, and kidney disease.

Kidney disease and hypertension are common complications of diabetes mellitus. In fact, diabetes mellitus is the leading cause of kidney disease and hypertension in the United States.

Symptoms of Kidney Disease and Hypertension

The symptoms of kidney disease and hypertension can vary depending on the severity of the condition. Some common symptoms of kidney disease include:

* Decreased urination * Foamy urine * Swelling in the feet, ankles, and hands * Fatigue * Nausea and vomiting * Loss of appetite * Metallic taste in the mouth * Muscle cramps * Confusion

Some common symptoms of hypertension include:

* Headache * Dizziness * Blurred vision * Chest pain * Shortness of breath * Fatigue * Nausea and vomiting

Diagnosis of Kidney Disease and Hypertension

Kidney disease and hypertension are diagnosed with a combination of blood tests, urine tests, and physical exams. Blood tests can measure the levels of creatinine and blood urea nitrogen (BUN) in the blood. Creatinine and BUN are waste products that are filtered out of the blood by the kidneys. High levels of creatinine and BUN can indicate kidney disease. Urine tests can measure the amount of protein and glucose in the urine. Protein and glucose in the urine can also indicate kidney disease. A physical exam can check for swelling in the feet, ankles, and hands. High blood pressure can also be diagnosed with a physical exam.

Treatment of Kidney Disease and Hypertension

The treatment of kidney disease and hypertension depends on the severity of the condition. Some common treatments for kidney disease include:

* Medications to lower blood pressure * Medications to reduce protein in the urine * Medications to increase urine output * Dialysis * Kidney transplant

Some common treatments for hypertension include:

* Medications to lower blood pressure * Lifestyle changes, such as losing weight, eating a healthy diet, and exercising regularly

Prevention of Kidney Disease and Hypertension

There are a number of things that can be done to prevent kidney disease and hypertension. Some of these things include:

* Controlling blood sugar levels * Managing blood pressure * Eating a healthy diet * Exercising regularly * Maintaining a healthy weight * Quitting smoking * Limiting alcohol intake

Kidney disease and hypertension are serious complications of diabetes mellitus. However, they can be prevented and treated with proper care. If you have diabetes mellitus, it is important to talk to your doctor about your risk of kidney disease and hypertension. Your doctor can recommend lifestyle changes and medications to help you prevent or manage these conditions.

Free Download Your Copy Today

To learn more about kidney disease and hypertension in diabetes mellitus, Free Download your copy of the book today. This comprehensive guide covers everything you need to know about these conditions, from diagnosis and treatment to prevention and lifestyle changes.

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