

Prevention of progression in Chronic kidney Disease

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Introduction

CKD is emerging as a major public health problem in recent years. Studies conducted worldwide concluded that the number of patients with earlier stages of CKD (stage 1 - 4) are likely to exceed by as much as 50 fold that of those reaching End stage Renal Disease. Early detection of CKD and interventions aimed at preventing progression into advanced stages are likely to be the key factors in alleviating the future burden of ESRD.

Aim

Aim of the Study : is to identify patients with CKD stages 1 - 4 and implement measures to prevent their progression to ESRD. Material & Methods : 168 patients with Microalbuminuria are enrolled into the study in June 2008. They are divided into two groups :

1. Intensive treatment group and
2. Routine treatment group ; Both groups received treatment accordingly. Observations are made at baseline and then yearly thereafter.

Results

Parameter	Intensive group	Routine group	
Mean BP(mmHg)	-12.3 to 17.7	-8 to 15.4	< 0.001
Mean HbA1c	-1.8 to 3.2%	-0.8 to 2%	< 0.001
Improved Lipids	78 % of patients	57%	< 0.012
Compliance	92%	64%	< 0.011
Lifestyle changes	82% of patients	45% of patients	< 0.022

Rate of decline 2.7ml/min 7.4ml/min < 0.001 in GFR

Projected decline 25 years to ESRD 10 years < 0.0001 in GFR

Discussion

Microalbuminuria is an important index of early CKD. Renoprotective measures have been shown to significantly reduce the incidence of ESRD.

Conclusion

A significant number of patients with CKD are identified by screening for Microalbuminuria. A multifaceted approach can stem the tide of ESRD, improving the quality of life as well as reducing the economic burden.

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