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Spectrum of Glomerular Diseases in Diabetic Patients

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There is an increasing incidence of Diabetes in the general population worldwide. This is reflected in part by the increasing recognition of Non Diabetic Kidney Disease (NDKD) in these individuals. Traditionally Diabetic Kidney Disease (DKD) has been diagnosed clinically based on the duration of diabetes, presence of proteinuria, presence of retinopathy and renal dysfunction. Kidney biopsy is performed only if the above features are not there. Timely diagnosis of NDKD is important as appropriate interventions significantly improves the prognosis. The clinical features indicative of NDKD in diabetic patients include:

1. Absence of diabetic retinopathy
2. Rapidly deteriorating renal function
3. Increasing severity of proteinuria
4. Active urinary sediments (microscopic hematuria/RBC casts)
5. Signs and symptoms of systemic disease

Renal biopsy can reveal Diabetic Nephropathy, NDKD or a combination of both. Most studies have reported a 30-60% incidence of NDKD in renal biopsies from diabetic patients. We looked at glomerular diseases in adult diabetic patients at NU Hospitals, Rajaji Nagar, Bengaluru, India between 2018 and 2021. A total of 16 patients with diabetes were subjected to renal biopsy for the above mentioned reasons. Two patients (12.5%) had classical diabetic nephropathy, ten patients (62.5%) had NDKD only and four patients (25%) had a combination of DKD and NDKD. Membranous Nephropathy was the commonest NDKD while all those with a combination of DKD with NDKD had IgA Nephropathy.

Conclusion: NDKD is common in patients with diabetes. Renal biopsy must be performed whenever the presentation is atypical. Appropriate therapy for the underlying NDKD improves the renal and patient prognosis.

Biography

Padmanabhan S is a highly accomplished nephrologist with a stellar academic background. He completed his MBBS from Madurai Medical College, followed by DNB (Internal Medicine) at Southern Railway Headquarters Hospital, Chennai, and DM (Nephrology) at All India Institute of Medical Sciences, New Delhi. Dr. Padmanabhan has held key positions including Head of the Department of Nephrology at Sri Venkateswara Institute of Medical Sciences, Tirupati, and served as a Renal Fellowship at Singapore General Hospital. With extensive experience in various prestigious medical institutions in India and abroad, he currently practices as a Senior Consultant Nephrologist at NU Hospitals Private Limited, Bangalore, contributing significantly to the field.