

DIABETIC NEPHROPATHY DISEASE



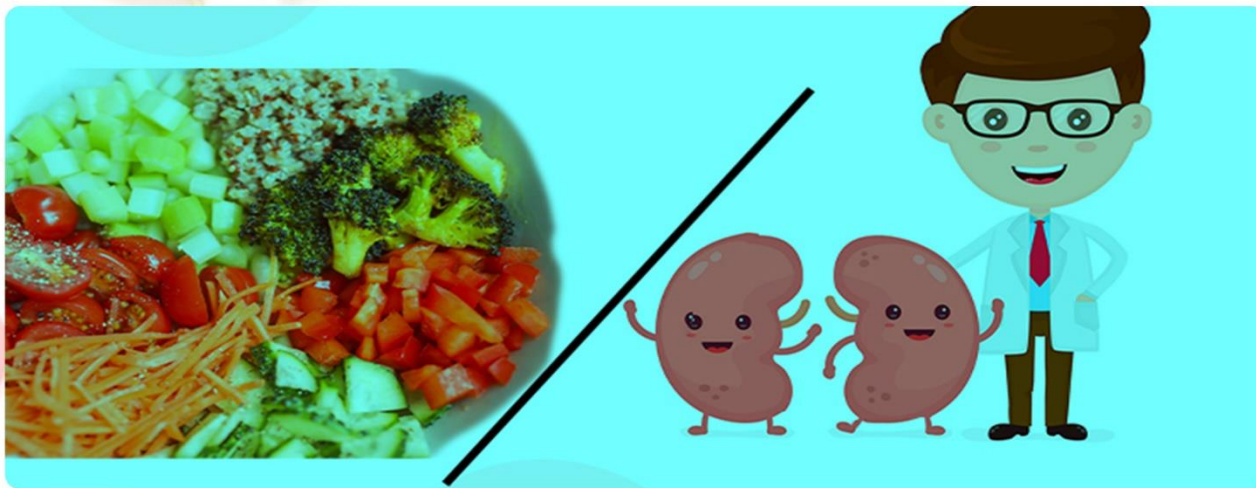
PATIENT DIET

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▶ **DIABETIC NEPHROPATHY DIET PLAN FOR HEALTHY KIDNEY**

A progressive kidney condition called diabetic nephropathy is brought on by long-term, uncontrolled diabetes mellitus. It is one of the most prevalent consequences of diabetes and results from the kidneys' small blood capillaries being damaged by high blood sugar levels. Proteinuria, high blood pressure, and a decreased capacity to filter waste from the blood are signs of compromised kidney function that develop over time as a result of this injury.

Dialysis or kidney transplantation may be required if diabetic nephropathy progresses to end-stage kidney failure if untreated. Its course can be slowed down and problems can be avoided with early detection, blood sugar management, and blood pressure management. You can take help from stem cell therapy hospital India for cure and diagnosis.

▶ **SYMPTOMS OF DIABETIC NEPHROPATHY**

A real complication of diabetes that affects the kidneys is diabetic nephropathy, also known as diabetic nephropathy. It occurs when hyperglycemia caused by diabetes damages the kidneys' tiny blood arteries over time, eventually resulting in renal failure. Diabetic nephropathy, the most common cause of end-stage renal disease (ESRD), demands prompt diagnosis and care. The main indicators of diabetic nephropathy are

Proteinuria:

One of the first signs of diabetic nephropathy is the presence of excess protein in the urine (proteinuria). Normally, the kidneys filter waste and toxins while keeping important proteins in the bloodstream. However, if the kidneys are damaged, protein can leak into the urine, resulting in frothy or frothy urine.



Fluid retention and swelling:

When the kidneys are not functioning well, the body retains more fluid than usual, and the legs, ankles, feet, and sometimes the hands and face may become swollen. This is called oedema and is caused by decreased fluid excretion by the kidneys.

Fatigue and Weakness:

Because the kidneys are less efficient at filtering waste products and maintaining the mineral and electrolyte balance in the body, patients may experience fatigue, weakness, and general malaise.

Hypertension:

Diabetic nephropathy can cause or worsen high blood pressure (hypertension). Damaged kidneys release hormones that raise blood pressure, which can lead to worsening kidney function and a vicious cycle of hypertension.

Decreased urine output:

As diabetic nephropathy progresses, the kidneys produce less urine than normal and urinate less frequently.

Nausea and Vomiting:

In the later stages of diabetic nephropathy, nausea, vomiting, and loss of appetite may occur due to waste buildup and electrolyte imbalances.

Itchy and dry skin:

When renal function declines, waste products accumulate in the blood, which can cause skin problems such as itching and dryness.

It is important for people with diabetes to undergo regular screening for diabetic nephropathy, including urine tests for proteinuria and blood tests to assess kidney function. If you experience any of the above symptoms or have any concerns about your kidney health, it's important to see the best stem cell center in India immediately for an evaluation and appropriate treatment.

WHAT CAN YOU EAT DURING DIABETIC NEPHROPATHY?

During diabetic nephropathy, a condition where the kidneys are damaged due to diabetes, it is crucial to maintain a balanced and healthy diet to manage blood sugar levels and reduce stress on the kidneys. Here are some dietary recommendations:

- 1. Limit protein intake:** Consuming moderate amounts of high-quality protein can help reduce the workload on the kidneys. Sources like lean meats, fish, poultry, and plant-based proteins are preferred.
- 2. Control carbohydrates:** Opt for complex carbohydrates with a low glycemic index to avoid sudden spikes in blood sugar levels. Fruits, vegetables, whole grains, and legumes are all healthy options.
- 3. Choose healthy fats:** Opt for unsaturated fats found in olive oil, avocados, and nuts, while limiting saturated and trans fats.
- 4. Watch phosphorus and potassium:** Some kidney-friendly foods are also low in phosphorus and potassium. Control intake of nuts, seeds, dairy products, bananas, and oranges.
- 5. Stay hydrated:** Drink plenty of water unless otherwise advised by your healthcare provider.
- 6. Consume lean protein:** Include sources like skinless poultry, fish, tofu, and legumes to minimize the workload on the kidneys.

Always consult a registered **stem cell therapy in Delhi NCR** to tailor a diet plan that meets individual needs and medical requirements.

FOODS THAT ARE NOT ALLOWED ON DIET LISTS

If you have diabetic nephropathy, the kidney damage caused by diabetes, it is important to take specific nutritional approaches to manage the condition and reduce further complications. Dietary goals are to control blood sugar levels, maintain healthy blood pressure, and maintain kidney function. Foods to avoid are:





Foods high in sodium:

Too much sodium can raise your blood pressure and put a strain on your kidneys. Avoid processed foods, canned soups, salty snacks, and fast foods, which are usually high in sodium.

Sweet foods and drinks:

Foods with added sugar can spike your blood sugar and put additional strain on your kidneys. Limit sugary desserts, sugary drinks, and processed foods with hidden sugars.

Foods Rich in Phosphorus:

As kidney function declines, the body may have difficulty regulating phosphorus levels. Avoid foods such as processed cheese, sodas, and processed foods with added phosphates.

Foods High in Potassium:

Damage to the kidneys can cause potassium levels to become unbalanced. Limit potassium-rich foods such as bananas, oranges, potatoes, and tomatoes.

Foods High in Saturated and Trans Fats:

These fats can cause heart disease and can put additional strain on your kidneys. Avoid fried foods, fatty meats, and commercial baked goods.

Alcohol:

Alcohol can exacerbate high blood pressure and interfere with blood sugar control. It also puts extra strain on the kidneys.

Caffeinated Beverages:

Too much caffeine can raise blood pressure. Limit coffee, tea, and energy drinks.

Foods containing phosphoric acid:

Phosphate in some carbonated drinks can be harmful to your kidneys. Avoid or limit your intake of these beverages.

Remember that every person may have different nutritional demands. Therefore, it's important to work with a registered dietitian or healthcare provider to create a personal eating plan that fits your specific condition, medications and lifestyle. Eating a balanced diet can help treat diabetic nephropathy and improve overall health.



Putting It All Together

A well-planned Diabetic Nephropathy Diet is crucial for promoting healthy kidney function. It should focus on low-sodium, low phosphorus, and controlled protein intake while emphasizing fruits, vegetables, and whole grains. Additionally, “Stem Cell Care India”, the best stem cell therapy hospital, shows promise in enhancing kidney regeneration and function, offering hope for patients’ future well-being.



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