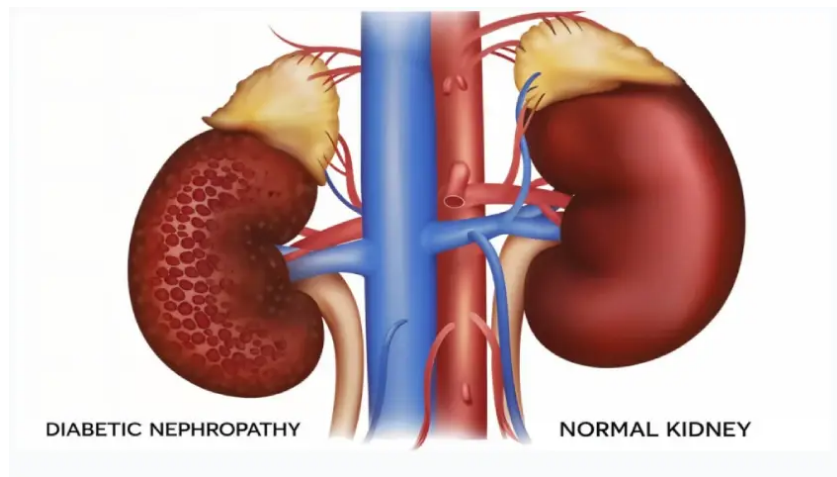


Early Warning Signs Of Kidney Damage In Diabetes Patients You Shouldn't Ignore

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Apex Multispeciality Hospital Blog

Diabetes is one of the most common health conditions in India, and it affects millions of people every year. While many patients are aware of high blood sugar, very few know about its silent effect on the kidneys. Kidney damage caused by diabetes is called diabetic nephropathy, and it is one of the most serious long-term complications. This condition develops slowly, often without noticeable symptoms in the early stages. If left untreated, it can progress to kidney failure. That is why recognising the **early warning signs of kidney damage in diabetes** is very important.

At **Apex Hospital**, the **Best Hospital in PCMC, Pune**, we provide complete care for diabetic patients at risk of kidney problems. With an expert team of urologists, nephrologists, and diabetologists, we offer advanced diagnosis and **treatment for diabetes-related kidney disease**.

Understanding Kidney Damage in Diabetes:

Your kidneys act as filters that remove waste and excess fluid from the body. In people with diabetes, high blood sugar levels over time damage these filters. The small blood vessels in the kidneys, called glomeruli, become weak and start leaking protein into the urine. This condition does not happen overnight. In fact, it develops slowly over several years. Many patients may already have damage without even knowing it. That is why doctors at Apex Hospital PCMC Pune recommend regular kidney check-ups for all diabetes patients. When ignored, diabetes-related kidney damage can progress to chronic kidney disease (CKD) and eventually kidney failure. The good news is that with early detection

and proper treatment, patients can slow the progression and maintain healthy kidney function.

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Early Warning Signs You Shouldn't Ignore:

Spotting kidney damage early can save you from serious complications. Some of the early warning signs of kidney damage in diabetes include:

- **Foamy or Bubbly Urine:** One of the first indications of kidney damage is protein leakage in the urine (albuminuria). This often makes urine look foamy.
- **Swelling (Edema):** When the kidneys fail to remove excess fluid, it collects in the body. Patients notice swelling around the eyes, feet, or ankles.
- **Changes in Urination:** Frequent urination at night, decreased urine output, or dark-coloured urine are signs of kidney stress.
- **Uncontrolled High Blood Pressure:** Diabetes and kidney damage together make blood pressure harder to manage. If your BP is not controlled despite medicines, it may point to kidney issues.
- **Fatigue and Weakness:** Waste build-up in the blood causes constant tiredness, loss of concentration, and weakness.
- **Loss of Appetite and Nausea:** Kidney toxins often lead to poor appetite, vomiting, or a metallic taste in the mouth.
- **Breathlessness:** In advanced cases, fluid accumulation in the lungs can make breathing difficult.

If you are experiencing any of these signs, you must consult a **urologist at Apex Hospital PCMC Pune** immediately for an evaluation.

How Do You Know if Your Kidneys Are Damaged from Diabetes?

The only sure way to confirm kidney damage is through medical tests. At Apex Hospital in PCMC, the diagnostic process includes:

- **Urine Albumin-to-Creatinine Ratio (UACR):** Detects small amounts of protein in urine.
- **Blood Tests (Serum Creatinine & eGFR):** Checks how efficiently the kidneys are filtering waste.
- **Blood Pressure Monitoring:** High BP often points towards kidney involvement.
- **Ultrasound / Imaging Tests:** Helps check kidney size, structure, and any blockages like stones.

These tests allow doctors to detect kidney disease early, even before symptoms appear. That is why regular check-ups at Apex Hospital PCMC are strongly recommended for all diabetes patients.

Risk Factors That Increase the Chance of Kidney Damage:

Not all diabetic patients develop kidney problems, but certain factors increase the risk:

- Poor control of blood sugar (high HbA1c levels).
- Uncontrolled high blood pressure.
- Having diabetes for more than 10–15 years.
- Family history of kidney disease.
- Being overweight or obese.
- Smoking and alcohol consumption.
- High cholesterol.
- Other complications of diabetes include eye disease (retinopathy).

Patients with these risk factors should be extra careful and seek regular **diabetic kidney damage treatment in PCMC Pune** at Apex Hospital.

When to See a Kidney Stone Doctor in Pune?

Sometimes, kidney damage symptoms can be confused with kidney stones. Both cause changes in urination and discomfort. If you experience:

- Severe back or side pain,
- Blood in urine,
- Burning during urination,
- Sudden urinary blockages,

...it may be kidney stones. In such cases, consult the **best kidney stone specialists in PCMC Pune** at Apex Hospital. The hospital provides **24/7 emergency hospital care for kidney stone treatment in PCMC**, making it the first choice for many patients. With experienced urologists in PCMC for stones,

Apex ensures painless and effective treatment.



Diagnostic Approach to Kidney Damage in Diabetes at Apex Hospital:

The urology department at Apex Hospital PCMC follows a systematic and advanced approach:

- **Detailed History & Check-up:** To understand diabetes duration and symptoms.
- **Lab Tests:** UACR, creatinine, eGFR, HbA1c.
- **Imaging Tests:** Ultrasound, CT scan, and Doppler studies.
- **Specialised Tests:** Kidney biopsy in selected cases.

This combination of modern diagnostics and expert evaluation makes Apex Hospital one of the best hospitals in PCMC Pune for diabetes-related kidney problems.

How is Diabetic Kidney Damage Treated at Apex Hospital?

Treatment depends on the stage of kidney disease. At Apex Hospital, care focuses on slowing damage and improving patients' quality of life:

- **Medical Management:** Blood sugar control, blood pressure control (ACE inhibitors, ARBs), and cholesterol-lowering medicines.
- **Lifestyle Support:** Diet counselling (low salt, low protein), exercise plans, and smoking cessation.
- **Newer Medicines:** SGLT2 inhibitors, which protect both kidneys and the heart.
- **Advanced Care:** Dialysis and transplant services in advanced stages.

Patients also benefit from access to the best kidney stone doctors at PCMC Pune, in case stones complicate diabetes care.

Preventing Kidney Damage in Diabetes Patients:

You can take simple but effective steps to protect your kidneys:

- Maintain blood sugar levels as recommended by your doctor.
- Control blood pressure (below 140/90 mmHg).
- Go for annual kidney function tests.
- Maintain a healthy diet and body weight.
- Avoid smoking and limit alcohol.
- Take medicines as prescribed, without skipping doses.
- Stay hydrated and avoid unnecessary painkillers.

The team at Apex Hospital PCMC Pune helps patients follow these preventive steps through personalised care.

Advanced Kidney Care at Apex Hospital in PCMC:

Apex Hospital is among the best multispeciality hospitals in PCMC Pune. It provides world-class kidney care with:

- Top urologists for kidney stones in Pune.
- Specialised diabetic nephropathy management in PCMC Pune.
- 24/7 emergency hospital services for kidney treatment.
- Modern diagnostic labs and advanced operating theatres.
- Compassionate and personalised patient care.

Whether you need PCMC treatment for diabetic kidney disease or contact a urologist at Apex Hospital for kidney stones, this hospital ensures complete and trusted care.

Get Effective Kidney Damage in Diabetes Treatment at Apex Hospital:

If you are worried about kidney problems due to diabetes, do not ignore the early signs. With timely medical support, you can protect your kidneys and live a healthy life. At Apex Hospital, **Best Multispeciality Hospital PCMC**, our urology and nephrology team offers the best solutions for both diabetic kidney disease and kidney stones. With experienced kidney stone doctors, PCMC Pune and a specialised diabetic kidney care program, Apex Hospital is the trusted choice for thousands of patients. **Book your consultation** today with the **Apex Hospital** kidney stone doctor or urologist at Apex Hospital PCMC and get expert guidance for lifelong kidney health.



Frequently Asked Questions:

— What is the first sign of kidney damage in diabetes?

The first sign is protein in urine, which makes urine look foamy or bubbly.

+ Can kidney damage from diabetes be reversed?

+ How often should diabetes patients check their kidney function?

+ Does controlling blood sugar prevent kidney disease?

+ Is kidney pain a sign of diabetic kidney damage?

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