

Profile of patients with diabetic nephropathy at their first nephrology visit

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Abstract

Introduction: Diabetic nephropathy (DN) is a serious complication of diabetes, significantly contributing to the rising incidence of chronic kidney disease globally. Early identification of patients at risk of developing this complication and understanding their clinical and demographic profiles are essential for better management.

Description: We retrospectively analysed the medical records of patients newly diagnosed with DN over a 10-year period.

Results: One hundred and thirty-nine patients were included. The results showed that the majority of patients were male (56.11%) with a mean age of 64.64 ± 11.17 years, and a clear predominance of type 2 diabetes (96%). Family history was dominated by diabetes (59%) and hypertension (54%). The mean duration of diabetes was 15.89 ± 9.30 years. In terms of microvascular complications, 72.2% had diabetic retinopathy and 59.7% had diabetic neuropathy. In terms of macrovascular complications, 9.4% of patients had a history of stroke, 29.5% had coronary artery disease, and 18% had peripheral arterial disease. Sixty-four percent of patients had dyslipidemia, 16.5% had heart failure, and 92.8% of patients had hypertension.

Conclusion: This study highlights the importance of early identification of patients at risk of developing DN and the need for a multidisciplinary approach to prevent the progression of the disease.