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Nota di contenuto	Diabetes and the Kidney; Contents; Preface There is still much to do!; How can we explain such a development?; What can we do about it?; Patient interview Diabetic nephropathy - 'a fairly horrible experience'; 1 Your fate is in your hands; 2 Diabetic kidney disease - what is it?; The kidney: an organ with many functions; How do the kidneys perform their functions?; How is kidney function measured?; How does diabetes affect the kidneys?; Factors that influence the development of nephropathy; Signs and symptoms of nephropathy; 3 Early diagnosis of diabetic nephropathy Detection of microalbuminuria Microalbuminuria testing: when and by whom?; 4 Management of diabetic kidney disease; 4.1 The benefits of good blood sugar control; Is there a threshold, above which the risk noticeably increases?; With nephropathy, is there a 'point of no return'?; How failing kidney function affects diabetes management; 4.2 The benefits of good blood pressure control; What is normal blood pressure?; When your blood pressure is too high . . .; When blood pressure is too high in people with diabetes; How blood pressure affects the development of kidney damage When nephropathy already exists How low should the blood pressure go?; There are more than 100 blood pressure-lowering drugs - which

are the best?; It is important to manage your blood pressure yourself; 4.3 Eating correctly - it's all about protein and salt!; The kidneys and protein - what is the connection?; Not all protein is the same; How much protein do you need?; What happens when you eat too much protein?; Salt and the kidneys; Six grams of salt a day are enough; 4.4 Smoking - a particularly dangerous habit for diabetics
4.5 High levels of fatty acids in the blood - bad news in every case
Not all fat is the same; What can you do about high blood fat levels?; Some practical tips; 5 Diabetics with kidney failure are threatened in other ways; 5.1 How diabetes can affect your sight; 5.2 Kidney failure also endangers the heart; 5.3 The brain also suffers from arteriosclerosis; 5.4 A common problem - poor circulation in the legs; 5.5 The diabetic foot - how to avoid amputation; 6 What else to consider; 6.1 Urinary tract infection - particularly common in women with diabetes
6.2 X-ray examinations - contrast agents may be dangerous in patients with kidney failure
Precautions to be taken during X-ray examinations; 6.3 Dental problems in people with nephropathy; What do teeth have to do with the kidneys?; 7 Prospects yesterday and today; 8 Special situations; 8.1 Pregnancy and diabetic nephropathy; What to do before getting pregnant; What to do during the pregnancy; When diabetic nephropathy is already present; What happens to kidney function during pregnancy?; 8.2 Sport and diabetic nephropathy; Rules for exercising with hypertension and nephropathy
9 When kidney function fails . . .

Sommario/riassunto

Diabetes, when untreated, leads to damage to several organs within the body, particularly the kidneys. This damage may also go undetected for several years, until the later stages of kidney failure are reached, with a need for kidney replacement therapy - either dialysis or transplantation. Such progression is not inevitable. With good management, diabetes can be well controlled and kidney function can be maintained; to a certain extent, the damage can even be reversed. Diabetes and the Kidney is written for people with diabetes, their families and carers. It describes the function
