

Clinical Guidance on Screening Chronic Kidney Disease in Type 2 Diabetic Patients for Family Physicians

Seyed Esmail Managheb¹,
Mesbah Shams², Mahmood
Soveid³, Mohamad
Hadi Imanieh⁴, Mohsen
Moghadami³

Incidence of diabetes is increasing in developing countries as well as Iran. Half of the patients are not aware of their disease so screening of diabetes is necessary. Lifestyle changes in society, high-saturated fat diet and decreased physical activity are the factors that influence the growing rate of diabetes in Iran.¹

The need for addressing type 2 diabetes has been clarified for family physicians.² Diabetes is a common disease that is associated with significant morbidity and mortality. It has an asymptomatic stage that may be present for up to several years before diagnosis.³ Diabetes is the leading cause of kidney disease.⁴ In a study among patients over 45 years with type 2 diabetes, these results were reported: 22% suffered from retinopathy, 7% had impaired vision, 6% had kidney diseases, 9% had clinical symptoms, and 19.1% were at risk for foot ulcers.⁵ Early treatment of type 2 diabetes can reduce or delay complications.⁶ Optimal glycemia and BP are important in the prevention of diabetic chronic kidney disease (CKD).⁴ Therapeutic goals in patients with complications, such as CKD, include maintaining renal function and stopping the trend of renal deterioration.⁵ Progression of diabetic nephropathy can be slowed through the use of some medications.⁴ How to screen and manage chronic kidney disease in patients with type 2 diabetes is shown in Figure 1.

Conflict of Interest: None declared.

Please cite this article as: Managheb SE, Shams M, Soveid M, Imanieh MH, Moghadami M. Clinical Guidance on Screening Chronic Kidney Disease in Type 2 Diabetic Patients for Family Physicians. *J Health Sci Surveillance Sys*. 2015;3(4):167-168.

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¹Quality Improvement in Clinical Education Research Center, Education Development Center, Shiraz University of Medical Sciences, Shiraz, Iran;

²Endocrinology and Metabolism Research Center, Nemazee Teaching Hospital, Shiraz University of Medical Sciences, Shiraz, Iran;

³Department of Internal Medicine, School of Medicine, Shiraz University of Medical Sciences, Shiraz, Iran;

⁴Department of Pediatrics, Nemazee Hospital, Shiraz University of Medical Sciences, Shiraz, Iran

Correspondence:

Seyed Esmail Managheb, MD;
Quality Improvement in Clinical Education Research Center, Education Development Center, Shiraz University of Medical Sciences, Shiraz, Iran
Tel: +98-71-32122419

Email: managheba@sums.ac.ir

Received: 18 July 2015

Revised: 7 August 2015

Accepted: 14 September 2015

Chronic kidney disease (CKD) screening in patients with Type 2 diabetes mellitus (DM2)^{4,7}

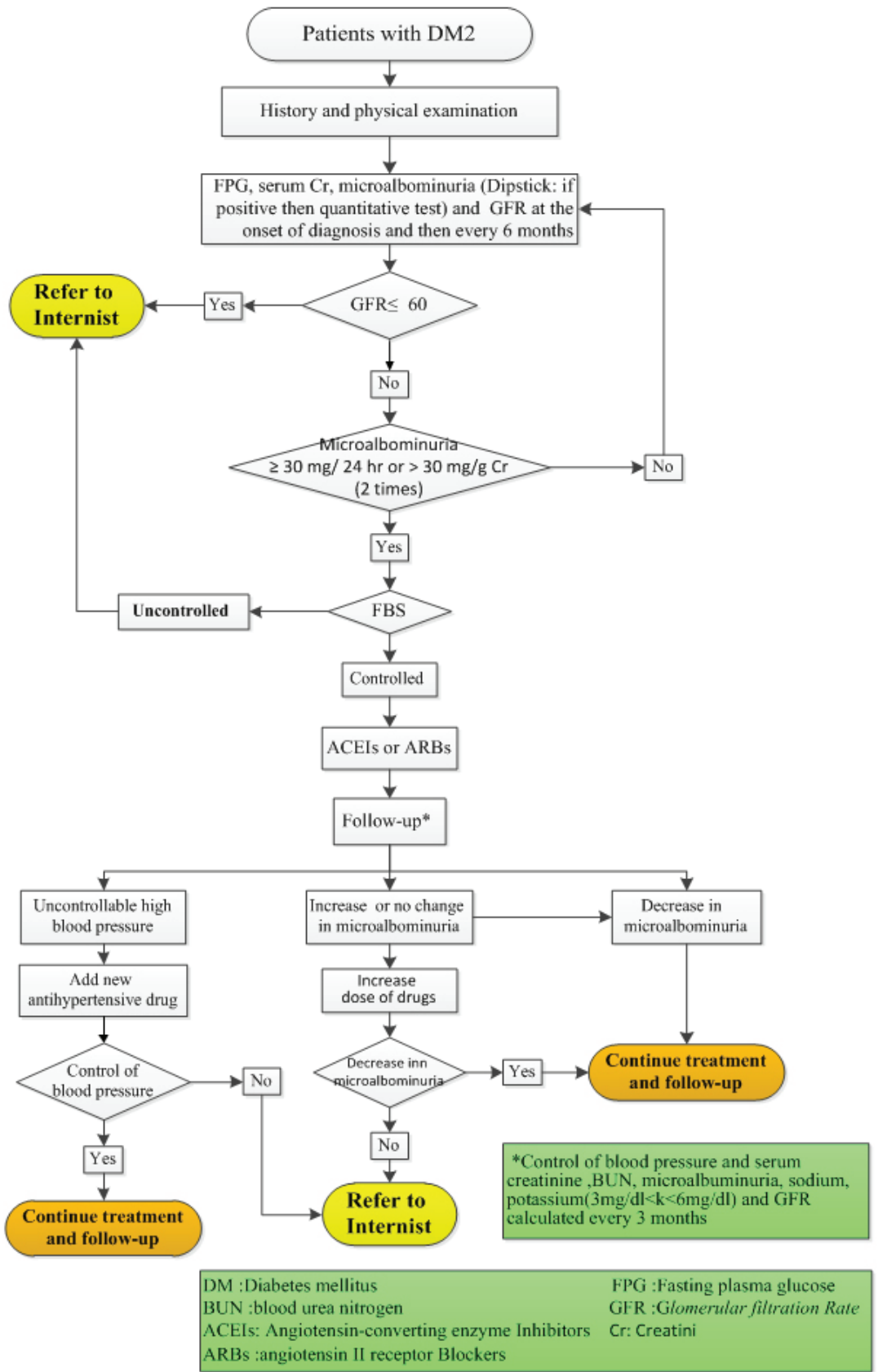


Figure 1: Chronic kidney disease screening and management methods in patients with type 2 diabetes.