

A Study on Microalbuminuria Levels In Elderly Individuals With And Without Diabetes

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ABSTRACT

Microalbuminuria (MA) is a prognostic marker for renal out come in a patient with type 2 diabetes (T2D). Glycemic control reduces the microvascular complications of elderly individuals is based almost exclusively on forestall of microalbuminuria. The study was conducted random 233 (171 men and 62 women) patients age of 40 – 60 yrs at Billroth hospitals. To estimate microalbuminuria in Diabetic and non-Diabetic patients based on Glycated Haemoglobin (HbA1c) , estimate plasma Glucose, Serum Urea and creatinine levels for find out renal failure. Among 233, the 51 patients (42 male and 9 female) were having microalbuminuria positive this, cases divided into four groups. The first group was 12 % of controlled diabetes (HbA1c <6.0) .The second group was 26 % uncontrolled diabetes (HbA1c >7.0). The other group was 6% of diabetic with renal failure.Third group was 19% of renal failure. Group fourth is non diabetic and non renal failure of 12%. Based on this pilot study, we conclude that patients who are controlled in diabetes have a less chance to get renal failure even they are 65 – 85yrs. At the same time the results are proven that the patients are getting renal failure very earlier even at age of 41 – 50 if they are uncontrolled in diabetes. This study suggests the need to screen for MA early and active management of modifiable risk factors in particular hyperglycaemic and to reduce the burden of end stage renal disease in future.