

## Diabetes a leading cause for CKD in Karnataka

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### Karnataka has one of the highest incidence of diabetes in India, and up to 30 percent of diabetics develop Chronic Kidney Disease



Diabetes is driving the rising incidence of kidney disease in Karnataka, with chronic kidney disease (CKD) afflicting 10% of the state's population, said Dr. Satish Kumar MM, Sr. Consultant Nephrologist & Transplant Physician, Vikram Hospital, Bengaluru on the occasion of World Kidney Day.

While diabetes continues to be the commonest cause of CKD in Karnataka, other risk factors include hypertension, obesity, late diagnosis, smoking, alcoholism, high intake of salt (over 12-15 gm a day) and the use of over-the-counter (OTC) pain killers.

Dr. Satish Kumar MM said: "Karnataka has one of the highest incidence of diabetes in India, and up to 30 percent of diabetics develop CKD. A family history of renal disease is a risk factor. Control of blood sugar and blood pressure is most important for long-term kidney health. High salt intake increases the incidence of hypertension, which is an indication of kidney damage. Obesity leads to an adverse hormonal milieu in the human body, which in turn can damage the delicate filtering structures present in the kidneys."

Talking about kidney disease in rural areas, Dr. Partha Pradeep Shetty, Consultant Nephrologist & Transplant Physician, Vikram Hospital said, "Mass screening for kidney disorders is required at villages level, along with preventive measures such as provision of safe and clean drinking water and preventing chemical pollution of ground water. Good control of diabetes & hypertension will help avoid progression of kidney diseases".