



UNC
KIDNEY CENTER

Podcast Transcript:

Dr. Amy Mottl

Diabetic Kidney Disease

“Diabetic Kidney Disease: Can I make it better?”

Patient: Can I do anything to make it better? Can I do anything to reverse it?

Dr Mottl: That’s a really good question. Traditionally, physicians have been telling their patients that you can’t reverse diabetic kidney disease. That there is scarring that occurs in the kidney and just like a scar in your skin will never go away, a scar in your kidney won’t either.

To a certain extent that is very true, however we’re starting to find that the degree of albuminuria, or protein leakage into the urine can go away and oftentimes does go away when we improve things like diabetes control or blood pressure or when people lose weight.