



UNC
KIDNEY CENTER

Podcast Transcript:

Dr. Amy Mottl

Diabetic Kidney Disease

“Diabetic Kidney Disease: How did I get it?”

Patient: How did I get this disease?

Dr Mottl: That’s a great question, and a lot of researchers are focused on that at this very moment. One issue is whether or not there is a genetic predisposition to getting diabetic kidney disease, or any kidney disease for that matter. For instance, there are genes that are the instruction set for our bodies, and sometimes there are changes within those genes that we have absolutely no influence over, that make us more likely to develop kidney disease.

There’s also an environmental component of the likelihood that you’ll develop diabetic kidney disease. So the higher your blood sugar is, the more damage there is to the kidney tissues. So people who go for a long time without knowing they have diabetes, or who don’t control their diabetes, they’re more likely to develop progressive kidney disease. A small fraction of them will end up getting end stage kidney disease, wherein they require either dialysis or a transplant.