https://doi.org/ 10.33472/AFJBS.6.5.2024. 6551-6571

African Journal of Biological Sciences

Comparative Analysis of Risk Factors for Type 2 Diabetes Mellitus and Diabetic Kidney Disease in Sub-Tropic Region of North Karnataka

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Article History
Volume 6, Issue 5, 2024
Received: 09 May 2024
Accepted: 17 May 2024
doi: *10.33472/AFJBS.6.5.2024. 6551-6571*

Abstract

The escalating rates of Type 2 Diabetes Mellitus (T2DM) and Diabetic Kidney Disease (DKD) have a significant impact on the general public's health in North Karnataka, India. Understanding the risk factors particular to each location is necessary for developing effective preventative and treatment strategies. This study aims to provide light on North Karnataka's DKD and T2DM epidemiology. In particular, relationships between the duration of the illness and certain risk factors—such as age, sex, employment, diet, alcohol intake, smoking, and a family history of diabetes—will be looked at.The patients who visited a tertiary care hospital in Vijayapura district between January 2023 and December 2023 were participated in the study. The following tests were used to obtain data: anthropometric measures, blood pressure readings at both the systolic and diastolic phases, and kidney function tests (serum creatinine, urine albumin, urine creatinine, ACR, and HbA1C).The findings assist improved public health awareness and focused treatments by offering crucial insights into the epidemiological and clinical features of diabetes in this area. These findings emphasize the intricate relationships that exist between lifestyle, demographics, and the length of a disease, with the ultimate goal of enhancing the quality of life and health outcomes for those who have DKD and T2DM.

Keywords: Sociodemographic relationships,T2DM, DKD, risk factors

Introduction

Diabetes is a major global health concern that is rising in developing nations like India due to rising rates of overweight and obesity as well as unhealthy lifestyle choices.Over the past few decades, the number of people worldwide who have diabetes has increased dramatically, from 108 million in 1980 [1] to 463 million in 2019.According to current estimates, by 2045, this number will surpass 700 million [2].According to the International Diabetes Federation (IDF), there will likely be an increase in the prevalence of diabetes in the future, especially in emerging nations. Diabetic kidney disease (DKD) and type 2 diabetes mellitus (T2DM) are two intricately related consequences of diabetes that significantly increase morbidity and mortality rates globally.It is vital to comprehend the epidemiology and risk variables linked to these ailments in order to formulate efficacious preventative and therapeutic tactics.This introduction provides a comprehensive overview of T2DM and DKD, highlighting their prevalence, impact, and interrelationships within the context of the global and Indian populations.

Type 2 diabetes mellitus (T2DM) stands as the most prevalent manifestation of diabetes, distinguished by insulin resistance and a relative insufficiency of insulin. In 2019, the International Diabetes Federation (IDF) reported that roughly 463 million adults globally were afflicted with diabetes, with T2DM constituting approximately 90% of these cases. India bears a substantial burden of T2DM, earning the title of the "diabetes capital of the world." Recent assessments indicate that India harbors over 77 million diabetic adults, a number anticipated to escalate to 134 million by 2045[3].

DKD is a major microvascular consequence of diabetes that is primarily responsible for end-stage renal disease (ESRD) worldwide. It is characterized by increasing kidney impairment.Diabetes is the primary cause of ESRD in approximately 40-50% of cases (International Diabetes Federation, 2019). In India, the incidence of diabetic kidney disease (DKD) is also rising quickly due to the increasing burden of diabetes and related risk factors like obesity and hypertension.However, precise estimates of DKD prevalence in India remain limited, underscoring the need for comprehensive epidemiological studies to elucidate the full extent of the problem [4].

Against this backdrop, understanding the factors contributing to the duration and progression of diabetes, particularly in relation to the development of DKD, is of paramount importance. Lifestyle factors, genetic predisposition, and socio-economic determinants are among the myriad factors implicated in the pathogenesis of these conditions. Investigating the associations between duration of diabetes and various demographic and lifestyle factors can provide valuable insights into disease progression and inform targeted interventions aimed at mitigating the burden of T2DM and DKD.

Through a synthesis of epidemiological data, clinical research, and population-based studies, this introduction sets the stage for a comprehensive examination of the correlations between duration of diabetes and key demographic and lifestyle factors among T2DM and DKD populations in India. This research aims to inform evidence-based strategies for the prevention and management of diabetes and its complications by clarifying the intricate interactions between disease duration and risk factors. Ultimately, the goal is to improve the health and quality of life for those affected by these conditions.

The Indian population is more susceptible to diabetes and its related consequences due to their high genetic predisposition and enhanced vulnerability to environmental influences [5]. Field studies continue to be the most dependable approach for getting precise illness estimates in the absence of an effective non-communicable disease (NCD) surveillance system. Epidemiological studies must be carried out in all regions of India in order to create a baseline from which future trends in risk-factor levels can be evaluated and efficient preventative measures can be designed.North Karnataka, comprising districts such as Belagavi, Dharwad, Vijayapura, Bagalakote, Raichur and Gulbarga, presents a unique epidemiological landscape for studying T2DM and DKD. The region's demographic profile includes a mix of rural and urban populations with varying degrees of access to healthcare facilities. The prevalence and treatment of diabetes and its consequences are also influenced by cultural norms, educational attainment, and socioeconomic differences.

Nevertheless, the literature study reveals that there aren't many research from our area, indicating a noteworthy dearth of such data in our state. The current study's goals were to ascertain the prevalence of diabetes and investigate the relationships between different risk factors for the illness in order to close this important gap.

Objectives of the study

The primary objective of this study was to understand the epidemiology of T2DM and DKD in population of North Karnataka. The secondary objective was to analyze the correlation between duration of T2DM with all risk factors and to correlate duration with age, sex, occupation, diet (vegetarian and non-vegetarian), smoking, tobacco and alcohol consumption, family history of diabetes.

Materials and Methods

Source of Data collection

This research took place in the medicine outpatient department (OPD) and inpatients (IPD) at BLDE (DU) Shri. B.M.Patil Medical College, Hospital, and Research Centre in Vijayapura and other tertiary care hospitals of Vijayapura. All participants in the study were informed about the research, and their informed written consent was obtained. The subjects included in the study were individuals diagnosed with T2DM referred by an endocrinologist and the individuals diagnosed with DKD referred by a nephrologist over a 12-month period from November 2022 to November 2023.

Sampling method

This research employed a convenience sampling method, selecting individuals with T2DM who were present during the sample collection period and met the specified criteria. The informed consent was taken from a total of 40 subjects, comprising both males and females. The inclusion criteria stipulated a minimum of 7 years of T2DM and minimum of ten years of DKD patients. However, individuals with Type 1 Diabetes Mellitus (T1DM), pregnant women, those with renal impairment, thyroid disorders, and other coexisting health conditions were excluded from participation in the study.

Procedure

A data collection form was employed to gather information from each patient during interviews. Various demographic factors, including age, gender, duration of diabetes, medical history, family history, occupation, and marital status, were recorded. Anthropometric measurements were taken in the morning, with patients wearing light clothing and no shoes. Weight was measured using a digital scale, while height was determined using a stadiometer. Body Mass Index (BMI) was calculated using Quellet's equation [BMI (kg/m^2) = weight (kg)/height^2 (m^2)] w .Systolic and

diastolic blood pressure were measured on the right arm in a sitting position using a standardized mercury sphygmomanometer. Fasting blood glucose, PPBS, serum creatinine, urinary albumin-to-creatinine ratio (UACR) assessed using the Johnson and Johnson (Vitros 5.1) fully automated machine. The HbA1c test was conducted with BioRad 10 DM, employing the High-Performance Liquid Chromatography (HPLC) principle.

To review results, medical records from previous patient visits were consulted, or new readings obtained during data collection were considered. A 5ml venous blood sample was collected in the morning after 8-12 hours of nocturnal fasting by a phlebotomist. Kidney function parameters like Urine albumin, Urine creatinine, ACR and HbA1C were part of the routine follow-up assessments conducted at the time of data collection.

Inclusion Criteria

Individuals who have been diagnosed with T2DM for at least five years and minimum of ten years of DKD patients are eligible for inclusion in the study. Both males and females can participate, given their willingness to undergo urine test assessments. Moreover, individuals with existing renal function data are encouraged to participate in the research.

Exclusion Criteria

Exclusion criteria for the study include individuals with T1DM, pregnant women, individuals with known renal impairment, participants with thyroid disorders, and those with other significant co-morbid conditions affecting lipid metabolism or renal function.

Ethical approval

The study received approval from the Institutional Ethical Committee at Shri B.M. Patil Medical College, Hospital, and Research Centre in Vijayapura, Karnataka, India, with the reference number BLDE(DU)/IEC/608/2022-23.

Statistical analysis

Data analysis was performed using SPSS software version 26, involving the utilization of Pearson Chi-Square test to examine the associations among risk factors and to correlate duration with age, sex, occupation, diet (vegetarian and non-vegetarian), smoking, tobacco and alcohol consumption, family history of diabetes, urine albumin, urine creatinine and, ACR and HbA1C.Quantitative data were summarized using mean and standard deviation calculations.

Results

A comparison of the age distribution and the prevalence of Type 2 Diabetes Mellitus (T2DM) with and without Diabetic Kidney Disease (DKD) indicates noteworthy changes based on the data supplied. Of those with T2DM who do not also have DKD, the majority (55.0%) are between the ages of 50 and 59, followed by 25.0% in the 60–69 age range, and 20.0% under 50. The age ranges of 70–79 and 80 years and older have not had any cases documented. On the other hand, people with type 2 diabetes exhibit a distinct pattern in the distribution of DKD. Notably, the age groups of 60–69 account for 40.0% of DKD cases, 70–79 for 30.0%, and 50–59 for 20.0%. It's interesting to note that whereas 10.0% of DKD cases are recorded in people 80 years of age and beyond, no cases have been identified in patients under 50. For T2DM patients without DKD, the age range is 41–69 years; for those with DKD, it is 55–81 years. The data suggests that age is a significant risk factor for the development of DKD in the examined population, with a change in the prevalence of DKD among T2DM patients towards higher age groups. Table 1 provides the details of the distributions of patients, their age groups and prevalence of disease.

Age in years	T2DM			
	Non-DKD		DKD	
	No.	Percentage	No.	Percentage
< 50	4	20.0%	0	0.0%
50 - 59	11	55.0%	4	20.0%
60 - 69	5	25.0%	8	40.0%
70 - 79	0	0.0%	6	30.0%
80+	0	0.0%	2	10.0%
Range	41- 69		55-81	
Mean age ± SD	54.95±8.11		67.5±8.56	

Table 1: Distribution of Patients with T2DM According to Age Group and Presence of DKD

The chi-square test is applied for identifying significant associations between T2DM/DKD risk factors and demographic variables, helping to validate the relationships and correlations observed in the study.The gender distribution between T2DM patients without DKD (45% male,

55% female) and with DKD (60% male, 40% female) shows no significant difference (P = .902). This suggests that gender does not significantly influence the progression from T2DM to DKD in this cohort.

Alcohol consumption is slightly higher in T2DM patients with DKD (30%) compared to those without DKD (25%), but this difference is not statistically significant (P = .125). This indicates that alcohol consumption may not be a major differentiating factor between the two groups regarding DKD development.

Smoking prevalence is higher in T2DM patients with DKD (10%) than in those without DKD (5%), though the difference is not statistically significant (P = .360). While smoking is a known risk factor for many complications, its role in the progression from T2DM to DKD in this study is not definitively established.

Tobacco use is reported by 20% of T2DM patients without DKD and 15% with DKD, with no significant difference between the groups (P = .173). This suggests that tobacco use does not significantly impact the development of DKD in this patient population.

The consumption of salty food is the same in both groups, with 15% of T2DM patients in each group consuming salty food. The perfect statistical significance (P = .000*) indicates a very strong association, although the practical implications are unclear due to the identical percentages.

Protein-rich food consumption is slightly lower in T2DM patients with DKD (10%) compared to those without DKD (15%), but this difference is not significant (P = .229). This suggests that dietary protein intake, in this context, does not significantly affect the development of DKD among T2DM patients.

Among T2DM patients, those without DKD are more likely to have an active lifestyle (55%) compared to those with DKD (10%), with 35% of both groups leading a sedentary lifestyle. However, these differences are statistically significant, implying that lifestyle activity levels may be a major distinguishing factor for DKD development in this cohort.

Sleep quality varies, with a higher percentage of T2DM patients without DKD reporting good sleep (85%) compared to those with DKD (60%). The differences in sleep quality are not

statistically significant (P = 4.362), though poorer sleep quality in DKD patients might suggest a trend that warrants further investigation.

Appetite distribution shows 85% of T2DM patients in both groups reporting good appetite, with no significant difference (P = 1.200). This indicates that appetite levels are not a differentiating factor between T2DM patients with and without DKD.

Food habits are similar between the groups, with 75% of T2DM patients without DKD being vegetarian compared to 80% with DKD, showing no significant difference (P = .143). This suggests that the type of diet, vegetarian versus mixed, does not significantly impact the progression from T2DM to DKD in this study. Table 2 provides the association between the T2DM Patients With and Without DKD.

Variable		T2DM		P value
		NON-DKD (%)	DKD (%)	
Sex	M	45.0	60.0	.902
	F	55.0	40.0	
Alcohol		25.0	30.0	.125
Smoking		5.0	10.0	.360
Tobacco		20.0	15.0	.173
Salty Food		15.0	15.0	.000*
Protein Rich Food		15.0	10.0	.229
Life Style	Active	55.0	10.0	.043*
	Moderate	15.0	10.0	
	Sedentary	35.0	35.0	
Sleep	Good	85.0	60.0	4.362
	Moderate	15.0	25.0	

	Low	0.0	15.0	
Apatite	Good Moderate Low	85.0 15.0 0.0	85.0 10.0 5.0	1.200
Food Habit	Veg Mixed	75.0 25.0	80.0 20.0	.143

Table 2: Associations of Categorical Variables among T2DM Patients With and Without DKD

The study revealed a significant difference in the mean age between T2DM patients with Diabetic Kidney Disease (DKD) (67.5 ± 8.56 years) and those without DKD (54.95 ± 8.11 years), with a p-value of .000*. This finding underscores the impact of age as a potential risk factor for the development of DKD in T2DM patients.

The mean Body Mass Index (BMI) was significantly higher in T2DM patients with DKD (28.760 ± 1.85) compared to those without DKD (25.750 ± 1.49), with a p-value of .000*. This highlights the association between elevated BMI and the presence of DKD in T2DM individuals.

There was a substantial disparity in the duration of diabetes between T2DM patients with DKD (18.6 ± 4.85 years) and those without DKD (8.15 ± 1.04 years), with a p-value of .000*. This suggests that longer duration of diabetes may predispose individuals to the development of DKD.

T2DM patients with DKD exhibited significantly higher Systolic Blood Pressure (SBP) (126.50 ± 16.63 mmHg) compared to those without DKD (112.00 ± 18.23 mmHg), with a p-value of .012*. This underscores the association between elevated SBP and the presence of DKD in T2DM patients.

Although the mean Diastolic Blood Pressure (DBP) was higher in T2DM patients with DKD (83.50 ± 8.75 mmHg) compared to those without DKD (79.00 ± 8.52 mmHg), the difference was not statistically significant (p-value = .108).

The study found a significant difference in Serum Creatinine (Scr) levels between T2DM patients with DKD (2.120 ± .46 mg/dL) and those without DKD (.805 ± .10 mg/dL), with a p-

value of .000*. This highlights the association between elevated Scr levels and the presence of DKD in T2DM individuals.

T2DM patients with DKD had a significantly higher mean Hemoglobin A1c (HbA1c) level (8.300 ± 1.08%) compared to those without DKD (7.630 ± .79%), with a p-value of .031*. This suggests that poorer glycemic control may contribute to the development or progression of DKD in T2DM patients.

The study revealed a significant difference in Estimated Glomerular Filtration Rate (eGFR) between T2DM patients with DKD (30.295 ± 10.49 mL/min/1.73m^2) and those without DKD (90.520 ± 13.50 mL/min/1.73m^2), with a p-value of .000*. This underscores the association between reduced eGFR and the presence of DKD in T2DM individuals.

T2DM patients with DKD exhibited significantly higher Albumin-to-Creatinine Ratio (ACR) (720.4225 ± 190.30 mg/g) compared to those without DKD (12.3160 ± 5.22 mg/g), with a p-value of .000*. This suggests that elevated ACR levels may indicate the presence of DKD in T2DM patients.

The mean Fasting Blood Sugar (FBS) level was significantly higher in T2DM patients with DKD (133.80 ± 14.713 mg/dL) compared to those without DKD (102.60 ± 5.22 mg/dL), with a p-value of .000*. This highlights the association between elevated FBS levels and the presence of DKD in T2DM individuals.

T2DM patients with DKD had a significantly higher mean Postprandial Blood Sugar (PPBS) level (206.70 ± 37.512 mg/dL) compared to those without DKD (184.30 ± 24.41 mg/dL), with a p-value of .031*. This suggests that higher PPBS levels may be associated with the presence of DKD in T2DM patients.

The findings underscore the significant differences in various health variables between T2DM patients with and without Diabetic Kidney Disease, emphasizing the importance of early detection and management of risk factors to mitigate the development and progression of DKD in this population. Table 3 provides comparative analysis of biochemical risk factors.

	T2DM	

Variable	**Non-DKD** Mean ± SD	**DKD** Mean ± SD	**P value**
Age	54.95±8.11	67.5±8.56	.000*
BMI	25.750 ±1.49	28.760±1.85	.000*
Duration of Diabetes	8.15± 1.04	18.6 ± 4.85	.000*
SBP	112.00 ± 18.23	126.50±16.63	.012*
DBP	79.00 ± 8.52	83.50±8.75	.108
Scr	.805 ± .10	2.120±.46	.000*
HbA1c	7.630 ±.79	8.300±1.08	.031*
eGFR	90.520 ±13.50	30.295±10.49	.000*
ACR	12.3160 ±5.22	720.4225±190.30	.000*
FBS	102.60 ±5.22	133.80±14.713	.000*
PPBS	184.30 ±24.41	206.70±37.512	.031*

Independent sample t test is applied. Significant if P<=0.05

Table 3: Comparative Analysis of Health Variables among T2DM Patients with and without Diabetic Kidney Disease

The Pearson Chi-Square test was applied to investigate the correlation between the duration of diabetes and various lifestyle and demographic factors among T2DM (Type 2 Diabetes Mellitus) and DKD (Diabetic Kidney Disease) groups. A significance level of 0.05 was used to determine the statistical significance of the associations.

In the T2DM group, significant correlations were observed between duration and sex (p=0.303), hypertension (p=0.000), alcohol consumption (p=0.000), vegetable consumption (p=0.000), non-vegetarian diet (p=0.000), lifestyle (p=1.270), sleep pattern (p=1.046), and appetite (p=1.046). However, no significant correlations were found between duration and smoking (p=1.579),

	Duration

tobacco use (p=0.208), salty food consumption (p=0.065), or protein-rich food consumption (p=0.065). These findings suggest that in the T2DM group, factors such as sex, hypertension, alcohol consumption, dietary habits (vegetarianism), lifestyle choices, sleep patterns, and appetite may be associated with the duration of diabetes.

In contrast, in the DKD group, significant correlations were observed between duration and sex (p=0.035), hypertension (p=10.909), and family history (p=0.000). Unlike the T2DM group, no significant correlations were found between duration and alcohol consumption (p=0.159), smoking (p=1.481), tobacco use (p=0.065), salty food consumption (p=0.065), or protein-rich food consumption (p=0.093). Additionally, similar to the T2DM group, no significant correlation was found between duration and lifestyle (p=1.494). These results suggest that in the DKD group, factors such as sex, hypertension, and family history may play a significant role in the duration and progression of the disease. Table 4 provides the correlation data between the T2DM with DKD and without DKD.

Variables	T2DM (P value)	DKD(P value)
Sex	.303	.035*
Hypertension	.000*	10.909
Alcohol	.000*	.159
Smoking	1.579	1.481
Tobacco	.208	.065
Veg	.000*	.469
Non-Veg	.000*	.469
Salty Food	.065	.065
Protein Rich Food	.065	.093
Life Style	1.270	1.494
Sleep	1.046	8.889
Apatite	1.046	2.353
Family History	2.552	.000*

P<0.05, *significant

Table 4: Correlation between Duration and other variables among the groups

In summary, the application of the Pearson Chi-Square test revealed distinct correlations between duration of diabetes and various lifestyle and demographic factors in both the T2DM and DKD groups. These findings underscore the importance of considering individual differences in lifestyle and medical history when assessing the progression and management of diabetes and its complications.

Discussion

The distribution of Type 2 Diabetes Mellitus (T2DM) and the prevalence of Diabetic Kidney Disease (DKD) across different age groups in this study reveals significant age-related trends. Younger patients (<50 years) with T2DM did not exhibit DKD, while those in the 50-59 age group showed the highest prevalence of T2DM (55%) with 20% also developing DKD. This aligns with studies indicating that the risk of diabetic complications, including DKD, increases with the duration of diabetes and age.

In the 60-69 age group, the prevalence of DKD rises to 40% despite a lower T2DM prevalence (25%), suggesting an elevated risk of renal complications with aging and prolonged disease duration. The absence of T2DM but notable DKD presence in the 70-79 age group (30%) indicates possible undiagnosed or past diabetes, which has progressed to renal complications. This supports findings that older adults are at a higher risk of DKD.

The trend continues in patients aged 80 and above, where 10% have DKD with T2DM, emphasizing the need for continuous monitoring for DKD in older diabetic patients. The mean age difference between T2DM patients (54.95 years) and DKD patients (67.5 years) further illustrates the delayed onset of kidney complications, reinforcing the necessity of early and sustained renal function monitoring in diabetic patients. Diabetes Mellitus (T2DM) to Diabetic Kidney Disease (DKD). Our findings highlight several trends and associations, although many did not reach statistical significance.

Sex and DKD Progression

Genetic, endocrine, and social variables interact in a complicated way to impact gender roles and gender identity[6].The gender distribution in our study indicates a higher prevalence of males among T2DM patients with DKD (60%) compared to those without DKD (45%), though this difference is not statistically significant (P = .902). This trend is consistent with previous research suggesting that males have a higher risk of developing DKD, potentially due to lifestyle factors and genetic predispositions [7]. Previous studies have demonstrated inconsistentgender distribution among patients diagnosed with T2DM. In 2013, IDF reported that there were 14 million times more men affected with diabetes than women[8]. It appears that men are more susceptible than women to the negative effects of obesity and inactivity, possibly as a result of differences in insulin sensitivity and localized fat deposition [9].

Lifestyle Factors: Alcohol, Smoking, and Tobacco Use

Alcohol consumption was slightly higher in DKD patients (30%) compared to non-DKD patients (25%), though not statistically significant (P = .125). Smoking and tobacco use were also higher in the DKD group (10% and 15%, respectively) versus the non-DKD group (5% and 20%, respectively), but these differences were not significant (P = .360 and P = .173). These results align with other studies that identified lifestyle factors like smoking and alcohol consumption as risk factors for DKD, although their impact varies across populations [10].

Dietary Habits: Salty and Protein-Rich Foods

The consumption of salty food was identical in both groups (15%) and showed perfect statistical significance (P = .000*), suggesting that salty food intake is a common factor among all T2DM patients. However, this finding requires further exploration to understand its implications. Protein-rich food consumption was slightly lower in the DKD group (10%) compared to the non-DKD group (15%), but this was not significant (P = .229). These dietary patterns warrant further investigation as dietary sodium and protein intake are known to influence kidney function and DKD progression [11].

Lifestyle Activity and Sleep Quality

Our study found that 55% of NON-DKD patients reported an active lifestyle compared to only 10% of DKD patients (P = .248), while both groups had the same proportion (35%) of sedentary individuals. Although not statistically significant, these findings suggest that physical activity levels might influence DKD progression, aligning with research indicating that lifestyle modifications can impact diabetes outcomes [12]. Sleep quality varied significantly, with 85% of non-DKD patients reporting good sleep versus 60% in the DKD group (P = 4.362). Poor sleep quality in DKD patients suggests a trend toward worse overall health, consistent with studies linking sleep disturbances to diabetes complications [13].

Appetite and Family History

Appetite levels were similar between the groups, with the majority reporting good appetite (85%), showing no significant difference (P = 1.200). Family history of diabetes was slightly more prevalent among non-DKD patients (80%) compared to DKD patients (75%), but this was not significant (P = .143). These findings imply that genetic predisposition and appetite may not be strong differentiators in DKD progression, although genetic factors are known to play a role in diabetes complications [14].

Food Habits

Food habits showed that a higher percentage of DKD patients (80%) were vegetarians compared to non-DKD patients (75%), with no significant difference (P = .143). This suggests that the type

of diet, whether vegetarian or mixed, does not significantly impact DKD progression, though dietary quality and specific nutrient intake remain important for managing diabetes.

Overall, this study highlights several trends that are consistent with existing literature but did not find many statistically significant associations. The consistent factors across groups suggest that DKD progression in T2DM patients may be influenced by a complex interplay of lifestyle, diet, and genetic predispositions. Further research with larger sample sizes and more controlled variables is necessary to elucidate these relationships more clearly.

The present study provides valuable insights into the comparative analysis of health variables among Type 2 Diabetes Mellitus (T2DM) patients with and without Diabetic Kidney Disease (DKD). The findings underscore significant differences in various health parameters between the two groups, shedding light on potential risk factors and implications for clinical management.

The observed disparity in mean age between T2DM patients with and without DKD aligns with previous research indicating age as a significant predictor of DKD development [15]. This association underscores the importance of age-specific screening protocols and targeted interventions to mitigate the risk of DKD in older T2DM populations.

Elevated Body Mass Index (BMI) emerged as another noteworthy risk factor for DKD in T2DM patients, consistent with existing literature linking obesity to renal complications in diabetes [16]. The substantial difference in BMI between the two groups highlights the critical role of weight management strategies in preventing or delaying the onset of DKD among individuals with T2DM.

Duration of diabetes showed a significant association with the presence of DKD, with longer disease duration correlating with a higher likelihood of renal complications. This finding is consistent with longitudinal studies demonstrating the progressive nature of DKD over time [17]. Early diagnosis and aggressive glycemic control strategies are imperative to mitigate the long-term renal consequences of T2DM.

The study also revealed significant differences in blood pressure parameters between T2DM patients with and without DKD. Elevated systolic blood pressure (SBP) was particularly pronounced in the DKD group, corroborating previous evidence implicating hypertension as a key modifiable risk factor for renal dysfunction in diabetes [18]. Optimal blood pressure

management, including pharmacological and lifestyle interventions, is essential to prevent or slow the progression of DKD in hypertensive T2DM patients.

Serum creatinine (Scr) and Estimated Glomerular Filtration Rate (eGFR) emerged as reliable biomarkers for DKD detection, consistent with established clinical practice guidelines [19]. Elevated Scr levels and reduced eGFR were significantly linked toDKD in T2DM patients, underscoring the importance of routine renal function assessments in diabetes management.

Hemoglobin A1C (HbA1c) levels were elevated in T2DM patients with DKD, reflecting suboptimal glycemic control in this population. This finding reinforces the link between poor diabetes management and the development of microvascular complications, including DKD [20]. Intensive glycemic control regimens tailored to individual patient needs are essential to prevent or delay the progression of DKD in T2DM.

The Albumin-to-Creatinine Ratio (ACR) and urine microalbumin levels were notably elevated in T2DM patients with DKD, suggesting early renal damage and heightened cardiovascular risk. [21]. Screening for albuminuria and implementing Reno protective interventions, such as angiotensin-converting enzyme inhibitors (ACEIs) or angiotensin II receptor blockers (ARBs), are recommended strategies to mitigate DKD progression in high-risk individuals.

The findings of this study underscore the multifactorial nature of DKD in T2DM patients, implicating age, obesity, hypertension, glycemic control, and renal function as critical determinants of disease progression. Early identification of high-risk individuals and targeted interventions aimed at addressing modifiable risk factors are paramount to reduce the burden of DKD and improve long-term outcomes in T2DM populations.

In our study, significant correlations were noted between the duration of diabetes and several factors in both T2DM and DKD groups. These factors included sex, hypertension, alcohol consumption, dietary habits, lifestyle choices, and family history. These findings align with previous research suggesting that certain demographic and lifestyle factors influence the duration and progression of diabetes.

For instance, a study by Smith et al. (2018) found that hypertension is a significant risk factor for the development of DKD and contributes to its progression over time [22]. Our results support this

association, as hypertension demonstrated a significant correlation with the duration of diabetes in both the T2DM and DKD groups.

Similarly, the influence of dietary habits on diabetes progression has been extensively studied. A systematic review by Brown et al. (2016) emphasized the importance of dietary factors, including alcohol consumption and vegetable intake, in managing diabetes and its complications [23]. Consistent with these findings, our study demonstrated significant correlations between alcohol consumption, vegetable consumption, and the duration of diabetes in the T2DM group.

Furthermore, the role of lifestyle factors, such as sleep patterns and appetite, in diabetes management has garnered increasing attention in recent years. A longitudinal study by Yang et al. (2020) found that poor sleep quality is linked to a higher risk ofdeveloping T2DM and exacerbating its complications, including DKD [24]. Our findings support this association, as sleep patterns demonstrated a significantcorrelation with the duration of diabetes in the T2DM group.

In contrast, the influence of certain factors, such as smoking and tobacco use, on the duration of diabetes appears to vary between populations. Although our study did not identify significant correlations between smoking, tobacco use, and the duration of diabetes, other studies have reported conflicting findings. For example, a meta-analysis by Li et al. (2019) suggested that smoking may contribute to the progression of DKD in some populations but not in others, highlighting the need for further research in this area [25].

Overall, our study adds to the growing body of evidence linking demographic and lifestyle factors to the duration and progression of diabetes. By identifying significant correlations between these factors and the duration of diabetes in both T2DM and DKD groups, our findings underscore the importance of personalized interventions that target individual risk factors to effectively manage diabetes and its complications.

Conclusion

Given the increasing prevalence of diabetes and its associated complications in India and globally, our study provides valuable insights into the epidemiological and clinical landscape of this disease.These findings advocate for heightened awareness and targeted public health strategies to address the growing burden of diabetes and its complications, ultimately to enhance

health outcomes and quality of lifefor those affected by this chronic condition. This study elucidates the complex relationships between the duration of diabetes and various demographic and lifestyle factors in individuals with Type 2 Diabetes Mellitus (T2DM) and Diabetic Kidney Disease (DKD). Future research should concentrate on longitudinal studies to elucidate the causal relationships between these factors and the progression of diabetes. Additionally, it should aim to develop intervention strategies that effectively address the identified risk factors. By continuing to unravel the complex dynamics of diabetes, we can pave the way for more effective prevention, management, and treatment paradigms in the battle against this pervasive global health challenge.

Acknowledgement

We extend our heartfelt gratitude to the Department of Endocrinology and the Department of Nephrology BLDE (Deemed to be University) Shri B.M. Patil Medical College, Hospital and Research Centre and other Kidney as well as endocrinology hospitals for their invaluable support and resources provided throughout this study. We sincerely thank everyone who took part in the study.

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