

OBESITY AND DIET IMBALANCE

Are high protein diets effective on renal function?

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Protein or amino acid loading causes an increase in renal blood flow and glomerular filtration rate. Hyperfiltration in glomerular accelerates the development of chronic kidney disease. For this reason, it is thought that high protein intake may be harmful to the kidneys. Studies on the subject have focused on the effect of protein amount and duration of consumption on renal function. In short-term studies on hypertension, type 2 diabetes and aged people, high protein intake was found to have an impact on glomerular filtration rate and urine albumin excretion and it was determined that this effect depends on the age in healthy people. However, when individuals with pre-hypertension or first stage hypertension were given high protein for six weeks, it was reported that there may be adverse effects on kidney function in long-term due to a significant increase in cystatin. In a long-term study on adult pigs, the glomerular filtration rate was significantly higher in pigs fed with high protein (35.0% of the energy) compared to those fed with normal ws rh noy 0 019 (t t)-6 (h)4 (er)13 9r (m)4 (o)11 ett.9 (o)tlo thosyp3 (et)-