INTRODUCTION

The aim of this study is to investigate the efficacy of renin-angiotensin-aldosterone system (RAAS) inhibitors in reducing proteinuria in patients with diabetic nephropathy.

METHODS

We conducted a randomized controlled trial involving 120 participants with type 2 diabetes and albuminuria. Participants were randomly assigned to receive either an RAAS inhibitor or placebo for 12 months. The primary outcome was a reduction in urine albumin-to-creatinine ratio (UACR).

RESULTS

Compared to the placebo group, the RAAS inhibitor group showed a significant reduction in UACR (-42% vs -15%, p<0.05). Additionally, there was a decrease in systolic blood pressure (-10 mmHg vs -5 mmHg, p<0.05) and an improvement in kidney function (eGFR increased by 10 ml/min/m² vs decreased by 5 ml/min/m², p<0.05).

CONCLUSIONS

RAAS inhibitors are effective in reducing proteinuria in patients with diabetic nephropathy. Further studies are needed to confirm these findings and explore the long-term effects of RAAS inhibition on kidney function.