## Title: The Role of N-acetylcysteine in Diabetic Nephropathy Patients.

## ABSTRACT

**Background:** Diabetes is a big issue in both developed and underdeveloped countries. The progression of the disorder results in extended hyperglycemia exposure of vascular tissues, leading in long-term microvascular/ macrovascular consequences in the health, one of which is nephropathy.

**Objective:** The goal of this study was to see how N-acetylcysteine affected microalbuminuria and HbA1c levels in diabetic nephropathy patients.

**Materials and Methods:** A randomized, open-label experiment with 58 diabetic nephropathy patients (50 men and 8 women) between the ages of 35 and 60 who have had diabetes for at least 5 years. Positive control and N-acetylcysteine groups were used to split the patients. For both the positive control and the N-acetylcysteine groups, there are 29 patients in each group for examination of the parameters during a three-month period.

**Results:** When compared to the positive control group, there was a substantial decrease in levels of microalbuminuria and HbA1c (glycosylated hemoglobin) after 4 months of N-acetylcysteine supplementation.

**Conclusion:** According to the findings of the study, N-acetylcysteine reduces microalbuminuria and HbA1c in diabetic nephropathy patients. As a result, N-acetylcysteine supplementation may help to avoid diabetic nephropathy.

Keywords: N-acetylcysteine, Glycosylated Hemoglobin, Microalbuminuria.

For more information: <u>https://impactfactor.org/PDF/IJPCR/14/IJPCR,Vol14,Issue9,Article2.pdf</u>