



COMPLICATIONS | CLINICAL RESEARCH

Project: Weight management for kidney transplantation in type 2 diabetes

Through donor support, Dr. Kristin Clemens, Assistant Professor of Medicine at Western University, is helping improve the lives of people with obesity and diabetes.

In healthy individuals, blood sugars are controlled by a hormone called insulin, which lowers blood sugar levels. For people with type 2 diabetes, they can no longer produce or use enough insulin to control their blood sugars, which can lead to health complications such as nerve damage, sight loss, heart disease, kidney disease, anxiety, amputations, and even death.

Obesity has a profound impact on people living with diabetes. For people with type 2 diabetes who develop kidney disease, obesity can also be a major barrier to life-saving kidney transplantation. Canadian transplant programs exclude people living with obesity from accessing a new kidney, due to the possible risk of surgical complications.

People with diabetes, obesity and kidney disease face longer wait times for a transplant, and sometimes, never receive a new kidney.

Dr. Clemens and her team of diabetes, obesity, and kidney doctors, as well as nurses, dieticians, social scientists and patient partners, are beginning a clinical trial to study the effectiveness of a weight management program for people living with diabetes, obesity and kidney disease.

This clinical trial will help reduce barriers to better health and quality of life for those living with type 2 diabetes and its complications.