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Der Pharmacia Lettre, 2023, 15(6): 17-18
(http: //scholarsresearchlibrary. com/archive. html)

ISSN 0975-5071
USA CODEN: DPLEB4

Role of Finerenone in Improving Kidney Function Linked to Type 2 Diabetes

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***Received:** 29-May-2023, Manuscript No. DPL-23-105640; **Editor assigned:** 02-Jun-2023, PreQC No. DPL-23-105640 (PQ); **Reviewed:** 16-Jun-2023, QC No.DPL-23-105640; **Revised:** 23-Jun-2023, Manuscript No. DPL-23-105640 (R); **Published:** 30-Jun-2023, DOI: 10.37532/dpl.2023.15.17.*

DESCRIPTION

Chronic Kidney Disease (CKD) is a serious condition that affects millions of people worldwide, with type 2 diabetes being one of the leading causes. In recent years, there has been promising news in the field of nephrology with the introduction of a new medication called finerenone, also known as Kerendia. The National Institute for Health and Care Excellence (NICE) has conducted extensive research and concluded that finerenone has shown significant potential in improving kidney function and slowing down the decline in individuals suffering from CKD associated with type 2 diabetes. This breakthrough emphasises the importance of awareness among both General Practitioners (GPs) and patients. Chronic Kidney Disease is a progressive condition characterized by the gradual loss of kidney function over time. It can lead to a range of complications, including cardiovascular disease, anemia, and bone disorders. Type 2 diabetes is a common risk factor for CKD, as high blood sugar levels can damage the small blood vessels in the kidneys, impairing their ability to filter waste products effectively [1].

The link between finerenone and improved kidney function

Finerenone, marketed under the brand name Kerendia, is a novel medication that belongs to a class called nonsteroidal Mineralocorticoid Receptor Antagonists (MRAs). MRAs work by blocking the effects of a hormone called aldosterone, which plays a role in fluid and electrolyte balance in the body. By inhibiting aldosterone, finerenone helps reduce the strain on the kidneys and prevent further damage. Clinical trials involving thousands of participants have shown that finerenone effectively slows the decline of kidney function in individuals

with CKD and type 2 diabetes. It has been found to decrease the risk of developing kidney failure, delay the need for dialysis or transplantation, and reduce the risk of cardiovascular events in this high-risk population. The ability of finerenone to target both kidney and cardiovascular health is particularly beneficial, as these conditions often coexist in patients with CKD and type 2 diabetes [2].

Importance of NICE's recommendation

The endorsement of finerenone NICE holds significant importance for healthcare providers, particularly GPs, who play a crucial role in managing patients with CKD and type 2 diabetes. NICE's conclusion is based on a thorough evaluation of clinical trial data, ensuring that the medication meets rigorous standards of safety, efficacy, and cost-effectiveness [3].

GPs need to be aware of finerenone's potential benefits, as it presents a new treatment option that can positively impact the lives of their patients. By prescribing finerenone early in the disease progression, GPs can help slow down the decline in kidney function, delay the need for more invasive treatments, and improve overall patient outcomes. Regular monitoring and follow-up visits are essential to assess the effectiveness and safety of finerenone in each patient's unique circumstances [4].

Equally important is ensuring that individuals with CKD linked to type 2 diabetes are aware of the availability of finerenone as a treatment option. Patient education plays a crucial role in fostering proactive engagement and enabling informed decision-making. By understanding the potential benefits of finerenone, patients can have meaningful discussions with their healthcare providers about the suitability of this medication for their specific condition. They can actively participate in their treatment plans and work collaboratively with their healthcare team to manage their CKD effectively. The introduction of finerenone, also known as Kerendia, marks a significant advancement in the treatment of individuals with CKD linked to type 2 diabetes. NICE's positive conclusion regarding the medication's efficacy in improving kidney function and slowing disease progression provides hope for patients and emphasizes the importance of its awareness among GPs and patients alike [5].

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