

عنوان مقاله:

High protein diet and kidney health

محل انتشار:

هفتمین همایش بین المللی مطالعات میان رشته ای در صنایع غذایی و علوم تغذیه ایران (سال: 1402)

تعداد صفحات اصل مقاله: 6

نویسندگان:

Nima Jahaniboushehri - Department of Sports nutrition, Shiraz University, shiraz, Iran

Aref negahban - School of Medicine, Bushehr University of Medical Sciences, Bushehr, Iran

Ebrahim khalilnejad - School of Medicine, Ahvaz Jondishapur University of Medical Sciences, Ahvaz, Iran

Amirhossein simrouni - School of Medicine, Qeshm Islamic Azad University Medical Sciences, Qeshm, Iran

خلاصه مقاله:

Although high-protein diets (HPDs) are common, little research has been done on how they affect kidney health, particularly in bodybuilders and athletes who often consume large amounts of protein over extended periods of time. The idea of high dietary protein-related nephropathy and the relationship between HPD and long-term kidney health were the main topics of this review. The idea that HPDs are linked to a quick deterioration in kidney function has been supported by a number of large-scale, long-term observational studies. Nitrogenous waste generated from proteins can be more easily excreted thanks to increased levels of endocrine and paracrine factors, vasodilation, and renal blood flow and glomerular hyperfiltration. Following a heart attack, proximal tubular Na⁺ reabsorption increases and tubule-glomerular feedback is inhibited. This results in increased glomerular hyperfiltration and may cause the creation of proinflammatory cytokines and the receptor for advanced glycation end products (RAGE). Given that HPD results in progressive glomerulosclerosis, particularly in remnant glomeruli or in diabetic kidney disease but can happen in any high-risk situation, such as solitary kidney and polycystic kidneys, focal segmental glomerulosclerosis reported in association with anabolic steroids may in fact be an HPD nephropathy. Over an extended length of time, HPD in bodybuilders and athletes can have a severe negative impact on renal function, including a significant risk of HPD nephropathy

کلمات کلیدی:

high protein-induced nephropathy, high protein diet, protein, kidney health, kidney disease

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1930946>

