ECNG
Extracorporeal Nephrology Group
An Academic Forum for Nephrologists, DM Trainees, Physicians, and Healthcare Professionals

Type 1 Diabetes Mellitus

FINE-ONE TRIAL (2026)

FINERENONE IN TYPE 1 DIABETES + CKD

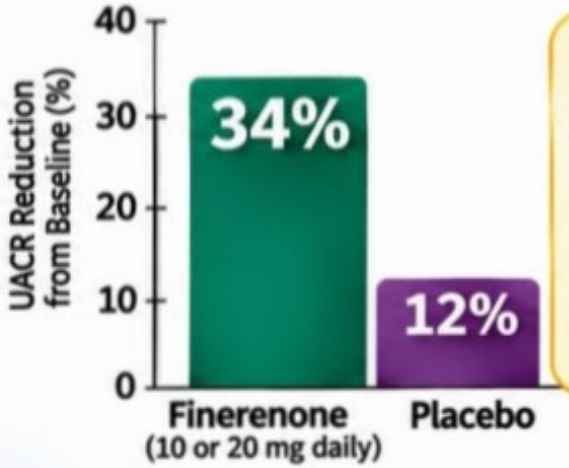
CKD

Study Design

- Phase 3, randomized, double-blind, placebo-controlled study
- n = 242 adults with T1DM and albuminuric CKD
- eGFR 25 to <90 mL/min/1.73 m²
- UACR 200 to <5000 mg/g
- All receiving an ACE inhibitor or ARB
- Finerenone 10 or 20 mg daily vs Placebo
- Duration: 6 months

Primary Result: Change in UACR

Mean Relative Reduction in UACR from Baseline at 6 Months



25% greater relative UACR reduction vs placebo

(ratio 0.75; 95% CI 0.65–0.87; *P* < 0.001)

Safety

Hyperkalemia:
- Finerenone: 10.1%
- Placebo: 3.3%

Discontinuation for hyperkalemia (finerenone): 1.7%

eGFR

Mean change in eGFR at 6 months:
- Finerenone: −5.6 mL/min/1.73 m²
- Placebo: −2.7 mL/min/1.73 m²

eGFR approa… …eline after wash…

Clinical Takeaway

Positive albuminuria endpoint; long-term kidney failure and cardiovascular outcome benefit NOT established by this 6-month trial.

Heerspink et al. *N Eng…* …26;394:947–957. DOI:10.1056/NEJMoa2512854.