



**Public Awareness Seminar on
*Kidney Disease - Risk Factors and Prevention***

by

Dr. Syed Mansoor Ahmed Shah *M.R.C.P. (UK)*
Consultant Nephrology and General Medicine

Abstract:

Chronic kidney disease (CKD) means that your kidneys are not working as well as they once did. Various conditions can cause CKD. Severity can vary but most cases are mild or moderate, occur in older people, do not cause symptoms and do not progress to kidney failure. Acute renal failure or acute kidney injury means that the function of the kidneys is rapidly affected - over hours or days. About 1 in 10 people have some degree of CKD. It can develop at any age and various conditions can lead to CKD. Common causes of kidney dysfunction include diabetes, high blood pressure, renal stone disease and glomerulonephritis. Serum urea and creatinine are markers of kidney dysfunction, but the best test is eGFR which is calculated from your age, sex and blood creatinine level. There are various conditions that can cause CKD. For some of these there may be specific treatments for that particular condition. For example, good glucose control for people with diabetes, blood pressure control for people with high blood pressure, antibiotics for people with recurring kidney infections, surgery for people with a blockage to urine flow, etc. Once CKD has developed, in many cases it tends gradually to become worse over months or years. This can occur even if an underlying cause has been treated. People with CKD have an increased risk of developing cardiovascular diseases, such as heart disease, stroke, and peripheral vascular disease. People with CKD are actually twenty times more likely to die from cardiovascular-related problems than from kidney failure. To protect your kidneys, reduce sodium intake, stop smoking, limit red meat, avoid soda, give up processed foods, reduce sugar intake. Various treatments for patients who reach end stage renal disease include hemodialysis, peritoneal dialysis and kidney transplant.

Date and time: Friday, April 29, 2016 (3:00 p.m.)

Venue: PCMD Seminar Room, International Center for Chemical and Biological Sciences, University of Karachi.