

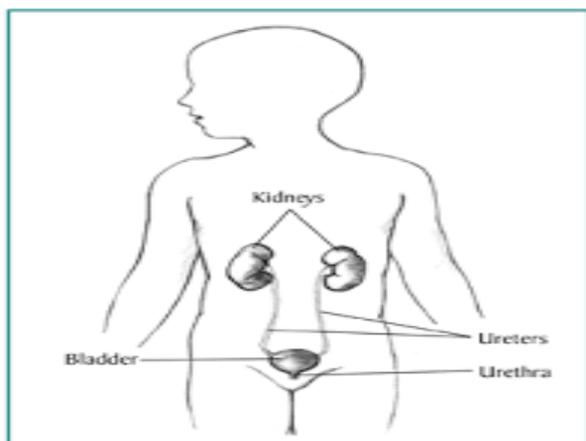


Did you know?

The kidneys are complicated and amazing organs that do many essential tasks to keep us healthy.

The main job of your kidneys is to remove toxins and excess water from your blood. Kidneys also help to control your blood pressure, to produce red blood cells and to keep your bones healthy.

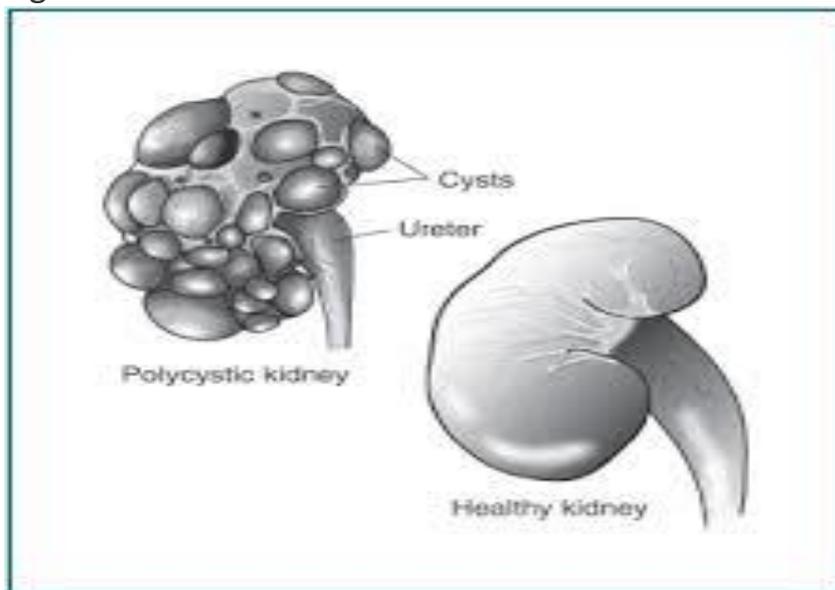
Each roughly the size of your fist, kidneys are located deep in the abdomen, beneath the rib cage.



Your kidneys control blood stream levels of many minerals and molecules including sodium and potassium, and help to control blood acidity. Every day your kidneys carefully control the salt and water in your body so that your blood pressure remains the same.

Kidney diseases affect millions of people worldwide including many children who may be at risk at an early age. Kidney disease can affect children in various ways, ranging from treatable disorders without long-term consequences to life-threatening conditions.

- Acute kidney disease develops suddenly, lasts a short time, and can be serious with long- lasting consequences, or may go away completely once the underlying cause has been treated.
- Chronic kidney disease (CKD) does not go away with treatment and tends to get worse over time.



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- Kidney disease in children can be caused by
  - birth defects
  - hereditary diseases
  - infection
  - nephrotic syndrome
  - systemic diseases
  - trauma
  - urine blockage or reflux

- A health care provider diagnoses kidney disease in children by completing a physical exam, asking for a medical history, and reviewing signs and symptoms. To confirm diagnosis, the health care provider may order one or more of the following tests:
  - urine tests
  - blood test
  - imaging studies
  - kidney biopsy
- Treatment for kidney disease in children depends on the cause of the illness.
- Children with a kidney disease that is causing high blood pressure may need to take medications to lower their blood pressure. Improving blood pressure can significantly slow the progression of kidney disease. As kidney function declines, children may need treatment for anemia and growth failure.
- Children with kidney disease that leads to kidney failure must receive treatment to replace the work the kidneys do. The two types of treatment are dialysis and transplantation.
- For children with Chronic Kidney D, learning about nutrition is vital because their diet can affect how well their kidneys work. Parents or guardians should always consult with their child's health care team before making any dietary changes. Your Pharmacist can also help you with this.

### **Kidney Disease & Children: Act Early to Prevent It!**

Early detection and a healthy life style in children, starting at birth and continuing through to old age can be the key to reversing the increasing trend of preventable kidney damage (including acute kidney injury and chronic kidney disease) and treatment of children with inborn and acquired disorders of the kidney.

It is important for parents to be aware that timely detection of kidney problems offers the best chance to curb kidney damage and possibly reverse complications associated with the disorder.

**Children or teens with the following symptoms should seek a visit to their doctor for further diagnosis.**

- Decreased or increased frequency of urination
  - Excessive thirst, particularly night time
  - Recurrent flank or abdominal (stomach) pain
  - Bloody diarrhoea, pallor, and red urine
  - Red or cola-coloured urine; excessively foamy urine suggests the presence of large amount of protein
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- Headaches
  - Itching and pallor
  - Swelling (even mild) of the hands and feet and/or puffiness around the eyes
  - Unexplained weight loss or lack of appetite
  - Unexplained fatigue



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Systemic diseases such as diabetes or lupus, or prolonged use of medications put children at higher risk for kidney damage and they should be monitored regularly. Any kidney abnormality diagnosed before birth i.e in pregnancy should be followed after birth.

A high blood pressure reading in a child or teenager should never be ignored.

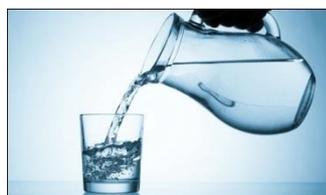
### Be Careful with Over-the-Counter Drugs



**You should always follow the dosage instructions for over-the-counter medications or any other medication. Giving too much paracetamol, ibuprofen or other medications to**

**your child can cause kidney damage. Talk to your Pharmacist if the normal doses of these medications aren't controlling your child's pain or fever effectively.**

Whether you are a child or adult, keep your kidneys healthy by drinking enough water, limiting salt intake and eating a healthy diet.



Identifying and treating childhood kidney diseases and an awareness of the risks for the future from kidney damage that originates in childhood helps in building healthier future generations!

For more information, contact your pharmacist @ Drug Information Centre (DIC), Association of Community Pharmacists of Nigeria (ACPN), 52A Ikorodu Road, Fadeyi, Lagos, Nigeria.

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