

# In Nephrology

## Kidney pearls- Look simple but we simply forget

- Kidney disease is common (17%)
- Indian CKD is mostly due to Diabetes
- Detect early Screening important as early kidney disease is asymptomatic
- Normal urine output does not always mean that your kidneys are healthy
- E- eGFR (based on cell phone app) & Urine albumin tools for screening
- Y- Your height in cms- 100 is your ideal body weight
- Pressure Maintain BP 120/80mmg Hg
- Exercise /Walk for 30 minutes daily
- Avoid nephrotoxic drugs ie pain killers
- Restrict simple carbohydrates ie refined sugars, salt (1/2 tsp / day), animal protein
- Liquid/ water at least 7-8 glasses per day
- Stop Smoking, Say NO to pain killers

*ACEI/ARBs and SGLT2 inhibitors are reno-protective*

*Dialysis and kidney transplant are available but costly*

*Artificial kidney and Xenotransplantation may be the future*

*But always remember "Prevention is better than cure"*

PS- Watch this space for Kidney News, Myths and Facts

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