

WORLD KIDNEY DAY 2018

THEME: KIDNEYS & WOMEN'S HEALTH: INCLUDE, VALUE AND EMPOWER

Chronic kidney disease is increasing worldwide at a rapid rate and the cost of treatment is very high especially in developing countries like India. Thus it is very important that we prevent this disease from occurring and progressing to reduce the cost burden to society as well as the nation.

Chronic kidney disease (CKD) affects approximately 195 million women worldwide. CKD is more likely to develop in women (14%) than in men (12%). CKD is the 8th leading cause of death in women causing more than 600,000 female deaths a year.

Some kidney diseases are more common in women-like lupus nephropathy, urinary tract infection, bladder dysfunction and of course pregnancy-related complications.

Pregnancy-related complications increase the risk of kidney diseases-women who have pregnancy-induced hypertension are 4-5 times more likely to develop kidney failure in later life.

Women who have CKD are at increased risk of negative health outcomes for the mother and baby.

While women tend to donate organs more often, they are less likely to receive them!

Preventing Kidney disease in women

Kidney disease screening (urine for microalbumin and Serum Creatinine tests) should be integrated in all Non-communicable diseases prevention, detection and management strategies for women. There should be a greater awareness that Diabetes, High Blood pressure, Pain-killer abuse and Tobacco use are the leading causes of kidney disease.

Early screening for hypertension and kidney disease should be offered to all women during preconception and prenatal visits.

Women with problems in passing urine like slow or interrupted stream, having to get up frequently at night should get checked for bladder or kidney disease.

Education of women protects both their health and their children's health.

Anil Ganju