

Research Findings in IJKD, April 2009

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The *IJKD for People* is a section established for the people as the readers. Herein, some of the studies presented in this issue of the journal are briefly described in order to promote knowledge of the people on the current advances in nephrology. The Persian translation of this article will be available, too, from www.ijkd.org.

Important Note for Readers. The findings in medical papers are usually not directly applicable and patients should consult their physicians before any utilization of the results of medical studies.

HERBS TO PROTECT KIDNEYS FROM SURGEONS!

Many surgical procedures on the kidneys and also kidney transplant surgery may cause transient poor supply of oxygen for the kidneys that subsequently damages renal cells. Studying the mechanism of this injury, Dr Bhalodia and her colleagues in India thought that some herbs may reduce such a disturbing effect of surgery. So, they tested *Benincasa cerifera* that is a widely used vegetable in India and other tropical countries. They induced surgical damage to the kidneys of rats. Some rats received an extract of this vegetable before the surgery; these rats suffered less from the injury to the kidneys. Studies like this by Dr Bhalodia and her colleagues can make surgeries safer by simple and favorable solutions like the use of herbs.

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EFFECT OF KARATE ON BALANCE OF CHEMICALS IN BODY

Heavy physical activity was the concern of Dr Afshar and his team in a paper that we received in IJKD. They knew that exercise may cause changes in the concentration of some chemical elements in the body, the extent of this alteration is not known in all sport activities. For example, sodium and potassium of blood that can be excreted by sweating

and urinating may increase or decrease after a heavy karate competition. Dr Afshar and his colleagues studied the concentrations of these two elements in the blood and urine of karate competitors before and after a match. The professional karatekas competed in 3 rounds of about 3 minutes with 10 minutes resting intervals, but the sodium and potassium concentrations in their blood and urine did not change significantly. This study provides good information for the athletes, their coaches, and their physicians to program the best regimens for the competition days.

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LOVASTATIN IS NOT ONLY GOOD FOR CHOLESTEROL CONTROL ...

Many of us have heard about lovastatin that reduces lipids of blood. Many people with increased cholesterol or triglyceride have to use it permanently. However, lovastatin have other beneficial effects too. Dr Rashtchizadeh and his colleagues in Tabriz found that it may be a good drug for those who suffer from diabetes as well as high lipids. Patients with diabetes experience a gradual inflammation process in the blood vessels that ultimately cause damages to the kidneys. So, any drug that can control the inflammation process might be helpful. Dr Rashtchizadeh and his team showed that a marker of inflammation, which is

called CRP, reduces in diabetic patients who use lovastatin, and it rapidly increases if they stop taking this drug. Therefore, patients who complain of the bad effects of drugs like lovastatin are better not to stop them unless their physician allows it; they may miss some other unknown advantages of that drug!

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GOOD NEWS FOR FANS OF IJKD!

In March 2009, we received good news just before going to the Iranian New Year holiday trip. The IJKD was accepted by the National Library of

Medicine of the United States to be added in their international database. This means that our journal and all its contents is indexed in MEDLINE, a very famous database of medical articles to which all the researchers of the world refer to. The online version of this database can be seen in PubMed (www.pubmed.org). Authors of the articles in IJKD can now find their papers on this web site. This gives significant reputation to this journal, and our country as well, in the scientific world. Until now, there are 6 medical journals in this international indexing database. We congratulate this great step to all our colleagues, scientific society of Iran, and all the Iranian people over the world.