

Research Findings in IJKD, October 2010

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

SCREENING FOR CHRONIC KIDNEY DISEASE: FINDING PATIENTS WITH NO SYMPTOMS

Dialysis and transplantation are life-saving but very expensive treatments. In our country, the number of people who lose their kidneys and need these treatments is drastically increasing. That is why Dr Mahdavi-Mazdeh believes the only way to prevent the end stage of the disease is identifying patients at early stages of kidney dysfunction. Finding patients, namely screening, is recommended only in individuals who are really at risk of losing their kidneys, because testing all the population of a country is expensive. Dr Mahdavi-Mazdeh, in her review article, suggests that the high-risk target population for chronic kidney disease screening in our country can be those with diabetes, hypertension, hyperlipidemia, age over 40 years, and obesity. In another article of this issue, Dr Ghafari and his colleagues in Urmia report their experience of screening for kidney disease in people with diabetes, hypertension, and family history of kidney disease in a sample from urban and rural areas of Urmia. They found that 38% of these individuals had signs of chronic problems of the kidneys. Finding the disease at this stage with no symptoms can save lives and money. Dr Ghafari and his colleagues believe that

they are now ready to do the screening in a larger scale, hopefully nationwide.

To read the articles please see pages 275 and 307

RED GRAPE SEEDS CAN SAVE YOUR KIDNEYS

In our traditional medicine, there is a strong belief in the medicinal effects of fruits and veggies. However, modern medicine needs to test every medical claim of traditional practice. Dr Safa and his colleagues in Tabriz assessed the protective effect of red grape seeds against damages of drugs to the kidneys. Gentamicin is a great antibiotic against many infections, but it sometimes causes acute injury to the kidneys. Dr Safa and his colleagues induced such damage in rats and found that if the rats were fed by the extract of red grape seeds before induction of injury, the extent of damage to the kidneys would be less. They concluded that red grape seeds may have protective effects against gentamicin-induced kidney damage. However, this hypothesis needs further study in animals and then in humans. So, if you have to receive gentamicin, maybe it's good to eat some red grapes, but no one can guarantee your kidneys will be safe!

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