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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.

IS KIDNEY STONE MADE BY HARD WATER?

People believe that hard drinking water causes kidney stone, but scientists do not have enough evidence to support this. Research studies from different parts of the world have shown different results. Dr Basiri and his colleagues carried out a study to assess if the prevalence of kidney disease in provincial capital cities of Iran is linked with the hardness of the drink water of those cities. Interestingly, they could not find any association of kidney stone and the amount of calcium or phosphorus in the water; however, they showed that magnesium concentration of the water may have a relationship with kidney stone disease in a city. They developed a formula to better describe this association. These findings should be considered consciously, because this study was not on the level of the individuals, but on the level of populations in the cities of Iran. Therefore, there might be other unknown factors in each individual that influence the kidney stone prevalence.

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PATIENTS WITH LUPUS BENEFIT FROM KIDNEY TRANSPLANT

Lupus is a devastating disease that affects many of the body organs, including the kidneys. The body starts to attack the kidneys in an erroneous immune reaction. Some patients with lupus will gradually lose their kidneys and they will need kidney transplantation. Dr Roozbeh and his colleagues in Shiraz reported their experience of 33 kidney transplantations in such patients. Fortunately, they found that their patients do well and the

survival of their new kidneys is similar to those of other kidney transplant patients. This report is one of the largest reports on lupus patients with kidney transplantation in Iran, and its results are encouraging for these patients.

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VITAMIN D DEFICIENCY IS A SERIOUS PROBLEM IN KIDNEY TRANSPLANT RECIPIENTS

In contrast to the above report, Dr Taziki and her associates in Sari have bad news for kidney transplant patients. Vitamin D deficiency is a prevalent problem not only in healthy Iranian people, but also in the kidney transplant recipients. These patients are at the risk of vitamin D deficiency because of the drugs they have to take after transplantation. To compensate that, they should take vitamin D supplements, but this supplementation appeared to be insufficient in transplant patients in Sari. Also, because of the risk of skin cancer, they should use sunscreen. Dr Taziki and her associates found out that the use of sunscreen in their patients is even lower than that of healthy individuals. This might be paradoxically good for vitamin D formation in the body, as we need sunlight for activation of this vitamin; however, kidney transplant patients were still suffering from vitamin D deficiency. The researchers recommended some higher doses of vitamin D supplements for these patients.

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