

Research Findings in IJKD, November 2011

IJKD 2011;5:434
www.ijkd.org

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.

THE ICEBERG OF KIDNEY DISEASE IN IRAN

Chronic kidney disease is a gradual loss of function of the kidneys. Diabetes, high blood pressure, and several other diseases can cause loss of kidney function. Chronic kidney disease is becoming a major public health problem worldwide, and a remarkable part of health budget is spent to control it and prevent the need for dialysis in the patients. Dr Barahimi and his colleagues screened the rural population of Shahreza, a city near Isfahan, Iran, for chronic kidney disease, by measurement of creatinine in blood and protein in urine. They found that 4.7% of the adults aged 30 year and more had some degrees of loss of kidney function and 16.2% of them had protein in their

urine, which shows some degrees of kidney damage. If not controlled, these problems will lead to total loss of the kidneys and a considerable number of the people in that area will need dialysis. In many countries with older populations, kidney disease has become a major problem, and in Iran, with a large young population, the crisis is inevitable in a few years, when the younger population reaches middle ages. Dr Barahimi and colleagues conclude that measures are needed to identify the disease sooner, and an active national screening program is required to be integrated into the primary care.

To read the article please see page 374