

## Editorial on Renal Diseases and Management

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### Editorial

The most important step you can take to treat kidney disease is to control your blood pressure. High blood pressure can damage your kidneys. You can protect your kidneys by keeping your blood pressure at or less than the goal set by your health care provider. For most people, the blood pressure goal is less than 140/90 mm Hg. Work with your health care provider to develop a plan to meet your blood pressure goals. Steps you can take to meet your blood pressure goals may include eating heart-healthy and low-sodium meals, quitting smoking, being active, getting enough sleep, and taking your medicines as prescribed. Most kidney diseases attack the nephrons. This damage may leave kidneys unable to remove wastes. Causes can include genetic problems, injuries, or medicines. You have a higher risk of kidney disease if you have diabetes, high blood pressure, or a close family member with kidney disease. Chronic kidney disease damages the nephrons slowly over several years. Other kidney problems include Cancer, Cysts, Stones, Infections. The

kidneys consist of many small filters called nephrons and its purpose is to purify the blood by extracting waste out of the blood and the waste is converted into urine. This urine is accumulated in the kidney's pelvis and then passed through a tube called the ureter and the bladder. This helps in balancing body fluids and levels of electrolytes in the body. This process continues several times a day. Kidneys are vital organs which help in maintaining healthy salt, pH, phosphorus and potassium levels in the body. They also generate enzymes called renin which adjusts blood pressure levels. It monitors the production of red blood cells by making a chemical called erythropoietin and helps in absorbing calcium for healthy bones and teeth. Once the kidney is damaged the filtering of blood is halted which leads to piling up of fluids and waste in the body and this shows out symptoms such as poor sleep, nausea, shortness of breath, weakness and swelling in the ankles. Kidney needs to be treated to prevent further damage, if ignored it can lead to serious health issues and even death..