

Chronic kidney disease and its risk factors in pregnant women.

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Kidneys play an important role in a healthy body. The main responsible for filtering waste products, excess water, and other impurities out of the blood. During urination process, toxins are stored in the bladder and then these toxins are removed. In the body, the kidneys also play a role to regulate pH, salt, and potassium levels. They produce hormones that manage blood pressure and control the red blood cells production [1,2]. The kidneys can also activate a form of vitamin D, that helps absorb of calcium in the body. The another function of kidney is make renin, which uses to help manage your blood pressure and it also make a chemical called erythropoietin, which makes red blood cells.

Kidney injury in pregnancy is a serious medical issue and it may effect on maternal and fetal health and mortality. The rate of pregnancy-related acute kidney injury has increased in both developing and developed countries [3]. Pregnancy-related acute kidney injury during the first trimester is a common cause and its complications such as preeclampsia, hemolysis, liver diseases, acute fatty liver disease of pregnancy, thrombotic thrombocytopenic, hemolytic uremic syndrome are important causes of acute kidney injury. It is very difficult to diagnosis of pregnancy-related acute kidney injury due to lack of diagnostic criteria. Presently researchers are studying on how kidney disease effect in women's health during pregnancy. It is very challenge for women during pregnancy with kidney disease and it is very high risk of adverse maternal and fetal outcomes and progression of kidney disease. Kidney damage may occur in case of diabetes condition, high blood pressure, other chronic (long-term) complications such as. Kidney disease and other health issues, including bone weakness, nerve damage due to stress and unbalanced diet intake [4,5].

To increase awareness programme on kidney diseases during pregnancy and it is also very responsible for government to conduct meetings and awareness programmes on the maternal health issues. It is very important to maintain hygiene conditions and to take advice from health care practitioners providers in shared decision and in providing health care kits to women. After delivery, who is suffering with chronic kidney disease may benefit if taking Aspirin, and should regularly check

blood pressure and monitoring of serum creatinine and proteinuria as appropriate. After delivery breastfeeding is safe and it is recommended for CDK women. A contraceptive plan that includes patients' preferences, feasibility, medical eligibility, duration, and effectiveness of the contraceptive method should be implemented.

Now many methods are available to treat kidney diseases and researchers are also focus on controlling the cause and complications of the disease. Take advice from family doctor will help you better control of your blood pressure, blood sugar, and cholesterol levels. One important method for kidney diseases is hemodialysis. In this method, waste and extra fluid are removed out from your body when your kidneys can't do it anymore. Another type of method is Peritoneal dialysis. In this method thin catheter into your abdomen. In case of emergency a experienced surgeon replaces your damaged kidney with a healthy one from a donor.

References

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