

# Congenital diseases

May also affect the kidneys. these usually involve problems that occurs in the urinary tract, when the baby is developing in mother's womb.

**Drugs and toxins** can also cause kidney problems. using large numbers of over-the-counter pain relievers for a long time, can be harmful to the kidneys.

Certain other medications, toxins, pesticides and "street" drugs such as heroin and crack, can also cause kidney damage.



## Dr. Vidyashankar P.

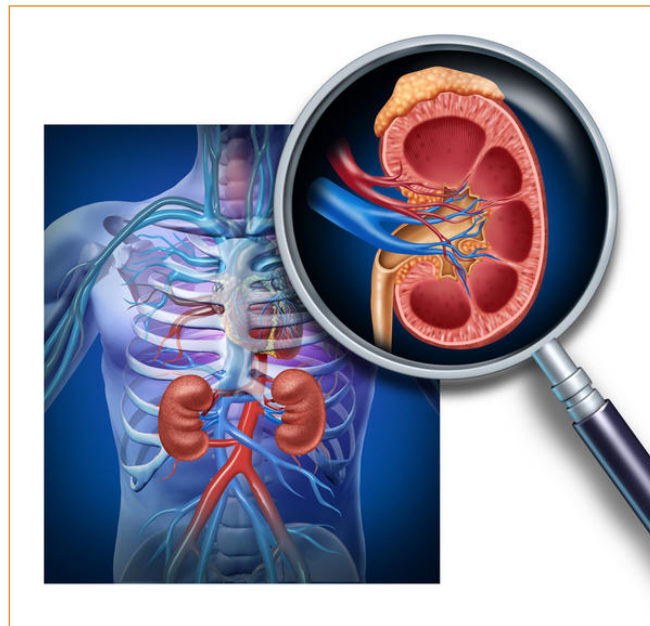
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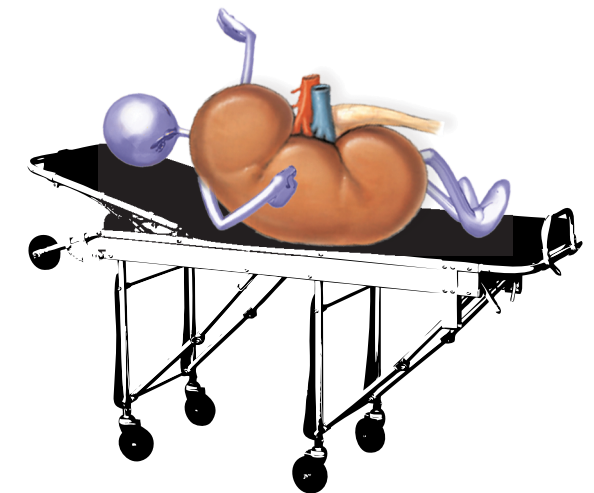
**Dr. Vidyashankar P.,** - He did his MBBS from Gulbarga University in 1996. DNB from NBE, New Delhi, DM in Nephrology from KEM Hospital Mumbai. He did his Fellowship in CAPD from University Hospital Beijing (China). He is the Sr. Consultant Nephrologist & Renal Transplant Physician at Vikram Hospital Bengaluru.

### Special Interest in:

- Intervention Nephrology
- Kidney Transplantation
- CAPD (Peritoneal Dialysis)
- Paediatric Nephrology
- Preventive Nephrology



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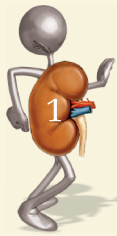
Mr. CKD  
(A.K.A Chronic Kidney Disease)



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# Hi. I am chronic kidney disease CKD.

also known as chronic renal disease.

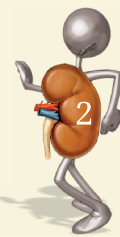


I strike, when there is a kidney abnormality or “maker” such as protein in the urine and having decreased kidney function for three months or longer.

## I also,

occur due to diabetes and high blood pressure. Some of my conditions are inherited.

Others are congenital. Individuals may be born with an abnormality, that can affect their kidneys.



## Meet 8 most,

Common types and causes of me(ckd).  
♦ Diabetes & high blood pressure  
♦ Glomerulonephritis ♦ Polycystic Kidney Disease ♦ Kidney Stones ♦ Urinary Tract Infections ♦ Congenital Diseases & Drugs and Toxins.



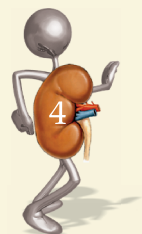
## Diabetes

is a disease in which your body does not make enough insulin or cannot use normal amounts of insulin properly.

This results in a high blood sugar level, which can cause problems in many parts of your body. Diabetes is the leading cause of kidney disease.

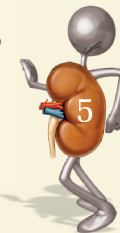
**High blood pressure** (also known as hypertension) is another common cause of kidney disease and other complications, such as heart attacks and strokes.

When high blood pressure is controlled, the risk of complications such as chronic kidney disease(ckd) is decreased.



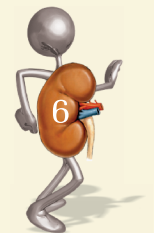
## Glomerulonephritis

is a disease that causes inflammation of the kidney's tiny filtering units called the glomeruli. Glomerulonephritis may happen suddenly.



## Polycystic kidney

is the most common inherited kidney disease. It is characterized by the formation of kidney cysts that enlarge over time and may cause serious kidney damage that includes kidney failure.



## Kidney stones,

are very common and when they pass, they may cause severe pain in your back and side.

There are many possible causes of kidney stones that includes an inherited disorder, which causes too much calcium to be absorbed from foods and urinary tract infections or obstructions. Sometimes, medications and diet can help to prevent recurrent stone formation.

In cases where stones are too large to pass, treatments may be done to remove the stones or break them down into small pieces that can pass out of the body.



## Urinary tract infections

occur when germs enter the urinary tract and cause symptoms such as pain and/or burning during urination and more frequent need to urinate.

These infections most often affect the bladder, but they sometimes spread inside the kidneys and may cause fever and pain in your back.

