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The *IJKD for People* is a section established for the people as the readers. Herein, some of the studies presented in this issue of the journal are briefly described in order to promote knowledge of the people on the current advances in nephrology. The Persian translation of this article will be available from www.ijkd.org.

Important Note for Readers. The findings in medical papers are usually not directly applicable and patients should consult their physicians before any utilization of the results of medical studies.

ANGIOGRAPHY-RELATED RISKS OF LOSING KIDNEYS: NO PROCEDURE IS A HUNDRED PERCENT SAFE!

Injection of a medium into the blood vessels is a common practice of imaging studies in medicine. For example, to visualize the shape and function of blood vessels that support the heart's muscle, a contrast medium is injected on angiography. Such procedures are now popularized and have saved lives. But, no medical procedure is free of risk, especially when they inject a stranger into your body! The contrast media can affect your kidneys and cause an acute insufficiency in the kidneys' function. Although, it is rare, it is a main concern of the physicians involving in such procedures. Dr Pakfetrat and her colleagues in Shiraz, Iran, aimed to find who are more likely to develop "contrast-induced nephropathy." They found that patients with diabetes mellitus, high cholesterol, and some degrees of kidney dysfunction have a greater chance that their kidneys are affected by contrast media following angiography. In these situations, physicians may decide to carry out angiography with more care and preventive measure, as they cannot easily decide not to do angiography, because it may prevent some more serious heart problems.

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ANOTHER OPTION TO GET RIDE OF ITCHING FOR THOSE WHO UNDERGO DIALYSIS

Although it seems not to be a major problem in a patient who undergoes dialysis, compared to a pile of devastating conditions they face, itching is one of the most frustrating problems for them. Several medications have been introduced to alleviate this symptom, but not all are effective in everyone. So, researchers still work on better options for treatment of itching in dialysis patients. Dr Makhloogh tried an ointment called *capsaicin*. A good point in favor of this preparation was that the patient does not have to add another item to the long list of pills they take. And the other good point was that Dr Makhloogh reported that it worked in her patients very well. So, dialysis patients can try this ointment as well if they have not been satisfied with other drugs or creams.

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