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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.

EXERCISE MAKES YOU FEEL BETTER EVEN IF YOU ARE ON DIALYSIS!

Weakness, fatigue, and a depressed mood do not allow a patient on dialysis to even think about doing some exercise. However, even in such a condition, exercise may have some benefits. Dr Afshar and his colleagues in Tehran and Arak, Iran, provided their patients on dialysis with a medical exercise peddler and asked a group of patients to do some aerobic exercise (cycling on the peddler) while being connected to the dialysis machine. This 3-times-per-week short physical activity had some great results: their sleep problem improved and the inflammatory markers showed a reduction in their blood. They compared these patients with another group who were on dialysis and did not use the medical exercise device. Dr Afshar and his colleague believe that doing such limited amount of exercise under the supervision of the physician can help patients to have a better quality of life and improve their sleep problems which are very common among these patients. So, let's start doing some exercise, but make sure not to go beyond your physical capacity! Ask your physician about the intensity of your cycling.

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DON'T TRUST ANY KIND OF TRADITIONAL MEDICINE!

Generally, people believe that herbal medicine is less hazardous than all those "chemicals" doctors prescribe. First of all, this is not right in all cases. Second, the side effects of drugs available in the market are usually known to the physicians, while the beneficial effects and side effects of many of the herbal medicines or other preparations in traditional medicine are not known. Dr Lal and colleagues from India reported their experience with a patient with kidney disease. His kidney impairment was controlled, but after a few months, He returned with a severe relapse of the disease. It was found that the patient had been using an indigenous ayurvedic medicine that was said to "enhance sexual function." The patient was successfully treated after stopping that drug and undergoing a heavy load of "chemicals." The current modern medicine is still not perfect, but it is based on some unquestionable basic rules of experimental sciences, and it constantly corrects itself based on research and experience. In contrast, many therapeutic methods in traditional medicine are not tested in a scientifically sound setting. So, please do not trust all kinds of traditional medications until further notice!

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