

Research Findings in IJKD, September 2011

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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.

VITAMIN A SAVES KIDNEYS IN CHILDREN WITH INFECTION

Vitamins have several beneficial effects, especially in children. Usually, a healthy diet contains enough amounts of all necessary vitamins, and there is no need for supplementation. Researchers have also found therapeutic and preventive roles for many of the vitamins. The study published by Dr Dalirani and his colleagues in this issue of the IJKD is a good example of such implications. Their concern was the permanent scars of kidney infections in children; so, they added vitamin A to the antibiotic regimen of these children. Vitamin A has some reconstructive characteristics in some tissues of the body. Therefore, it was likely that it could also play a role in the repair of the damaged tissue of the kidneys of children after an episode of infection. This research team showed that vitamin A was effective in minimizing kidney scar in children 6 months after severe infection. This promising result needs to be further tested to see if in the long run vitamin A can lessen harms to the kidneys of the children or not. Also, it should be noted that vitamin A is not a substitute of antibiotics and its prescription must be done by a physician.

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HYPERTENSION DURING PREGNANCY, HYPERTENSION YEARS LATER...

Pregnant women may suffer from a syndrome of hypertension with or without protein excretion in urine, called pre-eclampsia. These problems will need medical care, but they will disappear after child birth. However, Dr Shahbazian and her colleagues in Ahvaz, Iran, looked at the chances of hypertension of these women in life time, and their findings confirmed this hypothesis. They compared 35 women with hypertension and protein excretion during their first pregnancy with women with uneventful pregnancies after an average of 5 years. Both hypertension and excretion of protein, which is a sign of kidney damage, were more frequent in those who had experienced the symptoms in pregnancy. Although this doesn't mean that all women with these symptoms when they conceive a baby will face it years later too, Dr Shahbazian and colleagues' finding is a warning; early detection of hypertension and protein excretion by the kidneys warrants regular checkups in women with a history of pre-eclampsia.

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