

Research Findings in IJKD, March 2012

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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.

MARCH 8: A WORLDWIDE DAY FOR OUR KIDNEYS!

World Kidney Day on March 8th is celebrated every year by the kidney care community around the world, and in 2012, its main theme is kidney transplantation. Dr Garcia and his colleagues review the benefits of and most recent advancements in the field of kidney transplantation. In their article, they also discuss the barriers to universal transplantation as the therapy, which includes the economic limitations. Even in high-income countries, the technical challenges and limited sources of kidney transplant are still barriers to successful treatment of patients with kidney failure. Dr Garcia and colleagues also suggest solutions which involve the full range of societal, professional, governmental, and political environments.

To read the article please see page 81

EXERCISE IS GOOD EVEN FOR DIALYSIS PATIENTS

Physicians working with patients on dialysis try their best to utilize every possible practice that can help their patients feel better. Physical exercise is one of these strategies. Previously researchers have showed that exercise therapy has promising benefits for dialysis patients in betterment of their mental health. Exercise programs in groups during the dialysis sessions are advocated by these researchers. Dr Makhloogh and her colleagues further investigated the effects of such exercises on the physiological markers of dialysis patients. Their team found that some important solutions in blood such as potassium and phosphate can gain a better balance by 15-minute simple movements while being connected to dialysis machines. So, let's make some exciting changes in the boring dialysis units!

To read the article please see page 119