

## Research Findings in IJKD, May 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.

### MOTHER'S INFECTION AND RISK OF A SAME INFECTION IN THE BABY

Infection of the mother during pregnancy may cause a variety of problems that may even extend to the newborn baby. Infections of the urinary tract system are no exception. Dr Imamghorashi and her colleagues were interested in the risk of urinary infections of the newborn babies and its relation with mother's infection during pregnancy. They reported a 3 times higher rate of having urinary tract infection of the mother during pregnancy in those infants who get urinary tract infection. Therefore, more caution is needed in the infants whose mothers have had a history of such infections, and prevention of these maternal infections may reduce the risk of infection later in the child.

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### EXERCISE IS NOT ALWAYS ALL BENEFIT!

Physical training is almost always good for our health, but not always! Climbing mountains

may have some effects on the physiology of the body. Lack of enough oxygen in high altitudes is one of the effects and the kidneys are one of the organs that might be affected. Dr Kohanpour and his colleagues studied on a group of young men who were physically trained. The volunteers were asked to perform exercise on treadmill while hypoxic conditions were simulated. The research team could document abnormal urinary excretion of protein at simulated altitudes higher than 2750 m. According to this research, aerobic exercise at high altitudes may cause some minor abnormalities in the kidney function. This interesting finding, however, is about short-term effects and more studies are needed to make sure such effects will remain in the long run. We can only infer that intensive exercises need professional training and preparedness to prevent any harm in mountain climbing.

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