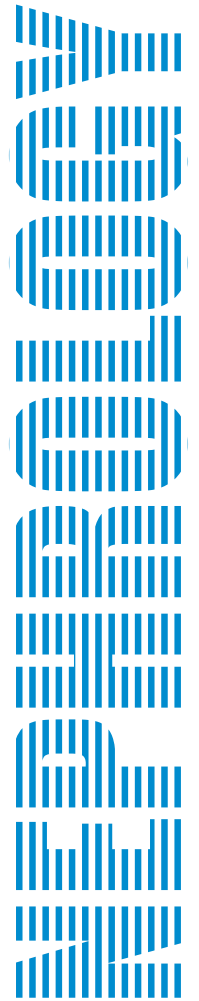
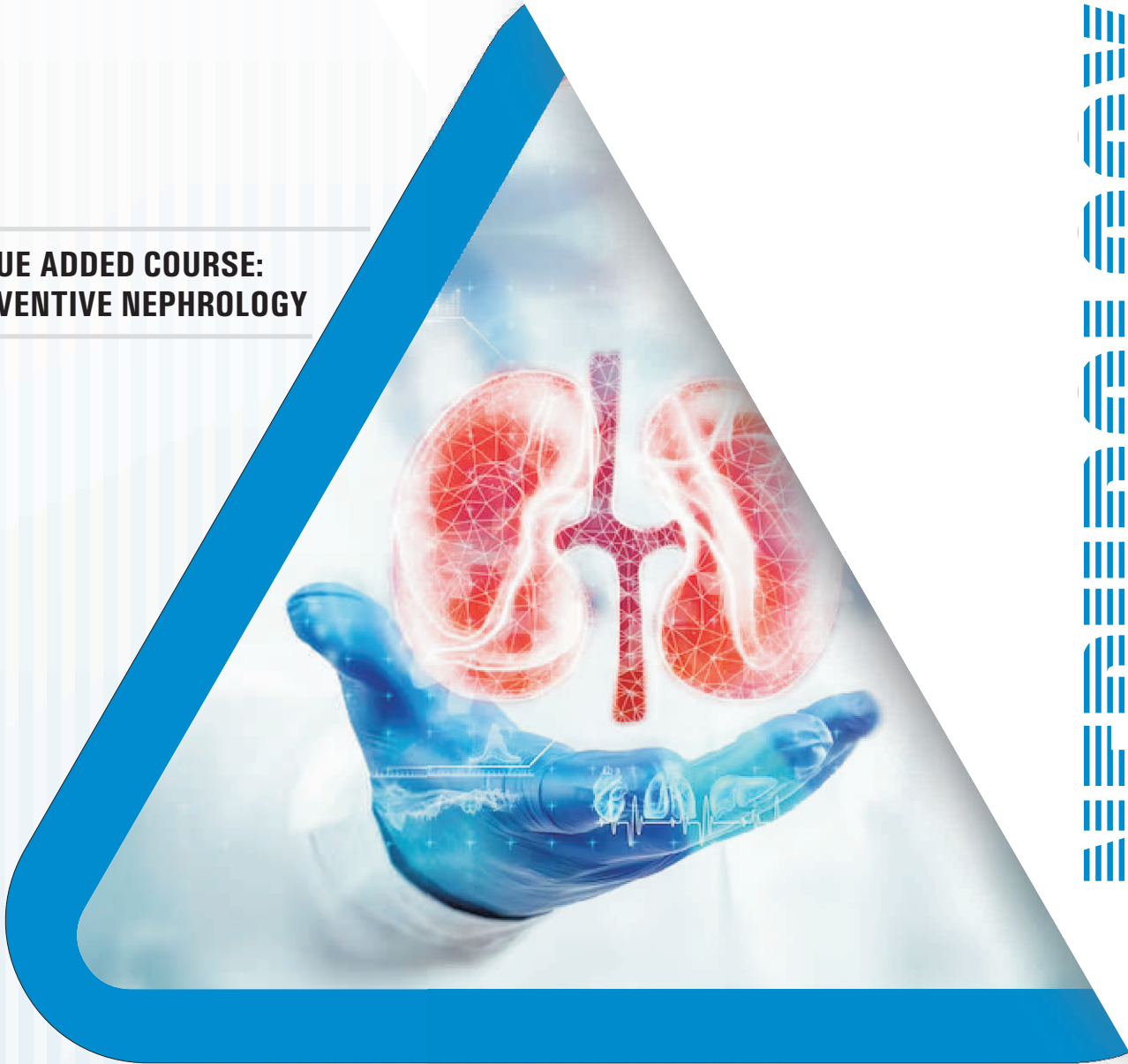


# PREVENTIVE NEPHROLOGY



**VALUE ADDED COURSE:  
PREVENTIVE NEPHROLOGY**



**DEPARTMENT OF NEPHROLOGY**

# PREFACE

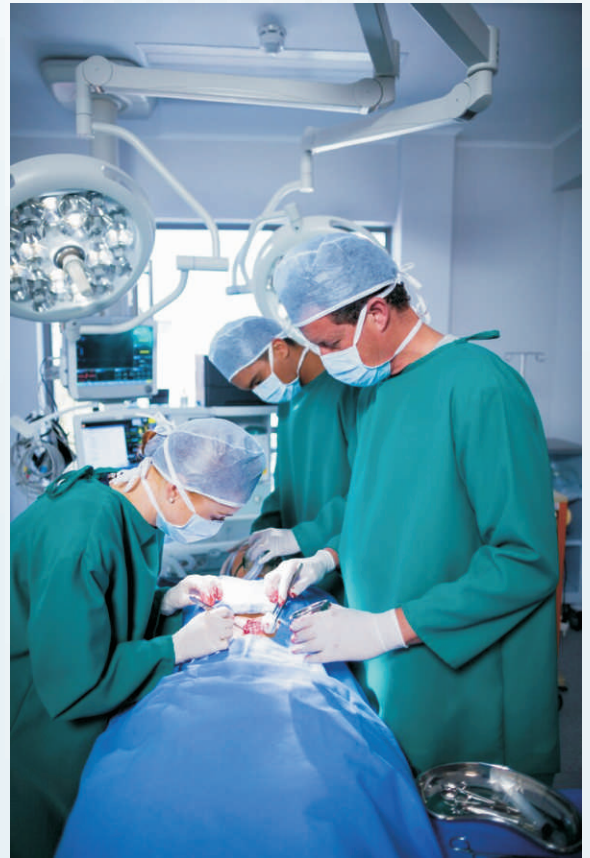
The worldwide incidence of CKD is inexorably on the rise & India is not spared from the alarming statistic. Currently kidney disease is included in the list of top 10 causes of morbidity and mortality. And for developing country, the burden of the disease and its economic implication is staggering. The urgency at its emergence has never been more vital.

In an effort to quell kidney disease at its roots, knowledge regarding kidney disease as well as its preventive aspect is considered to be paramount importance. Acute kidney injury as such has no awakening in the society as well as practitioners, which can progress to CKD calling for continuous dialysis and renal transplantation. One such example is diagnosing surgical cause of AKI. If treated timely and accurately, most patients walk out of the hospital without need for dialysis in future.

A good diet, active life style and drugs may slow the progression of CKD in the early stages and assist to maintain the vital bodily equilibriums that the kidneys normally regulate. When the kidneys are not functioning properly, fluid and metabolic waste build up and must be removed from the body.

People must take care of end stage renal disease for the rest of their lives, since it is incurable. Patients progression toward renal failure can be slowed down if it is caught early in up. Heart attacks and strokes can as well be triggered by CKD itself leading to early death or disability. The cost of end stage renal disease care as well as its limited availability in developing country like India have a big influence on both the patient's and their carer's quality of life.

So, it goes without saying 'PREVENTION IS BETTER THAN CURE' and in the aspect prevention is the foremost, since chronic disease is incurable and can take of its heavy toll on patient and care givers life.



# COURSE CONTENT

1. **INTRODUCTION:**                      ANATOMY  
   RENAL PHYSIOLOGY
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2. **URINE EXAMINATION**

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3. **PREVENTION OF AKI:**              Major Risk Factors for Acute Kidney Injury  
   ICU  
   DIABETICS  
   LIVER DISEASE  
   CARDIAC DISEASE  
   ELDERLY POPULATION  
   RENAL STONE DISEASE  
   COLLAGEN VASCULAR DISEASE  
   CONTRAST INDUCED NEPHROPATHY  
   IN PREGNANCY  
   IN CANCER PATIENTS  
   Drugs Used in Prevention of Acute Kidney Injury
- 

4. **PREVENTION OF PROGRESSION OF CKD**  
   DM  
   RENAL STONE DISEASE  
   ADPKD
- 

5. **ROUTINE HEALTH CHECK UP AND PREVENTION/ RETARDING PROGRESSION OF RENAL DISEASE**

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6. **DRUGS AND AKI-ATN**  
   Drugs Responsible for AIN/CIN
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7. **CHRONIC INTERSTITIAL NEPHRITIS ASSOCIATED WITH HEAVY METAL EXPOSURE**

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8. **ANTI CANCER DRUGS AND KIDNEY DISEASE**

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