

# Kidney disease on the rise, check yours today

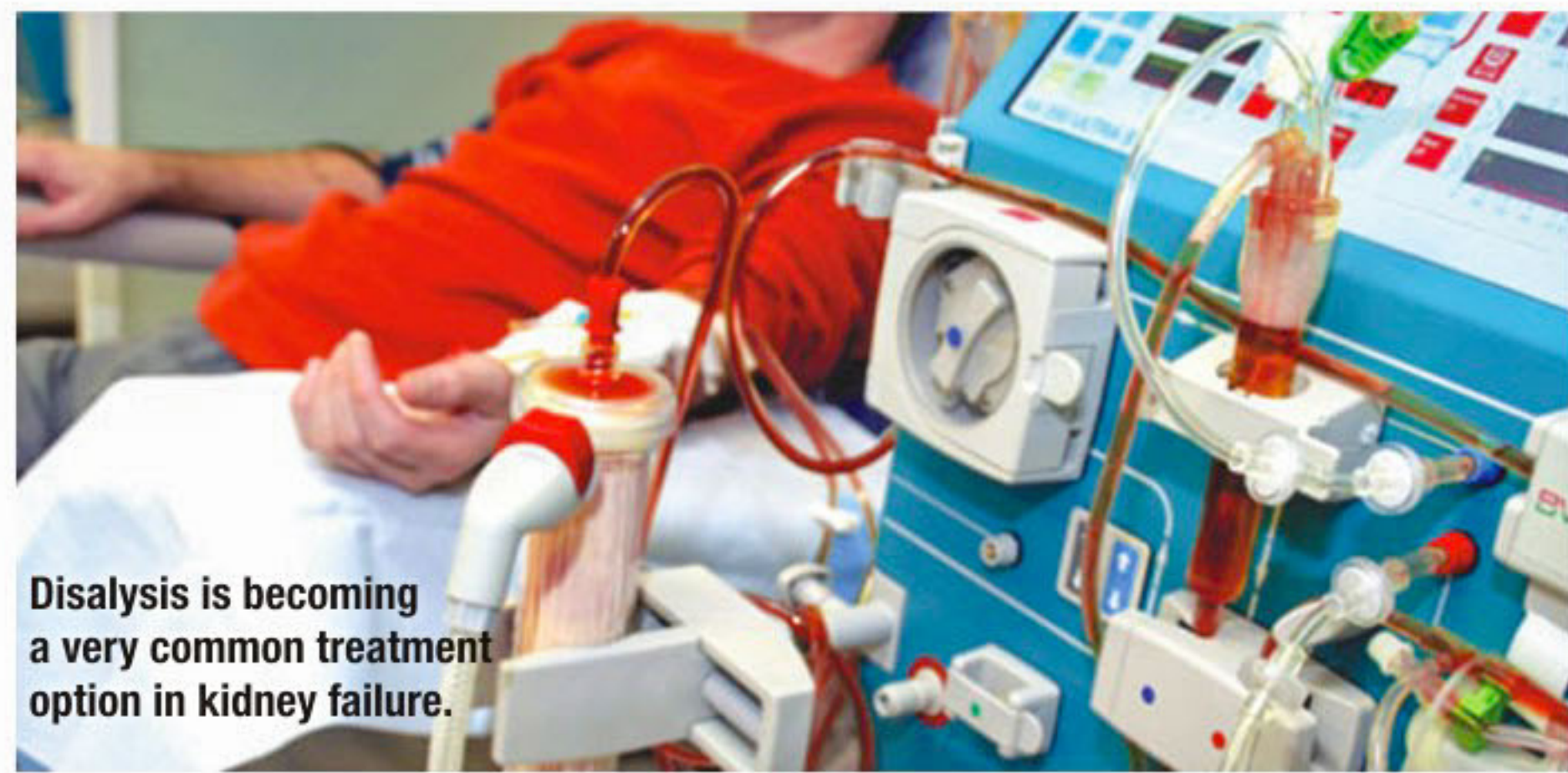
STAR HEALTH REPORT

The frequency of Chronic Kidney Disease (CKD) caused mainly by the rising number of diabetes and hypertension continues to increase worldwide.

CKD leads to end stage renal (kidney) disease (ESRD) or chronic kidney failure (CKF) and needs either dialysis or transplant to survive. Since getting a transplant is often limited by the shortage of donor organs, dialysis — another costly alternative is the most common route of treatment.

In order to encourage transplantation as the best outcome option for kidney failure, and to promote the act of organ donation as a life-saving initiative, World Kidney Day was observed on March 8, 2012. The slogan for this year's campaign was *Donate — Kidneys for Life — Receive*.

Estimates suggest that at least 20 million people suffer from some form of kidney diseases in Bangladesh and 35,000 of them die of kidney failure. Many of these deaths could be prevented by early detection with simple and inexpensive urine test and adopting healthy lifestyle!



Disalysis is becoming a very common treatment option in kidney failure.

If detected early, chronic kidney diseases can be treated and this reduces other complications and drastically reduces the growing burden of death and disability. Experts recommend the following healthy ways of living to reduce the risk of developing kidney disease.

**Keep regular control of your blood sugar level**

About half of people who have diabetes develop kidney damage. So, it is important for people with diabetes to have

regular tests to check their kidney functions and treated accordingly.

**Monitor your blood pressure**

Although many people may be aware that high blood pressure can lead to a stroke or heart attack, few know that it is also the most common cause of kidney damage.

**Reduce salt intake and keep your weight in check**

This can help prevent diabetes, heart disease and other conditions associated with CKD. The recommended salt intake

is around a teaspoon per day. In order to reduce salt intake, try and limit the amount of processed food and do not add salt to food.

**Maintain a healthy fluid intake**

Drinking 1.5 to 2 litres water per day helps kidneys clear sodium, urea and toxins from the body which, in turn, results in a significantly lower risk of developing chronic kidney disease.

**Do not smoke**

Smoking slows the flow of blood to the kidneys and impairs their ability to function properly.

**Do not take over-the-counter pills on a regular basis**

Common painkiller drugs are known to cause kidney damage if taken regularly for long time. If you are dealing with chronic pain, such as arthritis or back pain, consult a specialist physician to find a way to control your pain without putting your kidneys at risk.

Check your kidney function if you have one or more of the high risk factors like diabetes, hypertension, obesity, family history of kidney disease.

**MEDICAL ADVANCEMENT**

**Life span of multiple myeloma patients may be doubled**

Patients with multiple myeloma may have a chance to live longer, going by the encouraging results of a study — led by Singapore General Hospital's (SGH) Department of Haematology, in collaboration with Duke-NUS Graduate Medical School, National University Hospital System Singapore and Tan Tock Seng Hospital — which demonstrates that the average survival of patients could be prolonged from the dismal 4 years to as long as 8 years; says a press release by Singapore General Hospital.

Multiple myeloma is an incurable rare blood cancer. Unfortunately, most people who develop multiple myeloma have no clearly identifiable risk factors for the disease but factors such as individuals older than 50 years of age, men and obesity, may predispose one to the cancer.

With conventional treatment such as chemotherapy, including stem cell transplantation, average survival is only about 4 years. Most therapies eventually lose their effectiveness and patients inevitably suffer a relapse. Treatment options become limited and chances of remission get slimmer. In such situations, doctors may recommend repeating the same course of treatment or trying one or more of the other front line therapies.

In 2005, a novel drug called bortezomib was approved by Singapore Health Sciences Authority and the U.S. Food and Drug Administration for use in relapsed multiple myeloma after promising results from clinical trials emerged.

The positive impact of bortezomib on relapsed patients has led doctors to wonder if other patients would benefit from the drug if it was given when they were first diagnosed.

Their efforts paid-off when survival of multiple myeloma patients in Singapore was evaluated. Their strategy of offering bortezomib to high-risk patients as front line therapy has significantly improved survival from an average of 4 years to as long as 8 years.

**HEALTH bulletin**

**Stem cells beat kidney rejection**

An injection of stem cells given alongside a kidney transplant could remove the need for a lifetime of drugs to suppress the immune system, say scientists in the journal Science Translational Medicine. Researchers said it could have a major impact on transplant science that will reduce the cost and side effects of drugs used to prevent transplant rejection.

**A Kidney**  
Blood, waste and water enter here through the Renal Artery  
Blood without waste or excess water leave here through the Renal Vein  
Excess water and Toxic Waste in the form of Urine leaves here via the Ureter

**Fruit and veg give skin a healthy glow**

Even a few weeks of eating fruit and vegetables could improve your skin colour, according to a study in the PLoS One journal. It has been known for some time that certain yellow and red pigments called carotenoids found in many types of fruit and vegetables, can have an effect on skin tone.

## Get your life back! Kidney transplant frees you from a strict regimen of dialysis and improves your quality of life

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Early signs of chronic kidney disease may be subtle. It can take many years before it deteriorates to kidney failure. Some people with chronic kidney disease may not reach the stage of kidney failure. Others end up with kidney failure and they need to be on dialysis or undergo kidney transplant to keep them alive.

Being on dialysis requires the patient to follow a strict treatment schedule, take medications regularly with drastic adjustments in diet. Complications from dialysis include high or low blood pressure, anaemia, fluid overload, heart disease, infection and depression. While dialysis prolongs the life of the patient, his life expectancy is much less than that for the general population.

Dr Roger Tan from Gleneagles Hospital, Singapore opines: "With all the advantages, transplant is the best treatment option for people suffering from end-stage kidney failure. In fact, we recommend pre-emptive transplant — even before the kidneys fail totally and before commencement of dialysis. This is because pre-emptive transplants have a higher chance of success."

Kidney transplant is a surgical



A kidney transplant surgery at Gleneagles Hospital Singapore.

procedure to transplant a healthy kidney to a person whose kidneys are no longer functioning properly.

Advantages of a transplant include freedom from dialysis, no fluid restriction, normal, healthy diet, gainful employment, better health, restores fertility and so on.

Now the transplant is performed as a minimally invasive procedure — keyhole surgery in Singapore. The transplant surgeon removes the donor's kidney via keyhole surgery. This minimally invasive surgery reduced risk and shortens the recovery time. The scar from the surgery is about 10 cm (4 inches) long. This kidney is then transplanted into the recipient's lower abdomen. Placing the kidney

in this location allows it to be easily connected to the bladder and nearby blood vessels.

The donor is usually discharged after 3 to 5 days. The recipient needs to stay in hospital for about 10 days.

With the advances in medications and quality care, the transplant team in Gleneagles Hospital, Singapore is able to handle complicated transplant cases where the blood group of the recipient and donor are not compatible. Or, in cases where the recipients have had previous transplants or multiple blood transfusions, making it difficult for them to receive a transplant as their bodies are likely to reject the transplanted kidney.

### A different story

Mr. Jafari, a 45 year old pharmacist from Tanzania had been suffering from neck pain for long period of time. In reference to a previous operation on his mother-in-law, he got admitted to Apollo Hospitals Dhaka under Dr. Mathew Chandy.

He was diagnosed with Chiari malformation — an uncommon condition in which brain tissue protrudes into spinal canal. He unfortunately also developed Syrinx, which is a complication where a cavity forms inside spinal column which becomes filled with fluid and additionally impair the function of spinal cord.

Dr. Chandy operated on Jafari; did decompression of foramen magnum, the big opening which connects brain to spinal cord and gradually he got recovered.

Apollo Hospitals Dhaka, a JCI accredited hospital is proud to keep footprint towards medical tourism, bringing patients to Bangladesh.



Mr. Jafari Liana from Tanzania is seen with his wife Dr. Taliya Yahya at a cabin of Apollo Hospitals Dhaka.

## Knowing for better living

About **80%** of people suffer from constipation at some time during their lives !

- Drink plenty of water
- Take fiber rich diet
- Take lots of vegetables & fruits
- Exercise regularly
- Avoid foods that are rich in sugar & fat
- Avoid tea, coffee, alcohol & soft drinks
- Consult your Doctor



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