

# Chronic glomerulonephritis

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# Introduction to kidney

**Kidneys** are the organs that filter waste products from the blood. They are also involved in regulating **blood pressure**, electrolyte balance, and red blood cell production in the body.



# Functions of Kidney

- remove waste products from the body
- remove drugs from the body
- balance the body's fluids
- release hormones that regulate blood pressure
- produce an active form of vitamin D that promotes strong, healthy bones
- control the production of red blood cells

# What is Chronic Glomerulonephritis ?

Chronic glomerulonephritis is a kidney disorder caused by slow, cumulative damage and scarring, usually by inflammation, of the tiny blood filters in the kidneys. These filters, known as glomeruli, remove waste products from the blood. Inflammation typically results in one or both of the nephrotic or nephritic syndromes.

# Symptoms of Chronic Glomerulonephritis

The common symptoms that are usually observed are as follows:

- Presence of blood or protein in urine
- Urine that appears foamy
- Confusion
- Drowsiness
- Lack of concentration
- Lethargy or sleepiness
- The patient may start having lowered sensation in limbs and other areas

## Symptoms Continue...

- Easy bleeding
- Malaise
- High blood pressure
- Edema
- Less urination than normal
- Itching
- Muscle twitching
- Cramps
- Seizures
- Nausea or vomiting



# Causes of Chronic Glomerulonephritis

- Strep Throat
- Bacterial or viral infections
- Diseases of the immune system such as lupus, immune lung disorder, Good pasture's syndrome, etc.
- Polyarteritis
- Diabetic kidney disease
- Focal segmental glomerulosclerosis (causes scarring of the glomeruli)

# Treatment of Chronic Glomerulonephritis

- Antihypertensive drugs may be prescribed to reduce high blood pressure.
- Diuretics may be prescribed to reduce excess fluid retention and increase urine production.
- Corticosteroids, immunosuppressives, or other medications may be used to treat some of the causes of chronic glomerulonephritis.
- Dietary restrictions like low-protein, low-salt and iron or vitamin supplements.



## Treatment Continue...

- Steroid medication or immunosuppressive drugs may be prescribed for some patients.
- In severe cases where kidney failure occurs, dialysis may be necessary. Dialysis performs the functions of the kidney by removing waste products and excess fluid from the blood when the kidney cannot (Renal Failure, Chronic).
- A kidney transplant is an alternative to dialysis in cases of kidney failure.

# Diagnosis of Chronic Glomerulonephritis

- CBC (possible anemia, leucocytosis, formula shift to the left, increasing ESR)
- Biochemical blood analysis (characterizes the kidney function by the parameters of urea, creatinine, total protein, albumin, serum electrolytes, cholesterol; functional state of the liver (on indicators of ALT, AST, bilirubin))
- Examination of the urine (red cells, red-cell casts, nephrotic or sub-nephrotic range proteinuria)
- ASO titer (anti streptolysine O)
- Kidney scan or biopsy

# Preventions of Chronic Glomerulonephritis

- Seek prompt treatment of a strep infection causing a sore throat or impetigo.
- To prevent infections that can lead to some forms of glomerulonephritis, such as HIV and hepatitis, follow safe-sex guidelines and avoid intravenous drug use.
- Control high blood pressure, which lessens the likelihood of damage to your kidneys from hypertension.
- Control your blood sugar to help prevent diabetic nephropathy.

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