

## **Prevention of Kidney Diseases**

Kidney diseases comprise of kidney stone, Benign Prostate Enlargement, Prostate Cancer, Urinary Bladder Cancer, Urinary Tract Infection. With proper precaution not only can we prevent the disease in the kidney but patient survival rate can be increased too.

## **KEEP KIDNEY CLEAN BY**

Drinking 10-12 glass of water everyday

Controlling Diabetes

Controlling High BP

Get the basic kidney test once a year (S. creatinine, Blood Sugar, Urine routine)

Treat the following as possible: Kidney stones, Urinary Tract Infection, Protein in urine

If parents have high BP/Diabetes their off-springs after 25 years of age should preferably get the basic kidney test every year

Prevention of kidney stones

Drinking R. O. plant water 2-3 litres daily

Avoid tomatoes, green leafy vegetables, brinjal, chickoo, grapes, chocolate, tea, coffee, ice-cream, milk products - contains high calcium and oxalate

Avoid non-vegetarian food - contains high uric acid & purine

Foods recommended - barley water, coconut water, lemon water, carrots, bitter gourd, bananas, pineapple juice, almond etc.

If you have pain in flank, burning in urine - consult Urologist

## **PROSTATE CANCER CHECKS AFTER 45**

Regular check up by Urologist (DRE-Digital Rectal Examination of Prostate)

Serum PSA (Prostate Specific Antigen) test

Ultrasonography of prostate

Symptoms of kidney / Urinary bladder cancer

If blood passes in urine and no burning or pain during voiding

Consult Urologist immediately

Prevention of Urinary Tract Infection (UTI)

UTI affects 30% of women between 20-40 years of age.

Whenever burning during voiding and pain in lower abdomen-consult Urologist

Children below 5 years of age should get Urine routine test,

Ultrasonography of KUB (Kidney, Ureter, Bladder) region, MCU if needed

## **SYMPTOMS OF PROSTATITIS**

Prostate inflammation is common in young male

Burning in voiding & pain in perineum

Urine culture & sensitivity test

Consult Urologist

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