

## Prevention and Diagnosis of Nephrological Diseases

***Rasulova Nilufar***

Docent of the Department of Public Health, Healthcare Management of the Tashkent Pediatric medical institute (Uzbekistan)

***Aminova Asalya***

4th year students of the Medical and Pedagogical faculty of the Tashkent Pediatric medical institute (Uzbekistan)

### Abstract

The article is devoted to a wide range of problems of diagnosis and prevention of kidney diseases, and in a popular scientific form addresses the issues of teaching patients the basics of kidney structure and function, as well as the recognition of symptoms and signs of the most common kidney diseases. In the last few decades, there has been a sharp and alarming increase in the incidence of nephrological profile.

**Keywords:** prevention of kidney diseases, diagnostics, physical activity, salt, ultrasound, mri.

Chronic kidney disease occurs quite often and is often irreversible. Awareness of the causes, symptoms and prevention measures of kidney diseases is the best way to reduce their prevalence. Early diagnosis and treatment of kidney diseases brings great benefits to patients and society, as it provides better long-term results and reduces costs. At the same time, due to lack of awareness, many people do not realize that their symptoms indicate possible kidney diseases, as a result of which they turn to the doctor too late, when dialysis or kidney transplantation remains the only way out. Treatment of late-stage chronic kidney disease by methods of renal replacement therapy, which include dialysis and transplantation, is too expensive. Early diagnosis and treatment remain the best option for reducing the costs of the healthcare system in our countries. When the diagnosis is confirmed and it becomes clear that a person is suffering from kidney disease, the patient and his family naturally experience serious anxiety. Patients with kidney diseases and their family members want to know everything about this disease.

The kidneys regulate the composition and volume of body fluids by excreting toxic substances that enter the body, or are produced by it in the process of vital activity. More than 10 million Russians suffer from chronic kidney diseases. Chronic kidney diseases lead to disability, and annually take the lives of several tens of thousands of residents of Russia. Risk factors for the progression of chronic

kidney disease, in addition to kidney diseases, are arterial hypertension, diabetes mellitus, atherosclerosis, obesity, metabolic disorders, especially high cholesterol and uric acid of the blood. There are simple and affordable methods of early diagnosis of kidney diseases, but in a significant part of patients, the disease is detected at the terminal (final) stage, when the opportunity for effective treatment has already been missed. Nephroprotective strategy is a set of diagnostic, therapeutic and preventive measures aimed at early detection of patients with impaired renal function in order to prevent the development of terminal renal failure. The nephroprotective strategy includes fairly simple methods and measures:

- restriction of table salt in the diet, less than 5 g / day;
- fight against smoking;
- strict control of blood pressure, which should be no more than 130-80 mmHg, constant intake of antihypertensive drugs prescribed by a doctor;
- control and correction of metabolism, especially purine, fat metabolism, with an increase in cholesterol, uric acid in the blood - an early appointment of treatment.
- It is very important to monitor the condition of the kidneys, passing tests in a timely manner.

If a patient has minimal deviations in the general analysis of urine, especially the appearance of protein in the urine, it is necessary to consult with a nephrologist. The complex task of nephroprotection (prevention of the development of chronic renal failure) is possible only when the patient is treated by a nephrologist, in a specialized nephrological department. Patients with newly diagnosed chronic kidney disease must undergo an examination in the nephrology department in order to make the correct diagnosis and select the necessary treatment.

Instrumental methods of examination include ultrasound, kidney scintigraphy, X-ray examinations (urography, RCT, MRI), examination of kidney vessels. Also:

- ✓ Kidney biopsy — to obtain a tissue diagnosis of the disease when the exact cause is unknown;
- ✓ Ultrasound of the urinary tract
- ✓ Computed tomography, MRI, PET, SPECT
- ✓ Scintigraphy (radionuclide medicine)
- ✓ Angiography — if vascular damage is suspected
- ✓ Excretory urography

Primary prevention of kidney diseases is aimed at preventing the occurrence of pathologies of the kidneys, ureters, bladder, urethra, penis, prostate and seminal vesicles, reducing the impact of risk factors. Secondary prevention contributes to the prevention and early detection of complications and

relapses. The basis for the prevention of urolithiasis is sufficient fluid intake during the day. If you do not suffer from kidney failure, the daily norm should be 6-8 glasses of water. If you are overweight, the risk of urolithiasis increases, if this problem is relevant to you, discuss a nutrition plan with a nutritionist. A diet that includes a large amount of fruits, vegetables, whole grains, fish and poultry meat, low-fat dairy products is also effective for weight loss. If you have already been diagnosed with urolithiasis, the doctor will make an individual nutrition plan. Depending on the composition of the concretions, the optimal diet is selected, taking into account the amount of animal protein, calcium, sodium or oxalate in food. Patients are recommended:

- Eat small portions and often enough
- Drink no more than 1.5 liters of liquid
- Give up alcoholic beverages

Should be excluded:

- ✓ Broths based on meat, fish and mushrooms
- ✓ Legumes
- ✓ Fatty meat
- ✓ Pickles and marinades
- ✓ Chocolate
- ✓ Spices, seasonings and hot sauces

The diet should include: Low-fat dairy products, raw and steamed vegetables, bread, butter and olive oil, dried fruits, low-fat steamed meat, natural juices, vegetable broths, berries, honey, eggs (no more than 2-3 per day), cereals and pasta

Preventive measures include:

- Activity
- Mandatory consumption of fresh fruits, berries and vegetables, dairy and seafood
- Sauna visit. Dry heat is the key to healthy kidneys, as it provides their filtration function and enhances the supply of organs with blood and nutrients
- Drinking a sufficient amount of fresh clean water (at least 1.5–2 liters per day)
- For kidney health, it is important to give up strong tea and coffee, replacing them with herbal tea or mineral drinking water.

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