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AKI disease fully treatable: Experts

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Acute Kidney Injury (AKI) is a preventable disease, and if diagnosed early, it is also fully treatable, say experts, but given the lack of awareness and irregular lifestyle, the patients' pool of Chronic Kidney Disease (CKD) has been climbing up.

With time, while 10 per cent of people suffering from AKI go on to develop CKD, 50 pc of them in turn are attributable to hypertension and diabetes, the fallout of the fast-paced stressful life.

Studies from the All India Institute of Medical Sciences suggest that 200,000 new patients of end-stage kidney disease every year require renal replacement therapy and of this less than 10 pc have access to renal transplant.

Head and Professor of the Nephrology department at AIIMS, Dr Sanjay Agarwal said, "In AIIMS, we see approximately 200 patients daily and 70 pc of them are CKD. Of these at least 30-40 pc patients, in their forties and fifties, require dialysis or kidney transplantation."

Adding that an extrapolation of data from AIIMS further points out that in the country at one time 5.4 lakh patients will be requiring dialysis and or renal transplant and CKD patients are at least 10 times more than this, he said.

According to experts, the mortality in AKI remains high (10-19 pc) with a five year survival of severe AKI at 80 pc and its management involves treating the basic causes, management of complications, such as fluid overload, hypertension, acidosis, anemia, etc along with occa-

sional dialysis.

"We estimate that 10 pc of country's adult population is having some degree of CKD from stage-1 to stage-5. While magnitude is so high, facility for care is meager. Only 10 per cent of patients in India get treatment like dialysis or kidney transplant," observed Dr Agarwal.

Many of these renal troubles, leading to CKD in later years, begin in the childhood, said paediatric nephrologist and CEO of Radiant Life Care Dr Sanjeev Bagai.

"One per cent of all newborns have organ abnormalities and significant in 2/1000 live births. Renal anomalies are the commonest (20 pc) and 80 pc of these newborns are symptomatic at birth. Congenital nephropathies are a diverse group of disorders leading to 30 pc of paediatric end-stage renal disease," he stressed.