



11th WORLD KIDNEY DAY- 2016



Anatolian Kidney Foundation



Republic of Turkey Ministry of Health Public Health Institution



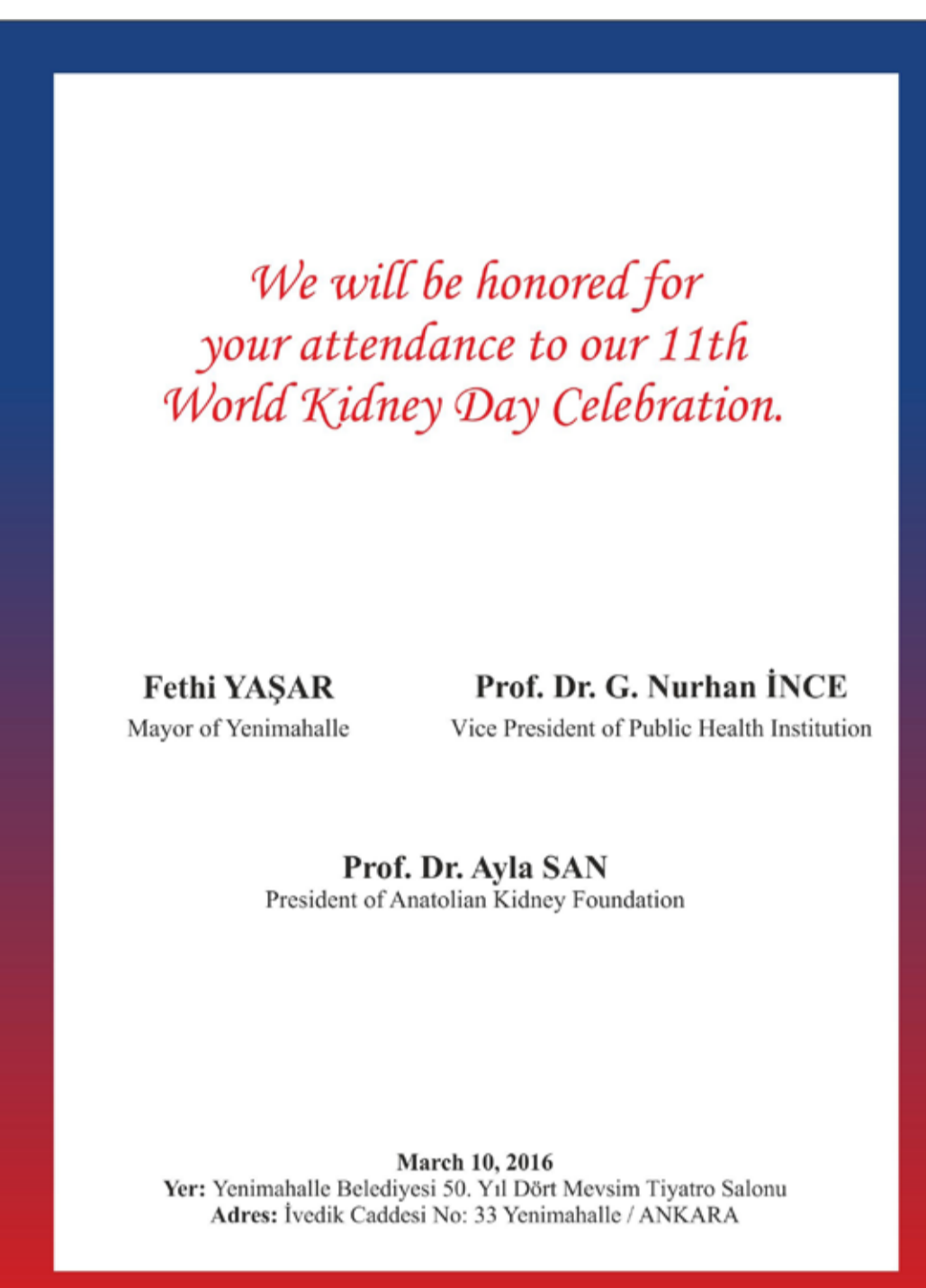
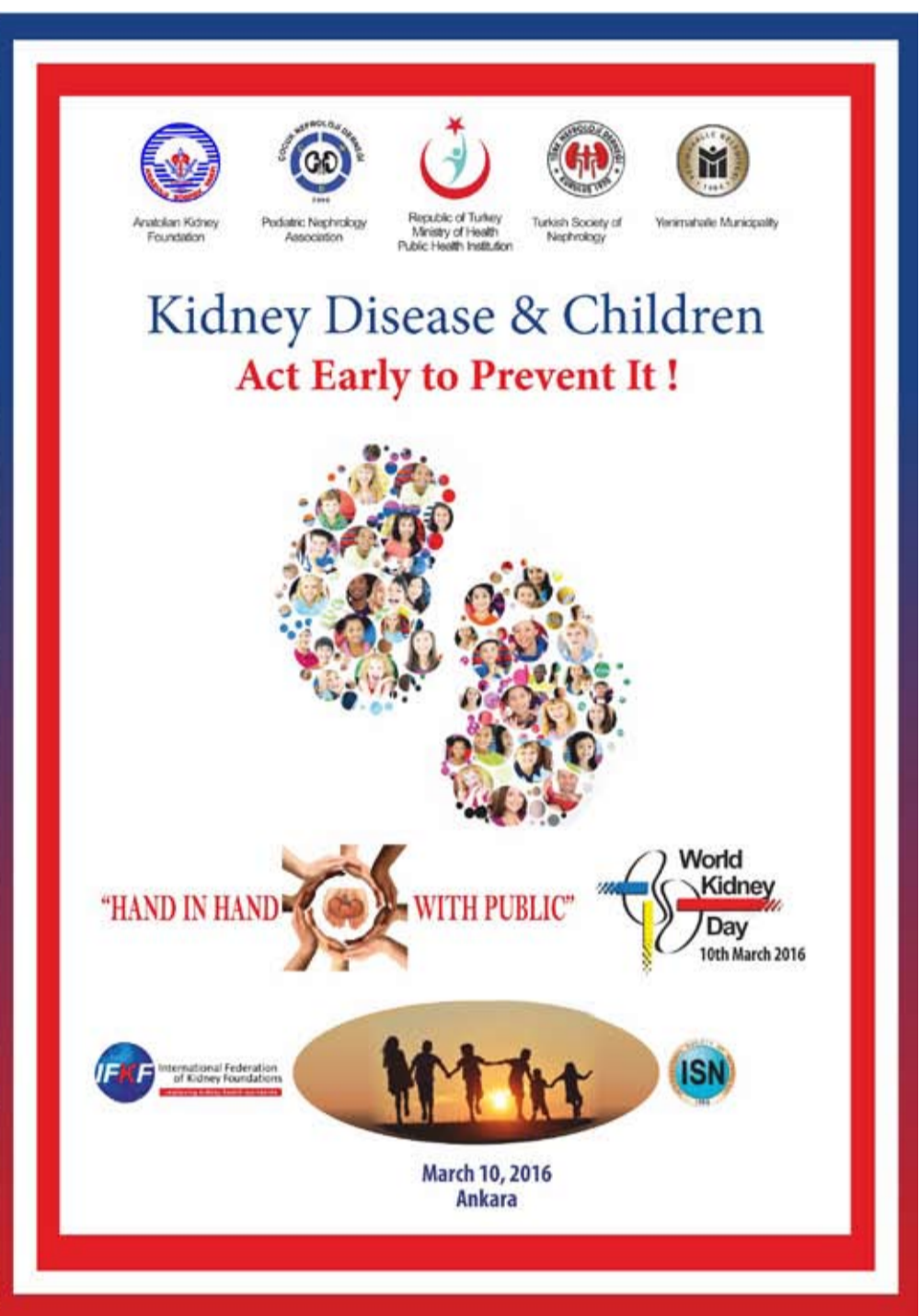
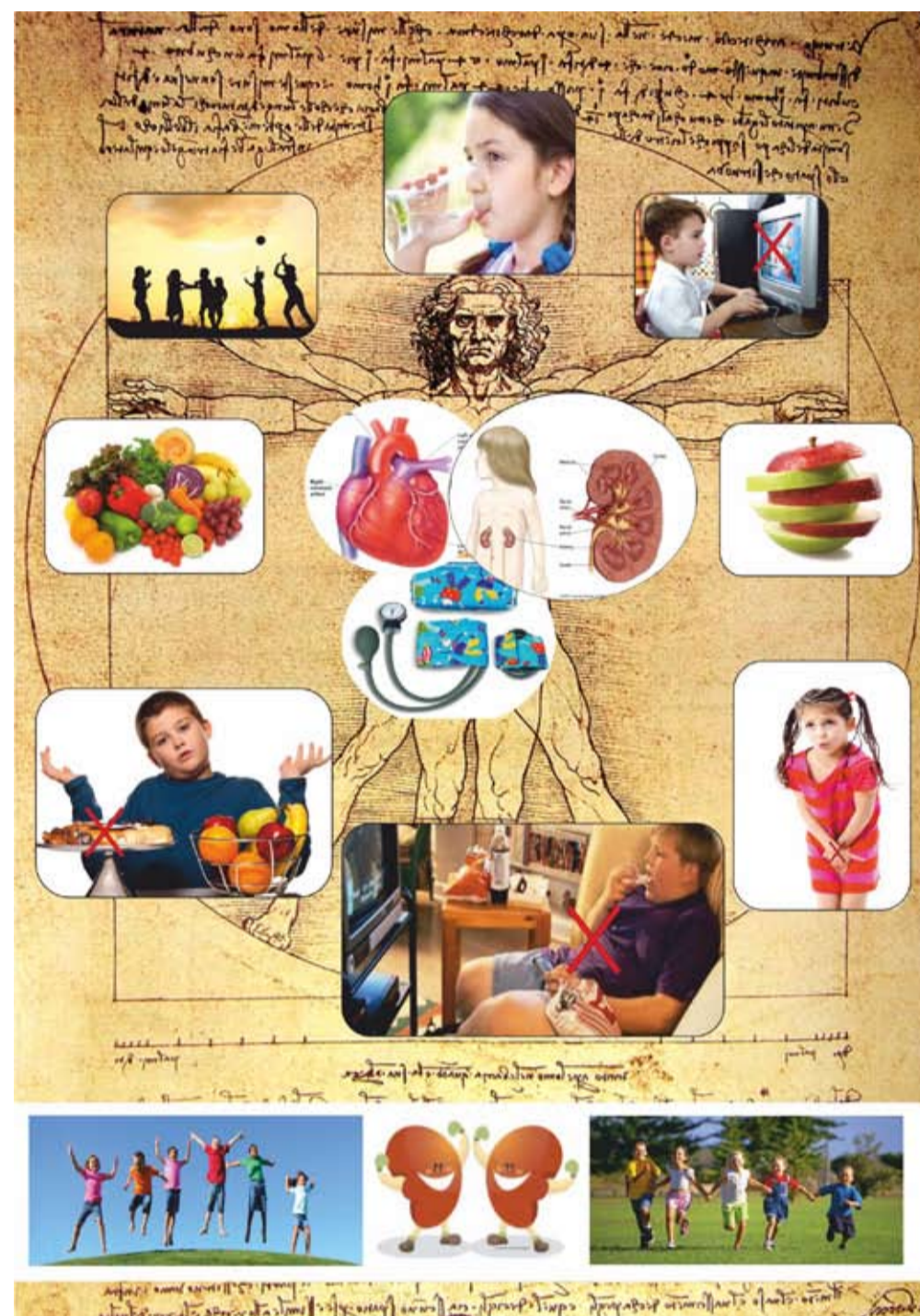
Pediatric Nephrology Association



HAND IN HAND WITH OUR PEOPLE

Kidney Disease & Children Act Early to Prevent It!

I-Our Social and Scientific and Educational Activities Yenimahalle Belediyesi 50. Yıl Dört Mevsim Tiyatro Salonu - ANKARA



10th March 2016 World Kidney Day was celebrated with the participation of nursery school pupils who were applauded excitedly when they entered with flags and balloons. They received acclaim when they wrote WORLD KIDNEY DAY each one holding one letter singing the song of "Healthy Life".

Healthy Life The Song



Waking up in the morning I go to the bathroom right away



Cleaning starts by firstly washing hands. I washed my hands.



Then my face I rinsed it thoroughly Not to hurt my eyes First the hands Then the face A little soap A little foam continues.....

Healthy Slogans

After the song, pupils promised to pay attention to their health by shouting the following slogans.



I will not eat processed food. I will avoid salt I will often wash my hands I will eat fruit and vegetables. I will drink milk



I will not watch too much (TV, or the tablet, the computer, the smart phone) I will play football outside with my friends



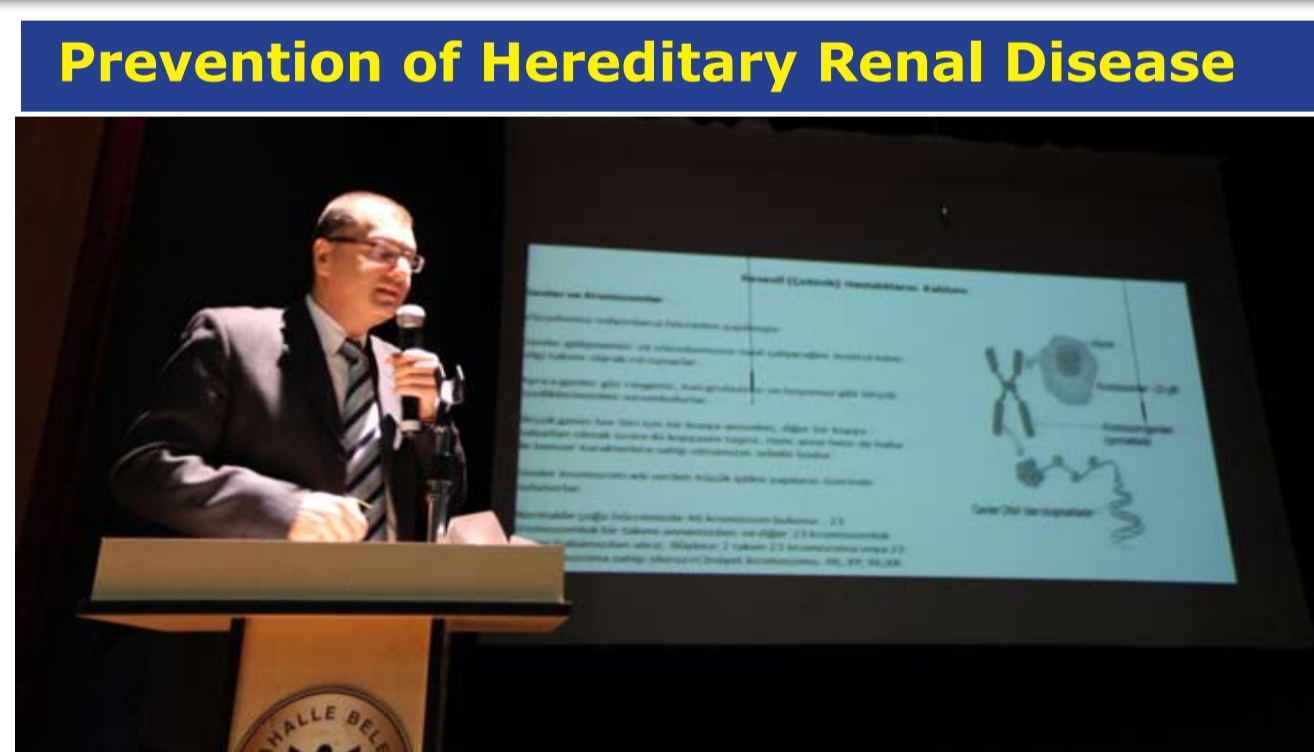
I will drink a lot of water. I will not eat junk food I will often go to the toilet I will visit my doctor at least once a year

OPEN FORUM - I

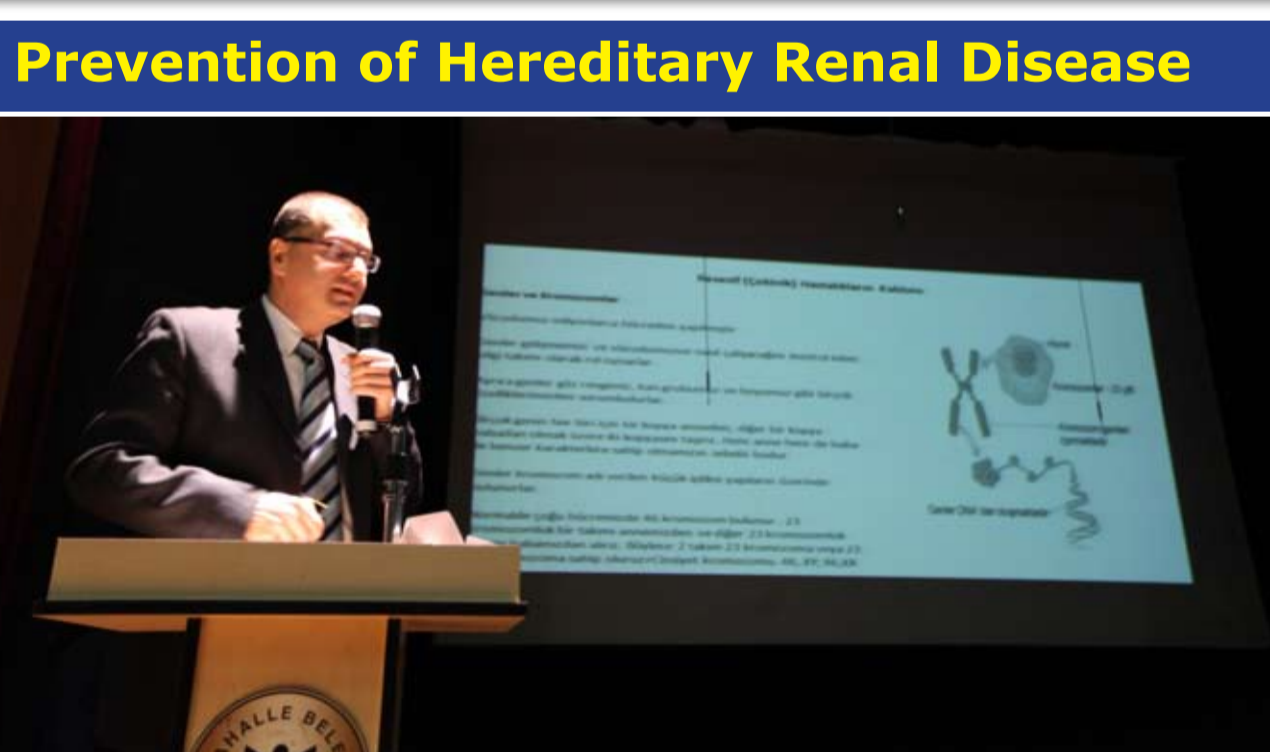


Prof. Ayla SAN, MD. President of Anatolian Kidney Foundation

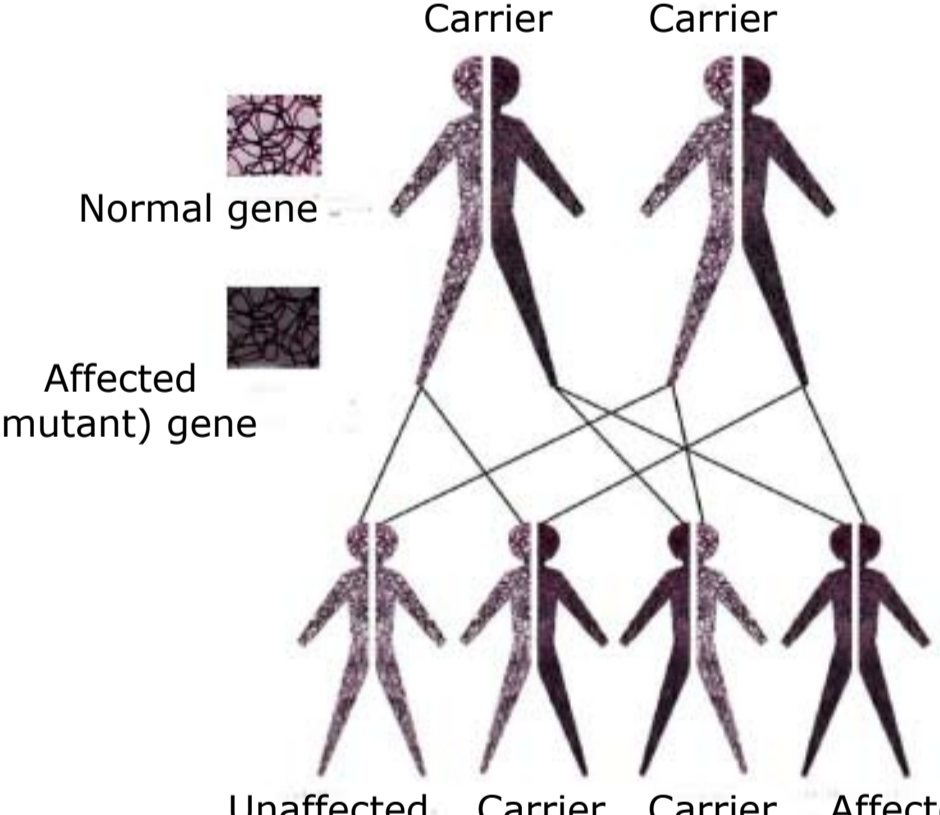
We preferred to celebrate the World Kidney Day this year with children and the public by performing scientific, social and educational activities. Open Forum 1 and 2 hosted pediatric nephrologists, followed by the questions asked by the public. The answers by the experts were applauded by the public. After the opening ceremony, the importance of World Kidney Day was emphasized by Prof. Dr. Ayla San.



Assoc. Prof. Dr. Fatih Özalın Hacettepe University Medical School Department of Pediatric Nephrology



The inheritance of recessive genes from parents



Intermarriage increases probability of emergence of recessive diseases.

What is hereditary disease?
• Diseases which are inherited through genes from generation to generation.
• Recessive hereditary diseases
• Dominant hereditary diseases
• The inheritance of recessive genes from parents.

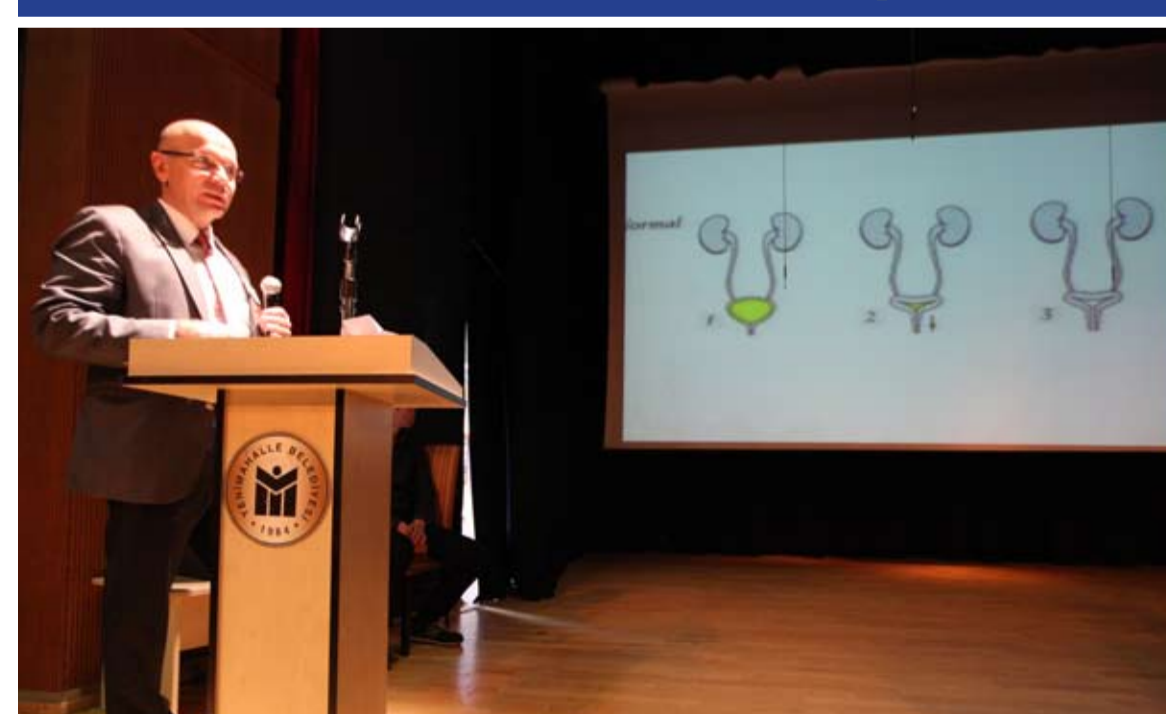
NEYİ SİLECEĞİM

Do not prefer intermarriage to protect (to avoid) from diseases.

If there are more than one person with a kidney disease in a family:

- Regular check up.
- Regular monitoring of development of children.
- Investigating the reasons for excessive consumption of water and excretion.
- Investigating the reasons for wetting the bed.

Congenital Kidney Diseases, Urination Disorders and Chronic Kidney Disease



Prof. Dr. Tarkan Soyğür Ankara University Medical School Department of Pediatric Urology

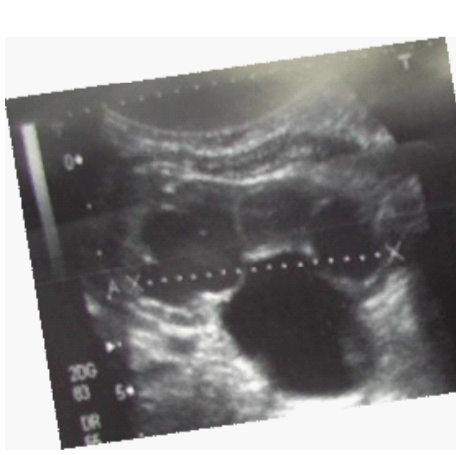
Changes determined in Kidney and urinary tract before birth.

- It is possible to determine the expansion in kidney and urinary tract before birth through ultrasonography.
- Starting protective antibiotics after birth.
- Check up with ultrasonograph and voiding sistourethrography (VCUG).
- Renal sintigraph (MAG, 3) after 6 weeks

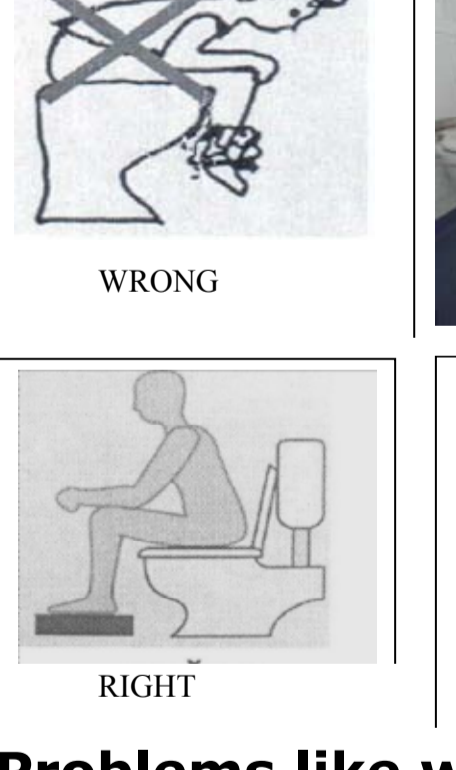
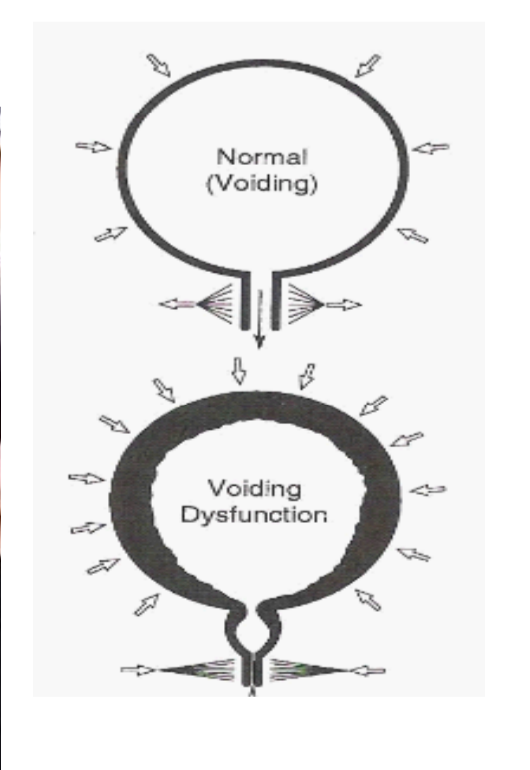


- It is identified in 5% of all pregnancies
- 50% of prebirth problems.

These children should be monitored by a pediatric urologist every six months and evaluated in comparing the multicystic and the healthy kidney.



15-30% 30-50%



FOTOYU WORDE EKLEMİYİNİZ.... ORJİNALİ GÖNDERİN LÜTFEN



Problems like wetting, constipation and others should be monitored and treated as soon as possible.

- Vaginal Leakage in girls
- Infections called vulvovaginal due to negligence of hygiene can be detected.
- Hasty attitude after excretion can lead to the wetness of the genital region.

Nocturnal Enuresis, Bedwetting



Prof. Dr. Esra Baskın Başkent University Medical School Department of Pediatric Nephrology

- Enuresis is wetting clothes or the bed in inadequate way.
- It is not normal to wet more than twice in a month after 5 years of age.
- It is mostly seen among unprivileged uneducated low socioeconomic state.
 - 80% primary (reason not known)
 - 20% secondary (reintroduction of wetting)

Genetic factors

- 75% risk where both parents have been enuretics as children
- 45% risk where only one parent has been enuretic
- 15% risk where there is no parental history of enuresis

It is seen more frequently in twins identical (655-70%) than fraternal twins (35%- 40%).

Sleep Disorder



Misconception about bedwetting

- It is not laziness that is the cause
- It is not the child's fault.
- It is not intentional.
- It is not psychological.
- It is not improved with punishment.
- It is not overcome by waking the child for toilet at night.
- It is not improved by circumcision mensturation, marriage, or military service.

Unless it is treated:

- Lack of self-confidence
- Shyness
- Lack of self-respect
- Social isolation
- Becomes more evidential as age increases
- Negatively affects success in career and private life

Supportive Treatment:

- Motivating the family and the child.
- Journal / Diary for excretion.
- Restriction of fluid consumption.
- Excretion before going to bed.
- Waking up at night
- Restriction of fluid with gas and caffeine.

Alarm Treatment



Help the child to wake up during sleep.

Urinary Tract Infections



Prof. Dr. Sevcin Bakkaloğlu Eüzü Gazi University Medical School Department of Pediatric Nephrology



- Urinary Tract Infection
- Mostly seen acute bacterial infection during childhood.
- 11% in girls
- 36% in boys.
- 13 % in children with fever (UTI).

Diagnosis

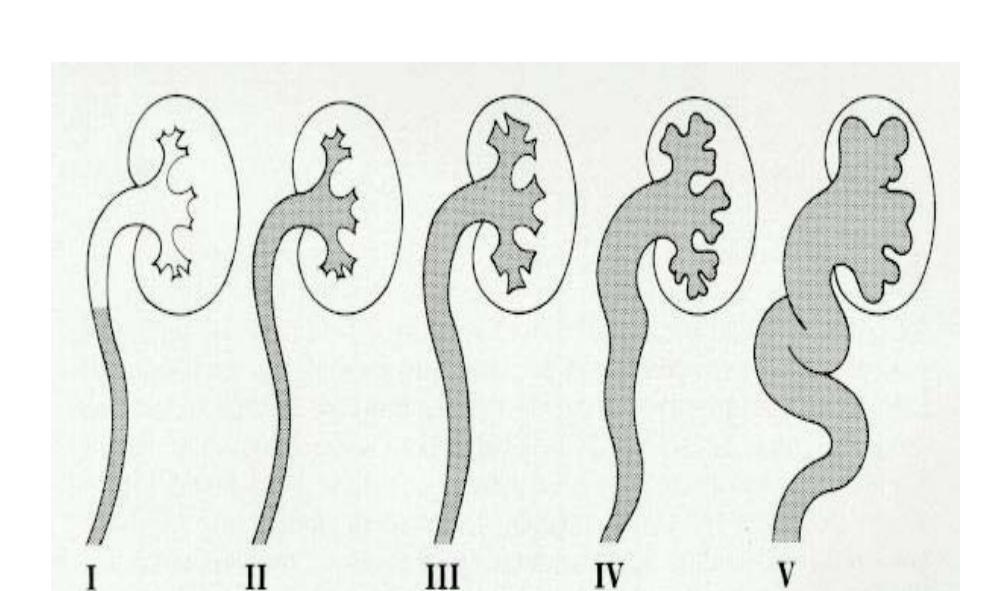
- Urine analysis
- Urine Culture
- Sterilized bag,
- Mid urine
- Clean sample acquisition
- Urethral cateterization (>5 leucocyte, 10000 CFU/ml)
- Suprapubic aspiration (23G, mid) Bacteria growth in any amount.

Urinary Tract Infection (UTI) Dianosis

- >5 Leucocyte emergence in urine diagnosis.
- Growth of bacteria in urine culture.
- The Purpose of The Treatment of UTI
- Depletion of microorganisms.
- Extinction of other symptoms.
- Prevention of repetition.

Voiding Sistourethrography

- Vesicouretral reflu and its extent
- Posterior uretral valve (PUV)
- Abnormalities in Vesicouretral Wall.



Ultrasonography in Pregnancy

- Children who are determined to have any renal disorder or UTI should / must be monitored regularly.
- Does Circumcision Reduce UTI?
- Existence of data based on evidence.

Sterilized Piuria

- Negativity of piuria despite the existence of leucocyte.
- Dehydration
- Vaginitis
- Irritation of the urethra and meatus
- Renal stone
- Interstitial Nephritis
- Cystic renal disease
- Glomerulonephritis
- Tuberculosis
- Appendicitis

Conclusion

- Risk factors in children are UTI with fever, developmental disorder, reflu with fever, expansion or contraction in urinary tract.
- USG is a beneficial process.
- Considering hygiene rules.
- Correct toilet habit.
- Prevention of excretion and constipation problems.
- Consultation to a Professional in case of complaints