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KIDNEY DISEASE IN CHILDREN: CAUSES, SYMPTOMS AND TREATMENT

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Abstract: This article discusses the causes, symptoms, course, and prevention of urinary tract diseases in children. In particular, common pathologies such as urinary tract infection, enuresis, kidney stones, and vesicoureteral reflux are analyzed. The importance of early detection and effective treatment of these diseases and their importance for the healthy development of the child are also highlighted. The work focuses on modern diagnostic and preventive methods.

Keywords: children, urinary tract diseases, urinary tract infection, enuresis, kidney stones, vesicoureteral reflux, diagnosis, treatment, prevention, pediatrics.

Pediatric kidney disease includes a variety of conditions that affect the kidneys in children, which play an important role in filtering waste products, balancing fluids, and regulating minerals. Although kidney disease is usually associated with adults, children are also at risk for conditions that can be acute (temporary) or chronic (long-lasting). Early diagnosis and treatment are essential to prevent long-term complications.

Types of pediatric kidney disease

1. Acute kidney injury (AKI): A sudden decrease in kidney function, often caused by dehydration, infections, medications, or trauma. With timely treatment, AKI can usually be reversed.

2. Chronic kidney disease (CKD): A progressive condition in which kidney function gradually declines over time, often due to congenital problems, genetic disorders, or chronic diseases such as diabetes and high blood pressure. CKD can eventually lead to end-stage renal disease (ESRD), which requires dialysis or a kidney transplant.

3. Nephrotic syndrome: This condition causes the kidneys to leak large amounts of protein, causing swelling, especially in the feet and face. It can be caused by infections, medications, or autoimmune diseases.

4. Congenital kidney abnormalities: Some children are born with systemic kidney problems, such as polycystic kidney disease (PKD) or renal dysplasia, which can impair kidney function.

5. Urinary tract infections (UTIs): UTIs, which are common in children, especially girls, can lead to kidney damage if left untreated and require prompt treatment with antibiotics.

Causes of kidney disease in children

Common causes include birth defects, genetic disorders, infections, autoimmune diseases, dehydration, and medications that affect kidney function.



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Symptoms can include swelling, changes in urine, high blood pressure, fatigue, poor appetite, and nausea. Early detection is key to treating the condition and preventing further complications.

Treatment varies depending on the cause and severity of the condition. This may include medications, dietary changes, dialysis in severe cases, or even a kidney transplant for end-stage kidney failure.

With early intervention and proper care, kidney disease in children can be effectively managed, helping children live healthy lives.

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