

*Editorial*

## Glomerulonephritis disorders

David Richard Walwyn\*

Department of Medical Microbiology, University of Pretoria, Pretoria, South Africa

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### EDITORIAL NOTE

Glomerulonephritis is a category of diseases that affect the filtering portion of the kidney (called glomeruli). Nephrotic syndrome and nephritis are two other words you can hear. When the kidneys are damaged, they are unable to eliminate waste and excess fluid from the body. If the illness persists, the kidneys may stop functioning entirely, leading to kidney failure. Acute and chronic glomerulonephritis are the two forms of glomerulonephritis. The acute form appears out of nowhere. It may occur as a result of a throat infection or a skin infection. You may be able to improve on your own at times. Your kidneys will even stop functioning if the proper treatment is not started right away.

### Glomerulonephritis study

The disease can run in families in some cases. This form is common in young men who may also have hearing and vision problems. Changes in the immune system cause certain types. In certain cases, however, the cause is unknown. You can have a single acute attack of the disease before developing the chronic type years later.

The signs and symptoms are the first indicators. Another warning is the presence of protein and blood cells in your urine. Blood tests will tell the doctor what kind of infection you have and how much it has affected your kidneys. A test called a kidney biopsy may be needed in some cases. A small piece of your kidney is extracted with a special needle and examined

under a microscope in this examination. A biopsy will assist the doctor in determining the appropriate course of action for you. Not before more information about the triggers is available. Good grooming, “safe sex,” and avoiding IV medications, on the other hand, can help prevent viral infections including HIV and hepatitis, which can contribute to this disease.

If you have chronic glomerulonephritis, it’s important to keep the blood pressure under control because it can help slow down kidney damage. It’s possible that your doctor would advise you to eat less protein. A renal dietitian (a dietitian that specialises in working with kidney patients) will help you prepare your diet. It’s possible that the acute form would go away on its own. To drain excess fluid and monitor high blood pressure and kidney failure, you will need medicine or even a temporary treatment with an artificial kidney machine.

Antibiotics are not used to treat acute glomerulonephritis, but they are crucial in the treatment of other bacterial infections. If your condition is quickly worsening, you might be given heavy doses of immune-suppressing medication. Your doctor can prescribe plasmapheresis, a blood filtering procedure that removes harmful proteins from the blood. When your kidneys begin to lose a lot of protein in your urine, you have nephrotic syndrome (also known as nephrosis). Extra fluids and salt accumulate in your body as your kidneys deteriorate. This results in swelling (edema), high blood pressure, and elevated cholesterol levels. Nephrotic syndrome may be caused by kidney failure or other conditions such as diabetes or lupus.

\*Corresponding author. David Richard Walwyn, E-mail: [david.walwyn@up.ac.za](mailto:david.walwyn@up.ac.za).