

Nephritis

Nephritis is a condition that causes inflammation of the kidneys. It can affect the kidney filtration unit known as glomerule. Nephritis can also compromise the spaces inside the kidneys and cause liquid and salt reabsorption problems.

There are three types of nephritis:

- Glomerulonephritis.
- Pyelonephritis.
- Hereditary nephritis.

Glomerulonephritis can affect children and adolescents. It can appear after an infection in the throat (streptococcal pharyngotonsillitis) or on the skin due to streptococcus.

Pyelonephritis is generally caused by a bacterial kidney infection. It is more common in women than in men. The most common cause tends to be the reflux of infected urine from the bladder to the kidneys. Women with a history of recurrent bladder infections and men with a history of prostate problems are at greater risk.

Hereditary nephritis is not very common, but can lead to terminal kidney disease, especially in men. People with a family history of nephritis should check with their doctor about it.

Symptoms of nephritis

- Blood in the urine.
- Fatigue.

The symptoms of pyelonephritis can also include:

- Fever and chills.
- Burning upon urinating, frequent need to urinate.
- Lower back pain.

Treatment

The doctor will perform a physical examination and lab tests, such as urine test and urine culture. An echogram or other kidney studies obtaining images may also be ordered.

The objective of glomerulonephritis treatment is to treat the underlying cause. Some patients will have glomerulonephritis-related renal failure and must undergo dialysis until they recover kidney function.

The treatment of pyelonephritis requires medication, including antibiotics to fight the infection and analgesics to relieve the pain. The doctor may suggest bed rest until the high fever and discomfort abate, and he may order you to abstain from any sexual activity until the symptoms have disappeared. You should drink at least 2 liters of liquids a day.

