

Clues in urine and evidence in blood – Check more renal items, so what?

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Renal disease has a huge impact on the health care system in Taiwan. The incident end-stage renal disease (ESRD) reached a novel high of 504 per million population in 2017. The prevalence also reached a historical new high up to 3,480 per million population. The burden of renal disease is not only personal health, but also a national security issue. Battling the increasing ESRD incidence and prevalence, a full spectrum renal care system is in demand.

Progressive chronic kidney disease is the most important cause of ESRD in Taiwan. The treatment of the progressive chronic kidney disease is all about the risk modification. Prevention and early intervention are the major concerns of treatment of chronic kidney disease. Early detection is vital important for prevention and early intervention.

Early stage of CKD usually has no subjective symptom. Timely treatment might reverse the early kidney damage and disease. For these reasons, regular check-up to detect early anomaly of kidney is necessary in high risk group. Urine and blood tests could simply detect the early damage of kidneys. Presentation of microalbuminuria and decrease eGFR signal the early damage of the kidney. The high-risk patients included patients with diabetes, hypertension, family history of CKD, and age older than 60. All these patients for should receive regular check-up of urine and blood to have appropriate intervention for the progressive CKD. Simple measures will change the disease pattern.