

Kidney Problems in Children

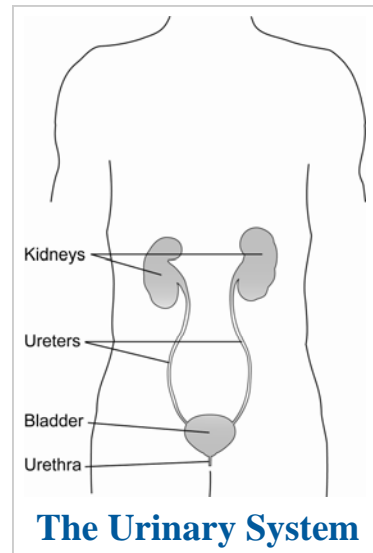
What do the kidneys do?

Your child's kidneys are important. The kidneys:

- Clean waste and extra water from the blood
- Make urine
- Control the chemicals in the body
- Control blood pressure
- Keep bones healthy
- Help make red blood cells

How can I help protect my child's kidneys?

- Take your child for regular checkups
- Ask the doctor to check your child's blood pressure
- Treat infections right away
- Teach your child to wash their hands often
- If your child has diabetes, talk to the doctor to learn how to control it
- Call your doctor if you think there might be a problem



When should I call my child's doctor?

If your child shows any of these signs, call the doctor:

- Foamy, pink or dark-colored urine
- Swelling in the hands, feet or face
- Feeling sick to the stomach
- Feeling very tired or dizzy
- Looking pale
- Needing to pee more or less often than normal
- Back or side pain
- Fever



Take care of kidney problems early!

What kidney problems affect children?

Problems anywhere in the urinary system (see above picture) can affect how the kidneys work. Look at the back of this fact sheet for a list of problems that affect children.



Problem	What It Means	Signs
Urinary Tract Infection (UTI)	<ul style="list-style-type: none"> • Germs travel up into the urinary system • Germs may stay in the bladder or spread to the kidneys • Should be treated early to prevent kidney damage 	<ul style="list-style-type: none"> • Fever • Cloudy, pink or brown urine • Urine that smells bad • Feeling sick or throwing up • Pain around groin • Feeling a need to pee often
Nephrotic Syndrome	<ul style="list-style-type: none"> • When the kidneys let too much protein leak into the urine • The most common cause is called Minimal Change Disease • To learn more, order our brochure <i>Understanding Nephrotic Syndrome</i> at 1.866.300.2900 	<ul style="list-style-type: none"> • Foamy urine • Swelling in the hands, feet or face • Weight gain • Needing to pee more than normal
Urine Reflux	<ul style="list-style-type: none"> • Urine backs up from the bladder into the kidneys • Caused by birth defects or blockages (like kidney stones) in the urinary system • If not treated, urine reflux can damage the kidneys 	<ul style="list-style-type: none"> • Foamy urine • High blood pressure • Wetting the bed (in children that are potty-trained)
Glomerulonephritis	<ul style="list-style-type: none"> • The tiny filters in the kidneys are swollen • Can be caused by germs (like strep throat) • Can be caused by problems with the immune system 	<ul style="list-style-type: none"> • Pink or brown urine • Foamy urine • Swelling in the hands, feet or face
Hematuria	<ul style="list-style-type: none"> • Blood in the urine • Can be caused by many things • May be a sign of kidney damage 	<ul style="list-style-type: none"> • Pink or brown urine • May have no signs

Some rare kidney problems are not listed here. **Call our HelpLine at 1.866.300.2900** if you want to learn more about these.