

# Kidney Problems in Children

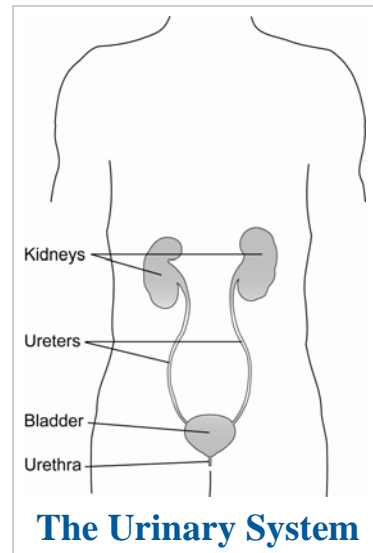
## What do the kidneys do?

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.



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

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