Press Release

Heartburn and indigestion pills can increase kidney failure risk
*Medication should be avoided unless advised by the doctor and is necessary*

**New Delhi, 26 November 2017:** Popping common heartburn and indigestion pills can increase the risk of kidney failure, if recent studies are to be believed. The study found that individuals who used proton pump inhibitors (PPIs), which reduce gastric acid production, had a 33% increased relative risk of developing chronic kidney disease (CKD) or kidney failure when compared with non-users. The IMA further advises that it is best to avoid medication unless necessary and advised by the doctor.

Chronic kidney disease can strike any one. Diabetes and high blood pressure are the two leading causes. Other risk factors for kidney disease include heart disease and a family history of kidney failure—a severe form of kidney disease.

Speaking about this, **Padma Shri Awardee Dr K K Aggarwal, National President, Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon Honorary Secretary General IMA**, in a joint statement, said, “AGFR below 60 is a sign of chronic kidney disease. A GFR below 15 is described as kidney failure. Without treatment, kidney disease often gets worse. If the GFR drops below 15, a person may feel tired and weak, with nausea, vomiting, and itching. At this point, one may need a kidney transplant or dialysis. Optimal hydration is the key to maintaining good kidney health. Consuming plenty of fluid helps the kidneys clear sodium, urea and toxins from the body, which in turn, results in a significantly lower risk” of developing chronic kidney disease. CKD is also associated with metabolic disorders and bone disease and is an important risk factor for peripheral vascular diseases, cardiovascular disease and stroke.”

Signs and symptoms of kidney disease are often nonspecific, meaning they can also be caused by other illnesses. As the kidneys are highly adaptable and able to compensate for lost function, signs and symptoms may not appear until irreversible damage has occurred.
Adding further, Dr Aggarwal, said, “CKD can be diagnosed using blood and urine tests. These tests are used to look for high levels of certain substances in your blood and urine that are signs your kidneys aren’t working properly.”

The 8 Golden Rules to avoid or delay reaching the point of kidney failure.

- Keep fit and active as it can help reduce your blood pressure.
- Keep regular control of your blood sugar level as about half of people who have diabetes develop kidney damage.
- Eat healthy and keep your weight in check as this can help prevent diabetes, heart disease and other conditions associated with chronic kidney disease (CKD). Reduce your salt intake.
- Maintain a healthy fluid intake. Traditional wisdom has long suggested drinking 1.5 to 2 liters (3 to 4 pints) of water per day. Consuming plenty of fluid helps the kidneys clear sodium, urea and toxins from the body which, in turn, results in a “significantly lower risk” of developing chronic kidney disease.
- Do not smoke as it slows the flow of blood to the kidneys. Smoking also increases the risk of kidney cancer by about 50%.
- Do not take over-the-counter pills on a regular basis: drugs like ibuprofen are known to cause kidney damage and disease if taken regularly.

-Ends-

About IMA: Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 30 States and Union Territories. It has over 2, 60,000 doctors as its members through more than 1765 active local branches spread across the country.

For further information please contact:
Sanjeev Khanna - 9871079105
Md Adib Ahmad – 9873716235
mediaimahq@gmail.com
IMA Public & Media Advocacy Cell