



Kidney Contenders<sup>(R)</sup> exclusive interview with Mariselis Rosa-Sanchez, MD, owner of Kidneylovers. Follow Kidneylovers on Instagram at <https://www.instagram.com/kidneylovers/>

**Kidney Contenders:** How did you reach your decision to become a pediatric nephrologist?

**Mariselis Rosa-Sanchez, MD:** Since I was a child, I knew that I wanted to be a pediatrician. When I was a child, my pediatrician explained my condition with drawings and plastic models in his office. I knew that I wanted to help kids like him. When I was doing my pediatric residency, I spent one month with a pediatric nephrologist who taught me how amazing the kidneys are. I like challenges and complicated cases like in nephrology. We get to care for children and adolescents with a wide range of acute and chronic renal disorders. I can do procedures like kidney biopsies and dialysis. Then, when available, they can get a kidney transplant so we can offer them hope.

**Kidney Contenders:** What are some complications of children who have kidney failure?

**Mariselis Rosa-Sanchez, MD:** The primary complications are the following:

- 1-Multiple Electrolytes abnormalities because the kidney are not able to filter or clean the blood well
- 2-Anemia because kidneys are unable to secrete Erythropoietin.
- 3-Bone disease and Secondary Hyperparathyroidism because the kidney cannot produce the active vitamin D and the calcium and phosphorus metabolism is not balanced.
- 4-Hypertension because kidneys are not able to control body fluids at risk for water and sodium retention.
- 5-Protein and Blood in the urine, depending on the renal failure cause
- 6-Poor growth in the pediatric population from poor appetite and diet restrictions

7-Heart disease because of fluid overload, hypertension, and dyslipidemia.

8-Metabolic Acidosis or build-up of acid in the body

**Kidney Contenders:** Do Kidneylovers provide a systematic review of literature about kidney function?

**Mariselis Rosa-Sanchez, MD:** I used my experience in the clinic and evidence-based information to increase awareness of kidney disease.

**Kidney Contenders:** Overall, who do Kidneylovers contend for?

**Mariselis Rosa-Sanchez, MD:** I created Kidneylovers to teach how to protect your kidneys and prevent kidney disease in a fun and funny way. I am using social media as an instrument of education because my adolescents and their parents spend a long time on their cell phones.