



Dr Neha Agarwal
Professor and head
Department of Pediatric nephrology
Jklon Hospital, SMS medical College, Jaipur

★ **Your Child's Kidney Health:
A Parent's Guide**

A simple pamphlet to help you understand pediatric kidney problems and when to seek help

★ **What Is Pediatric Nephrology?**

Pediatric nephrology is the medical specialty that cares for children's kidneys and urinary systems.

Children can have kidney issues for many reasons—some are born with them, while others develop them from infections, dehydration, or illness.

Pediatric kidney specialists (nephrologists) help children with:

- Kidney infections
- Swelling and fluid problems
- Blood or protein in urine
- High blood pressure
- Kidney stones
- Urinary tract problems
- Chronic kidney disease

Their goal is to help your child stay healthy, grow well, and avoid long-term kidney problems

★ **What Do Kidneys Do?**

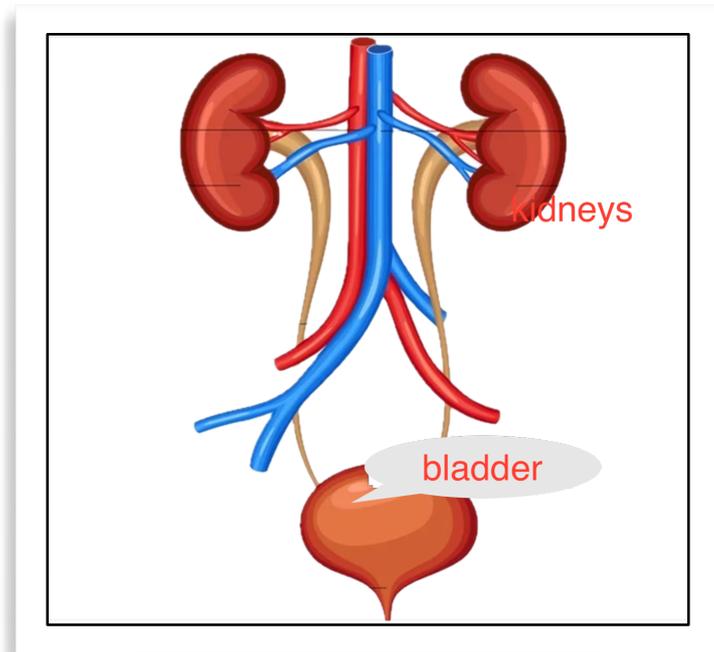
Kidneys are small, bean-shaped organs that:

- Clean waste from the blood
- Balance water and minerals
- Help control blood pressure
- Support healthy bones

- Help children grow normally

Healthy kidneys = a healthier child

Urinary system



★ Common Signs of Kidney Problems in Children

Kidney issues are not always obvious. Watch for these signs:

1. Swelling

- Puffy eyes (especially in the morning)
- Swelling in feet, legs, hands, or belly

2. Changes in Urine

- Very dark, tea-colored, or bloody urine
- Foamy or bubbly urine
- Urinating too often or too little
- Pain or burning while urinating

3. High Blood Pressure

Often found during routine checkups
(may cause headaches, dizziness, or irritability).

4. Fatigue and Tiredness

- Low energy
- Pale appearance
- Trouble keeping up with other kids

5. Poor Appetite or Vomiting

Kidney waste buildup can cause:

- Poor eating
- Nausea or vomiting
- Stomach discomfort

C. Slow Growth

Kidney problems can affect:

- Height
- Weight gain
- Bone health

7. Recurrent UTIs

Symptoms can include:

- Fever
- Crying during urination
- Foul-smelling urine
- Poor feeding in babies

★ When Should You See a Doctor?

Seek medical help if your child has:

- Swelling around eyes or legs
- Blood in urine
- Repeated fevers with UTIs
- Unexplained tiredness
- Trouble urinating
- Poor growth or weight gain
- Persistent high blood pressure

Early care can prevent serious kidney problems.

★ How Are Kidney Problems Treated?

Treatment depends on the cause but may include:

- Medicines
- Diet changes
- Managing fluid intake
- Treating infections early
- Monitoring growth and blood pressure
- In severe cases: dialysis or kidney transplant (rare but possible)

Pediatric nephrologists work with nutritionists, urologists, and other specialists to support your child's long-term health.

★ How Parents Can Help at Home

- Encourage plenty of water
- Limit salty snacks and processed foods
- Keep follow-up appointments
- Watch for changes in urine or swelling
- Share family medical history with your doctor

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★ Remember

Most kidney problems in children are manageable—especially when caught early.

If you have concerns, talk to your child's doctor or ask for a referral to a pediatric nephrologist.

1. pitting edema



2. edema on face and around eyes



3. normal urine colour any change in colour should be investigated What is **Your Urine Color and its significance – A Health Check Guide**



CLEAR

Overhydrated

Too much water isn't always better. If your urine is totally clear, ease up on the H₂O a bit.



PALE YELLOW

Normal

Perfect balance. You're hydrated and healthy! Keep doing what you're doing.

CLOUDY (With Sediment/Pus)

Possible UTI or Infection

Cloudy or murky? Could be an infection. Time to call your doctor.



DARK YELLOW

Dehydrated

Drink up! Your body's begging for water.



RED

Possible Bleeding or Beetroot

Red can signal blood in your urine —it can be due to many causes or maybe you had beets recently. Either way, if you're unsure, check it out!



LIGHT BROWN

Liver Disease Warning or kidney disease (glomerulonephritis)

Could be a sign of liver trouble. Don't ignore this shade — it's worth a medical look.



DARK BROWN

Rhabdomyolysis

This serious condition involves muscle breakdown. Seek urgent care if this color appears.

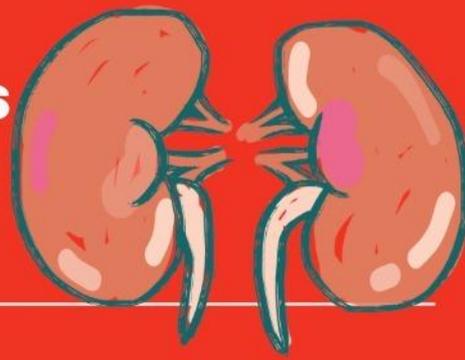


BLUE

Medical Dyes

Rare, but sometimes linked to medications or diagnostic dyes. If unexpected, mention it to your provider.

8 healthy habits for healthy kidneys



1. control blood pressure
2. drink adequate fluids



3. avoid excess added salt diet
4. exercise regularly



5. control blood sugar



6. check renal functions regularly
7. no over the counter use of drugs



- 8 eat healthy diet



Caption