

FOOD AND NUTRITIONAL SUPPLEMENTS FOR KIDNEY DISEASE

Introduction: The most common renal diseases are acute or chronic nephritis, renal interstitial inflammation, nephrotic syndrome, kidney stones, kidney degenerative disease and renal tumors. In addition to the general principles of proper nutrition in kidney disease it is necessary to take into account the intake of minerals, proteins and water. Restrictive diets need to be individually tailored to each patient and carried out by medical supervision. Today on the market there can be found nutritional supplements for patients who are suffering from kidney disease

Aim and Methodology: The objective was to collect, systematize and analyze the available literature data and recommendations on diet and nutrition guides in kidney disease, and to determine which supplements are available in pharmacies and are intended for patients suffering from kidney disease.

On the basis of available scientific and technical resources are diet and nutrition guides in kidney disease described. To collect data about dietary supplements that can be found in pharmacies, a questionnaire was conducted among pharmacists. Questionnaire consisted of 6 questions relating to food supplements in glomerular inflammation (glomerulonephritis), inflammation of the kidneys (pyelonephritis) and kidney stones. The study included eight pharmacies in the area of Tuzla.

Results: Diet in kidney stones depends on the type of stone that is created. Common recommendations for all types is to take in more liquids. Diet in glomerular inflammation and kidney inflammation involves avoiding foods with high content of protein, potassium, sodium and phosphorus and increase of calcium intake. From herbal remedies for inflammation cranberry fruit tea, reserves and horsetail (naći nazive na latinskom). Nutritional supplements that may be used in kidney disease are found in different pharmaceutical forms in almost all pharmacies. In practice, the most common nutritional supplements that are prescribed or recommended in patients with kidney problems are plant preparations and rarely vitamins and minerals. It was determined that doctors rarely recommend dietary supplements for patients with kidney problems, while most of pharmacists surveyed do. Pharmacists have stated that half of the patients with kidney difficulties seek supplements themselves.

Conclusion: In kidney diseases it is extremely important to establish the proper balance of water intake, minerals and proteins. The right choice of dietary supplements can help treat the disease. Continuous education of health workers on the possibilities of diet is necessary, proper nutrition and use of dietary supplements in the treatment of kidney disease.

Keywords: nutrition, supplements, kidney diseases.