

SVETSKI DAN BUBREGA 2018

Bubrezi i zdravlje žena

Uključi, Ceni, Podrži

Hronične bolesti bubrega (HBB) pogađaju oko 195 miliona žena u svetu i trenutno predstavljaju osmi vodeći uzrok smrti kod njih, uzrokujući 600 hiljada smrti žena godišnje. Rizik od razvoja HBB je kod žena u najmanju ruku isti kao kod muškaraca, ako ne i veći. Žene su češće pogođene određenim vrstama bolesti bubrega kao što su lupus nefritis (bolest u okviru autoimunog oboljenja) i pijelonefritis (infekcija bubrega). Bolesti bubrega su povezane i sa trudnoćom: žene koje imaju HBB imaju povećan rizik za loš ishod trudnoće, i za majku i za bebu; i obrnuto, komplikacije vezane za trudnoću mogu da povećaju rizik za razvoj bolesti bubrega.

Ove, 2018. godine se Svetski Dan Bubrega i Međunarodni Dan Žena obeležavaju istog dana, pružajući tako mogućnost da se istakne važnost zdravlja žena, a naročito zdravlja njihovih bubrega. Na 13-godišnjicu kampanje, promovisaće se pravo svih žena i devojčica, svuda u svetu, da imaju omogućenu zdravstvenu edukaciju, prevenciju i lečenje.

Ključne poruke

- * HBB su 8.i vodeći uzrok smrti kod žena izazivajući preko 600 000 smrti žena godišnje
- * 195 miliona žena u svetu je pogođeno hroničnim bolestima bubrega
- * HBB su nešto češće kod žena nego kod muškaraca, i javljaju se kod oko 14% žena i 12% muškaraca.
- * Neke bolesti bubrega kao što su Lupus nefropatija ili infekcija bubrega su češće kod žena
- * Žene sa HBB u trudnoći imaju povećan rizik za loš ishod trudnoće i za majku i za bebu; trudnoće kod žena sa znatno većom HBB predstavljaju najveći rizik
- * Komplikacije vezane za trudnoću povećavaju rizik od razvoja bolesti bubrega - žene koje su imale preeklampsiju imaju 4 do 5 puta veći rizik od nastanka terminalne bubrežne insuficijencije (terminalnog otkazivanja rada bubrega)

WORLD KIDNEY DAY 2018

Kidneys & Women's Health

Include, Value, Empower

Chronic Kidney Disease (CKD) affects approximately 195 million women worldwide and it is currently the 8th leading cause of death in women, causing 600,000 female deaths each year. The risk of developing CKD is at least as high in women as in men, and may even be higher. Women are more often affected by certain kinds of kidney diseases such as lupus nephritis (a kidney disease caused by an autoimmune disease) and pyelonephritis (kidney infection). Kidney disease is also linked to pregnancy: women who have CKD are at increased risk for negative outcomes in pregnancy, both for the mother and the baby; in turn, pregnancy-related complications can increase the risk of kidney disease.

In 2018, World Kidney Day and International Women's Day will be marked on the same day, offering the opportunity to highlight the importance of women's health and particularly their kidney health. On what will be its 13th anniversary, the campaign will promote affordable and equitable access to health education, care and prevention for all women and girls globally.

Key Messages

- * CKD is the 8th leading cause of death in women causing more than 600,000 female deaths a year
- 195 million women worldwide are affected by Chronic Kidney Disease
- CKD is more likely to develop in women compared with men, with an average 14% prevalence in women and 12% in men
- Some Kidney Diseases such as Lupus Nephropathy or kidney infection are more common in women
- Women who have CKD during pregnancy are at increased risk for negative outcomes for the mother and the baby; pregnancies in women with advanced CKD are most challenging
- Pregnancy-related complications increase the risk of kidney disease – women who had preeclampsia are at 4-to-5 times increased risk of developing end-stage kidney disease

* Postoji jasna potreba za većom svešću, blagovremenim postavljanjem dijagnoze i pravilnim praćenjem HBB u trudnoći. I obrnuto, trudnoća može biti prilika da se HBB otkrije rano i da se dobro planira dalje lečenje.

* Svetski Dan Bubrege promovira ostvarivu i ravnopravnu dostupnost zdravstvene edukacije, lečenja i prevencije bolesti bubrega za sve žene i devojčice svuda u svetu.

• There is a clear need for higher awareness, timely diagnosis and proper follow up of CKD in pregnancy. In turn, pregnancy may be also a valuable occasion for early diagnosis of CKD, allowing planning of therapeutic interventions.

• World Kidney Day promotes affordable and equitable access to health education, healthcare and prevention for kidney diseases for all women and girls in the world.