

## Editorial

It gives me immense pleasure to be the editor of this special issue of Chettinad medical journal released on the occasion of General Medicine department's annual Medical conference 'CHETMEDICON 2018'. Renal involvement can be a cause or an effect of systemic disorders. The need for early detection and intervention is required to reduce the systemic co-morbidities of CKD (Chronic Kidney Disease). The theme of the conference 'Renal Involvement In Systemic Disorders-An Update' will help the physicians to address the challenges of renal disorders.

Though the goal of treatment in CKD is to reduce the progression of the disease, providing a good quality of life for the patients is equally important. Towards this objective, a symptomatic relief for the patient should be given adequate focus along with the primary goal of treatment target. The article 'An overview of common symptom and their management in chronic kidney disease' the authors provide a detail symptom based approach to reduce the morbidity of CKD.

In the current era of advanced bio-technology various tools are available for almost all diseases including renal disorders. Urinalysis remains the important, inexpensive, non-invasive investigation in the diagnosis and management of renal diseases. This has been highlighted in the article 'Urinalysis- simple diagnostic tool in kidney disease' where the authors indicate urinalysis as the 'Poor man's renal biopsy'. This article discusses in detail about various renal disorders which can be detected by urinalysis.

Biomarkers play an important role in the staging, detection and management response of various disorders. Further the evidence based medicine also insists on

usage of biomarkers in diagnosis of systemic disorders. Though the biochemical markers like creatinine clearance indicate the severity of the disease, it remains a suboptimal marker of acute kidney injury. The article on 'Biomarkers in AKI' discusses about ideal biomarkers and their role in differentiating functional and structural kidney injury compared to traditional markers.

In addition to the diagnosis and management of renal disorders, the patient's physical, mental and social well being depends on their nutrition. In CKD the hypermetabolic state and the associated gastrointestinal involvement leads to various nutritional disorders. There are several myths in the fluid and nutrition management of chronic kidney disease among the physicians. The authors in the article 'Medical Nutrition Therapy in Chronic Kidney disease' highlight the significance of macronutrients such as protein and calorie and micronutrients such as electrolytes in managing CKD.

Finally, there is a seminar article on IgA nephropathy which is usually missed by the medical practitioners. This article discusses in detail the pathogenesis, clinical features and management of IgA Nephropathy.

This issue strives to provide a bird's eye view of certain important aspects of renal disorders which has not been covered in the conference 'Chetmedicon 2018' on renal involvement in systemic disorders. I hope the articles in this issue kindle the interest of physicians in renal disorders.

**Prof. Dr. Rajasekaran D**

Section Editor

E-mail: [rasekar50@yahoo.com](mailto:rasekar50@yahoo.com)

Prof & HOD Dept. of General Medicine  
Chettinad Hospital and Research Institute

