

Elouera Home Support Insights

Unlocking the Genetic Code: A Journey into Kidney Health on World Kidney Day

On World Kidney Day, explore the genetic complexities of kidney health, including ADPKD, while Elouera Home Support offers personalised in-home care for individuals navigating kidney diseases, promoting awareness, early detection, and steadfast support.



In the realm of kidney health, World Kidney Day marks an opportunity to delve into a critical aspect often overshadowed—genetic factors contributing to kidney diseases. This year, our focus narrows in on Autosomal Dominant Polycystic Kidney Disease (ADPKD), a genetic condition affecting about one in 1,000 people. Beyond the complexities (source – https://journals.lww.com/jasn/fulltext/2018/10000/prevalence_estimates_of_polycystic_kidney_and.18.aspx) of the genetic code, we'll explore the transformative strides in diagnosis, management, and support offered by organisations like PKD Australia.

On World Kidney Day, spotlighting ADPKD, the most prevalent genetic cause of kidney failure in adults affecting one in 1,000 people, underscores the critical need for awareness, early detection, and comprehensive support initiatives.

Revealing Hidden Layers: Genetic Roots of Kidney Failure

In the past, the causes of kidney failure, especially among the young or those with familial kidney disease, remained shrouded in uncertainty. However, the staggering statistics underscore the need for exploration—28,500 Australians currently grapple with life on dialysis or with a kidney transplant (source – <https://www.aihw.gov.au/reports/chronic-kidney-disease/chronic-kidney-disease/contents/summary>) . Often, the cause of their

kidney failure is uncertain, as they present with end-stage kidney failure, displaying irreversible damage and scarring in kidney biopsies, leaving the original cause elusive.

ADPKD: Genetic Threads in Kidney Health

Autosomal Dominant Polycystic Kidney Disease takes centre stage as the most prevalent genetic cause of kidney failure in adults. Affecting one in 1,000 people (source – https://journals.lww.com/jasn/fulltext/2018/10000/prevalence_estimates_of_polycystic_kidney_and.18.aspx) , ADPKD is characterised by the growth of cysts in the kidneys, leading to their enlargement. Variants in the genes PKD1 or PKD2 lie at the heart of this genetic puzzle, underlining the intricate genetic landscape of this condition.

Navigating the ADPKD Landscape: Multifaceted Care and Beyond

The journey through ADPKD involves a multifaceted approach encompassing symptom management, disease progression control, and addressing associated complications. Beyond the physical challenges, individuals with ADPKD grapple with psychosocial impacts, including effects on mental health, relationships, and overall quality of life. Chronic pain stemming from kidney cysts and potential complications amplify the complexities of managing this genetic condition.

Calling All General Practitioners: The Gateway to Early Intervention

For general practitioners, recognising the early signs of ADPKD and facilitating timely referrals to nephrologists emerge as pivotal steps. Recent breakthroughs, such as the approval of therapeutics like tolvaptan and participation in clinical trials, have the potential to significantly alter the prognosis. Key investigations, including kidney ultrasound, estimated glomerular filtration rate (eGFR), and spot urine albumin-to-creatinine ratio, lay the foundation for informed nephrologist referrals.

Rallying Support: A Collective Effort for Kidney Health

As we navigate the genetic intricacies of kidney health this World Kidney Day, the spotlight extends beyond individual journeys. Organisations like PKD Australia play a pivotal role in championing research initiatives and offering crucial support to affected families. The Australasian Kidney Trials Network spearheads international trials, contributing to the ongoing narrative of transformative kidney care.

Elouera Home Support: Nurturing Kidney Health at Home

At Elouera Home Support, we understand the unique challenges individuals face when navigating kidney diseases. Our commitment to personalised, in-home support extends to those grappling

with kidney health concerns. Whether it's assisting with daily tasks, providing companionship, or facilitating adherence to treatment plans, our dedicated team is here to ensure a supportive environment tailored to the needs of individuals with kidney conditions. As advocates for holistic well-being, we recognise the importance of creating a nurturing space where individuals can comfortably manage their health. For those seeking comprehensive in-home support for kidney health, Elouera Home Support is your trusted partner on this journey.

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