Preface

Health education is a vital pillar of the patient-doctor relationship. The ability to incorporate medical curricula into community awareness is an essential competency that requires continuous improvement. Once equipped with these skills, doctors can actively contribute to raising awareness within health organizations and in alignment with legislative regulations.

This scientific publication is the result of the collective efforts of medical students from the 2027 cohort. It presents twelve thoughtfully developed medical awareness messages, each grounded in their current semester's curriculum. The aim of this book is to raise awareness among both the general public and healthcare providers about the importance of organ health and the prevention of organ failure. Through this work, we seek to enhance the connection between medical knowledge and community well-being.

This is how this scientific effort came into being. It brings together a collection of important health topics that impact each member of society. While the subjects may vary, they all share a common purpose: to raise health awareness and promote a deeper understanding of medical knowledge within the community. I hope you enjoy our students' collaborative work, aiming at introducing common community health challenges in an accessible and relevant way, reflecting both our faculty’s values and the potential of our future graduates.

Prof. Ashraf Shouma

Dean of the Mansoura Faculty of Medicine

Authors and Editorial Board

Written by:

Year 3 Students of Mansoura-Manchester Programme for Medical Education

2027 Cohort

Revised by:

Dr. Ahmed Marwan
Associate Professor of Hepatology and Gastroenterology

Dr. Mohamed Mamdoh
Lecturer of Nephrology

Dr. Ahmed Elkashef
Lecturer of Pediatric Urology

Dr. Rabab Mohamed Elrefaey
Lecturer of Nephrology

Dr. Sally Sameh Ahmed
Lecturer of Endocrinology and Diabetes

Dr. Yasmeen Atwa Mohamed
Lecturer of Endocrinology and Diabetes

Dr. Aya Elbialy
Lecturer of Endocrinology and Diabetes

Dr. Mohamed Samy Habl
Lecturer of Hepatology and Gastroenterology

Dr. Reham Adly
Lecturer of Hepatology and Gastroenterology

Dr. Ahmed Farouk
Lecturer of General Surgery

Dr. Hoda Mahmod
Lecturer of Nephrology

Dr. Mohamed Elsayed
Lecturer of Endocrinology and Diabetes

Dr. Hadeer Mohamed Najeeb
Assistant Lecturer of Endocrinology and Diabetes

Prof. Tarek Sheta
Professor of Gastroenterology and Hepatology

Edited by:

Dr. Hosam Hamed

Associate Professor of General Surgery

Chief Tutor	Phase Director	Program Director
Dr. Hosam Hamed	Prof. Rafik Barakat	Prof. Ahmed Negm

Year 3 Students (2027 Cohort)

Adrenal Gamble: The Dangers of Steroid Misuse	• Jana Tarek • Hawraa Abdullah • Rawaa Osman • Salma Mansour • Sarah Abdul Ghaffar • Rofida Mohamed • Salma Saad • Loay Hesham • Raghad Mohammed Ali • Alhussein Mohamed • Attia Hani • Mohamed Ehab • Ahmed Khalid • Ali Nour • Aya Ayman • Rawan Khaled • Sara Alwai Sayed • Abubaker Baras • Ahmed Aljohi • Maryam Jameel • Zeyad Hesham • Hesham Ebrahim • Ahmed Othman • Mahmoud Mohamed • Karim Gadallah • Mohamed Ali • Raghad Jaffer Bader • Omar Elmetwaly Khalifa • Noor Thabet • Abdullah Shalabi
Chronic kidney disease: A Silent killer.	• Moaaz Mohamed Khairy • Ali Shaher Ali Ahmed • Nurain Syazana Binti Mustapha Kamal • Ahmed Hatem Elbaz • Omar Ahmed Sultan • Ameera Zaheeda Binti Abdul Latiff • Irdina Sofea Binti Fahisham • Seif Mohamed Mohamed Helal • Rahma Ali Ahmed • Hassan Ali Alaithan • Sumaiyyah Binti Zailani • Maged Ibrahim Al Haron • Aziza Nasreen Abdul Wahab • Mariam Hany Abouhadid • Farah Mahmoud Abdelbaki • Suraya Binti Shahrom • Abdulrahman Elmazahy • Muhammad Emir Amiruddin • Ghais Khadim • Huda Zulaikha Binti Abdul Halim • Nursabrina Hasya Binti Muhammad • Muhammed Elsayed Kassem

	• Sara Mohammed Abdalhadi • Yomna Elshahat Elshokr • Ghada Mohamed Saleh • Madonna Hossam Abdelmeseh • Mohamed Arif bin Karim • Elfreda Batrisya benti norhisham
Diabetic Neuropathy	• Rahaf Mohamed Al-Hamwi • Dania Jamal Alsanousi Gherryo • Mahmoud Fathy • Wadeea Mahmood • Ibrahim Anwar • Yousef Maarouf • Lara Khalid Omar • Omar Abd Elbaset Abd Elfatah • Omar Ramadan Alzahman • Sara Abdelkarim Mohammed • Mustafa Hamed Ibrahim • Hoor Ali • Ahmed Sherif • Ahrar Alnasser • Karim Mamdouh • Ahmed Safaa Alsadoon • Ahmed Elsayed • Abdallah Ahmed Masoud • Saad Elsayed Zahem • Abdullah Hussain • Sama Sadoun • Jaber Ali Alshemari • Fatima Jaafar Dhaif • Mostafa Abd Elghafar • Mohamed Tarek Fathy • Mohamed Gamal • Amira Mohamed • Zainab Ali Almuqabqeb • Abdulrahman Hababi • Abdullah Elsayed
Diet in chronic kidney disease	• Mohamed Saber • Fadi Mohamed • Amirah Nafisah Binti Abdul Wahab • Dayangku Noor Syahira • Nur Athirah Irdina • Mohamed Al-Barqi • Hazim Waleed • Mahmoud Fayed • Wafaa Mahrous • Mariam Tamer • Naris Mahmoud Kadoura • Ezzat Amzar • Nabil Mubin • Yaqeen Hasan AbdulHusain • Ruqaya Abdulnabi • Malak Elghazali • Nur Afiqah Syafiqah • Nur Batrisyia • Hamim Bazilah Mohd Taufiq

	• Sarah Salama • Ola Abdallah Gad • Mahmoud Mostafa • Karim Refaie • Ahmed El Baz • Abdullah Sadeq • Abdelaziz Amin • Ahmad Aisa • Ahmed Amin • Sherif Farid • Muhammad Nabiel
MASLD	• Salma A. Elsamanoudy • Menntalla Mohamed Abdelaziz • Manar Jaffer • Sama Walid • Ibrahim Mohammed Amin • Ahmed H. Usrof • Mohammed Saeed • Mohammed Abbas • Hawra Khalil • Naba A. El-Jalil • Manar Muneer Shehab • Malak Ali Alsaegh • Nawraa Jaafar • Kawthar Alwadi • Sayed Nasser Salman • Jaafar Alsadeq Laith • Eman Khalil • Malek Eid • Mona Alaa Mohammed • Ahmed Abd El-Aziz Mohammed • Salman Mohammed • Ahmed Elsayed • Abrar Nezar Hasan • Zahraa Hussain Hammad • Ibrahim Mohammed Elsherif • Robeir Amgad • Ahmed Gamal Mogahed • Ahmed Eladl • Seif Hatem
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Liver Donation: A Gift That Grows	• Reem Mohammed • Yusef Mohamed • Afnan Magdy • Kamal Rezkallah • Zainab Aqeel • Wajd Yaser • Hasan Ebrahim • Husain Ali • Aya Yousif • Alaa Mohamed

	• Nawra Sayed Hameed • Ahmed Mohamed • Abdelrahman Mahmoud • Mahmoud Ahmed • Rehab Refaat • Zainab Mohamed • Abdelrahman Ahmed • Mariam Tammam • Menna Mossad • Mariam Tarek • Awad Abdelkhalek • Mohammed Wael • Nour El Houda • Omar Mostafa • Yousif Ahmed • Mohammed Ezzat • Adnan Ghassan • Magdy Mahmoud • Ezzaleslaam Albargash
Liver Transplantation Awareness	• Lojaen Mohamad Badr Shalabi • Salwa Elsaid Abogabal • Faisal Ahmad Alfaraji • Noor Ali Ahmed • Mahmoud Zakariya Isa • Yousef Medhat Alnaggar • Fatima Salah • Yousef Amr Ebrahim • Shahd Elsaid Elzoghby • Mahmoud Ahmed Mosbah • Amr Mamdouh Salama • Ahmed Haitham Bazeed • Abdelrahman Ahmed Elshahabi • Hazim Mohammed Wali • Saja Moh'd Hassan • Maryam A. Wahed Almerri • Fatimah Fayez Alabdulhadi • Sara Abdulrazzaq Abdulla • Mahmoud Abdallah Gad • Manayer Jassim Alqallaf • Ali Husain Haroona • Sayed Mahmood Almosawi • Moamal Jameel Salman • Ayah Mahmood Aman • Ahmed Arafat Bedair • Ahmed Saddam Aljdea • Aryam Sufyan Ahmed Alzoubi • Ahmed Yasser Ezzat Elghattas • Nada Emad Aldeen Adi • Ruba Abdullah Hassan Almajed • Mohammed Saleh Al Yami
Obesity and multi-organ failure and new trends in treatment	• Tasneem Mohamed Abd-Elkarim • Mohamed Abdulrhman Abo Almajd • Khaled Mohamed Abdulqader • Wasfi Adel Harb • Ahmed Waseem Abdelaziz Elsayed

	• Diya Bilal Abo Aboud • Fatima Nasser • Maryam Khaled • Abdullah Khalaf Ali • Ziad Elsayed Abdelaziz • Abdullah Salem Alhebshi • Mohamed Ebrahim Mohamed • Salma Ali Elhamzawy • Malak Hamed Gahgah • Omar Abdulrahman Alsarawi • Ezaldeen Mouhamad Nabil • Salma Ahmed Samir Awad • Mahdi Ali Almusalam • Fatima Abdulla Almomen • Fatimah Majeed Alsaleh • Yaqeen Hussain Almushref • Khaled Mamdouh Azam • Wael Essam Abdual • Yazan Ala'a Alkhateeb • Raafat Mohamed Abo Elazm • Kareem Mohammed Alzamel • Ahmed Fahd Alsharabi • Hussain Jallal Jamal • Saif Ashraf Ahmed Omar • Ali Said Salim • Abdulaziz Emad Hussain • Abdullah Hamoud Abdullah Al-Enazi
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	• Noorsabrina Sofia binti Mohd Noor • Vinusha Nadar
Growth failure and short stature	• Marwan Zaid Alqudah • Abdullah Ahmad Draz • Ahmed Ali Alaithan • Islam Fathy Fathy Eldweil • Raed Salaman • A'laa Mostafa Al-Morsy • Osama Ayman Al-Mahasneh • Manar Basem Abdullah • Azzam Abdulfattah Abdullah • Radwan Ali • Dalaa Marwan Alali Alshbekat • Omar Tamer Salaheldin • Mohamed Reda Abdulraheem • Abdallah Mohamed Abdelbaset • Shahem Baker Alsaroum • Mohamed Ehab Maher • Ahmed Mohamed Samy Badra • Elsayed Abdelmonem Elsayed • Samir Eldawody Mohamed • Tasnim Samir Tarboush • Afnan Mahmoud Almagaham • Abdulrahman Reda AbdElmeguid • Ayah Muneer Ali • Nada Tamer Mohamed • Zainah Ali Saeed • Leina Sherif Elsayed • Leena Ehab Malek • Nouran Magdy Abdelwahed • Zuhair Jalal Wazea • Hassan Yasser Mirza

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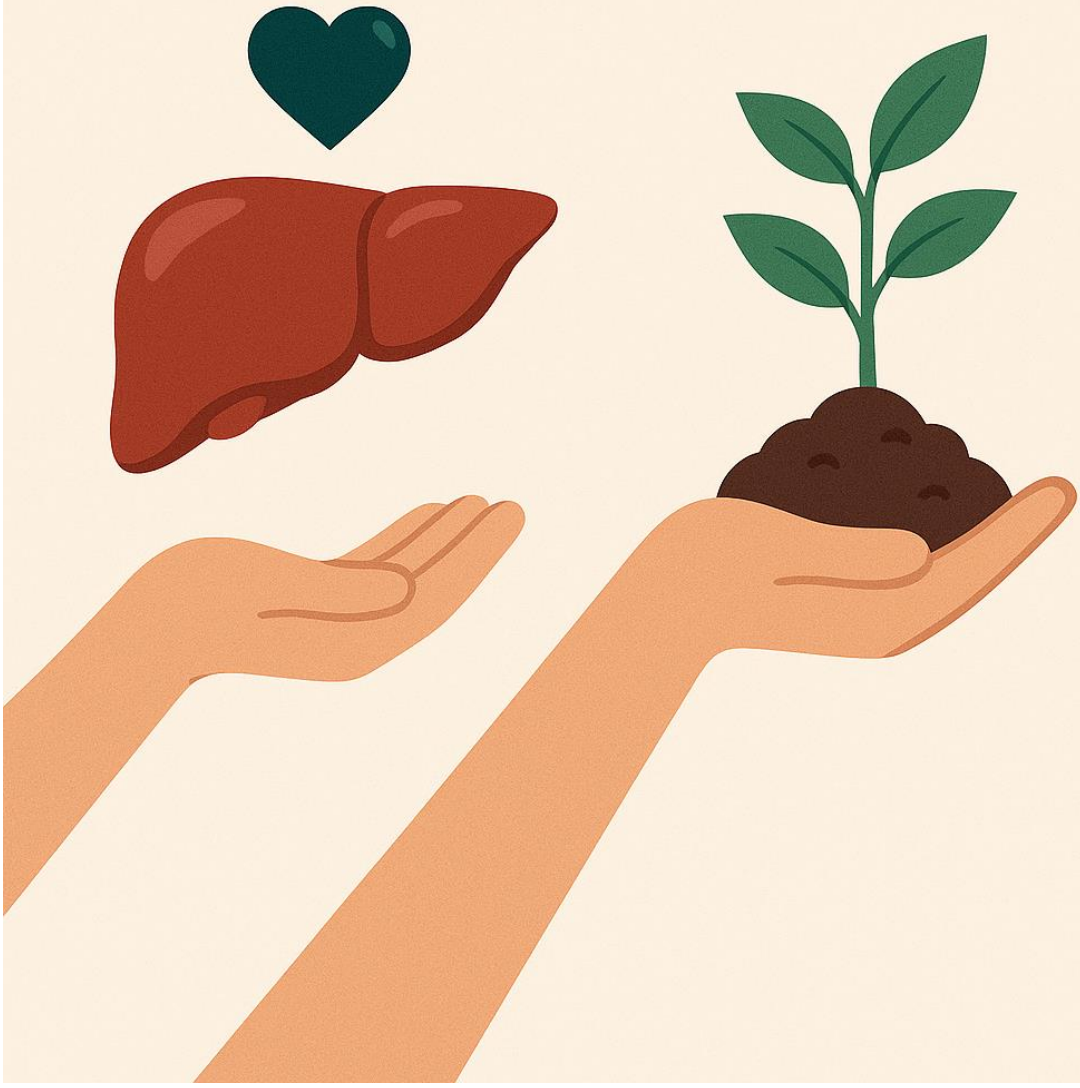
LIVER DONATION

A GIFT THAT GROWS



Liver Donation: A Gift That Grows

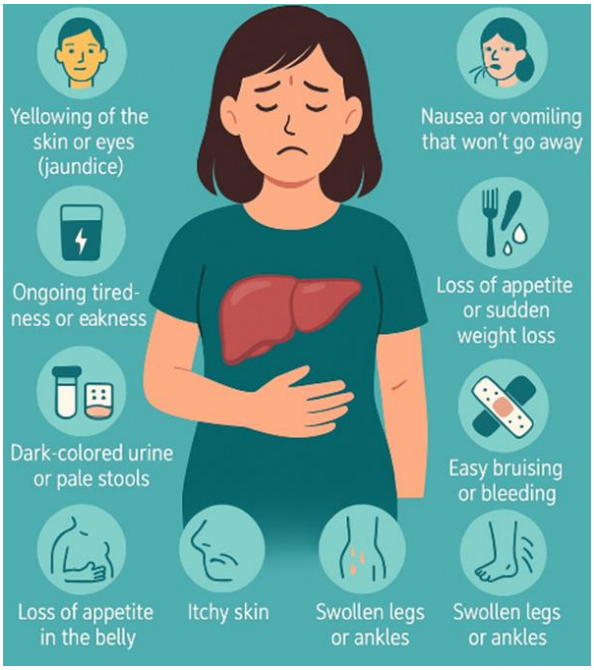
What Is Organ Failure?

Organ failure can happen suddenly or over time, often due to chronic illness or injury. When the liver stops working properly, the condition is serious and treatment options are limited. One of the most effective treatments is a liver transplant.

Warning Signs Your Liver May Be in Trouble

Your liver is a vital organ, and when it's not working well, your body often gives you clues. If you notice any of the following symptoms, it's time to talk to a doctor:

- **Yellowing of the skin or eyes (jaundice)**
- **Ongoing tiredness or weakness**
- **Dark-colored urine or pale stools**
- **Pain or swelling in the belly**
- **Nausea or vomiting that won't go away**
- **Loss of appetite or sudden weight loss**
- **Easy bruising or bleeding**
- **Itchy skin**
- **Swollen legs or ankles**



When Should You See a Doctor?

If you experience one or more of these symptoms, don't wait!
Early detection of liver problems can prevent serious illness.
A doctor can run simple tests to check your liver and guide you to the right treatment.

Why Liver Transplantation Matters

- **Liver transplantation can save lives, especially for people with severe liver disease.**
- **Living donor liver transplants are now a growing and important option—one healthy person can donate part of their liver to help someone in need.**

What Makes the Liver Special?

- **The liver can regrow after donation!**
- **A living donor's liver typically regains full function in 6 to 8 weeks.**
- **The recipient's liver can restore 80% of its function soon after transplant.**

Why It's Important in Egypt

- **Chronic liver disease, especially from hepatitis C, is a major health concern in Egypt.**
- **For many, transplantation is the only chance at survival.**

Who Needs a Liver Transplant?

A liver transplant is needed when the liver is too damaged to function properly. Common causes include:

- **Cirrhosis or chronic liver disease (from hepatitis B, hepatitis C, alcohol, or fatty liver disease)**
- **Liver cancer (HCC)**
- **Sudden liver failure (from toxins, viruses, or autoimmune disease)**
- **Inherited liver diseases (like Wilson's disease)**

Who May Not Be Eligible?

Transplant may not be possible if:

- **The liver disease is not life-threatening**
- **The patient is too unwell to survive surgery**
- **There's little chance of long-term survival or improved quality of life**

What Is Living Donor Liver Transplantation (LDLT)?

LDLT is when a healthy person donates part of their liver to someone with severe liver disease or liver cancer.
The amazing part? The liver grows back in both the donor and the recipient:

- **The donor's liver regenerates to near full size within 3 to 6 months.**
- **The recipient's liver starts working again, helping them return to a healthier life.**

A Word on Religion: What Does Islam Say?

Islam permits organ donation and transplantation—as long as it is done with respect, compassion, and without selling or exploiting the human body.
It is seen as a noble act of saving lives, aligning with the Quranic verse: ﴿وَمَنْ أَحْيَاهَا فَكَأَنَّمَا أَحْيَا النَّاسَ جَمِيعًا﴾
***"Whoever saves a life, it is as if he has saved all of humanity."* (Quran 5:32)**

Who Can Donate?

- **A close family member or friend**
- **Aged 18–59 years**
- **Must be in good physical and mental health**
- **Must have a compatible blood type**
- **Donation must be voluntary and fully informed**

How Donor Safety Is Protected

Donors go through a 5-step medical and psychological evaluation to ensure they are fit to donate. After surgery:

- **Donors stay in the ICU for monitoring, then in the hospital for about 1 week**
- **Most donors return to normal life in 2 months**
- **Long-term follow-up ensures liver function and overall health remain stable**

What Happens to the Patient?

- **Patients undergo tests to ensure they are fit for surgery**
- **Transplant priority is based on the MELD score**

- **After surgery, patients stay in the ICU, then move to recovery wards**
- **They take immunosuppressive medications to prevent rejection**
- **Most patients return to normal life and enjoy a good quality of life**

⚠ Possible Complications

- **Bleeding**
- **Infection**
- **Rejection**
- **Liver dysfunction or failure**
- **Rarely, a second transplant may be needed**

📊 Survival Rates After Transplant

- **5-year survival: 85.5%**
- **10-year survival: 74.2%**
- **15-year survival: 58%**
  (2022 data for adult living donor liver transplants)

❓ Frequently Asked Questions

How do I know if my liver is unhealthy?

Look for signs like yellow skin (jaundice), fatigue, belly pain, or dark urine. See a doctor if concerned.

Can liver disease be prevented?

Yes! Eat healthy, stay active, avoid alcohol and unnecessary medications, and get vaccinated for hepatitis B.

What is a living donor liver transplant?

It's when a healthy person donates part of their liver to someone in need. The liver grows back!

Who can donate?
Donors must be healthy adults with a matching blood type who pass medical evaluations.

Is it risky to donate part of my liver?
Like any surgery, there are risks—but liver donation is generally safe, and the liver regenerates.

How long does it take for the liver to grow back?
The liver starts regenerating immediately and returns to full function within a few months.

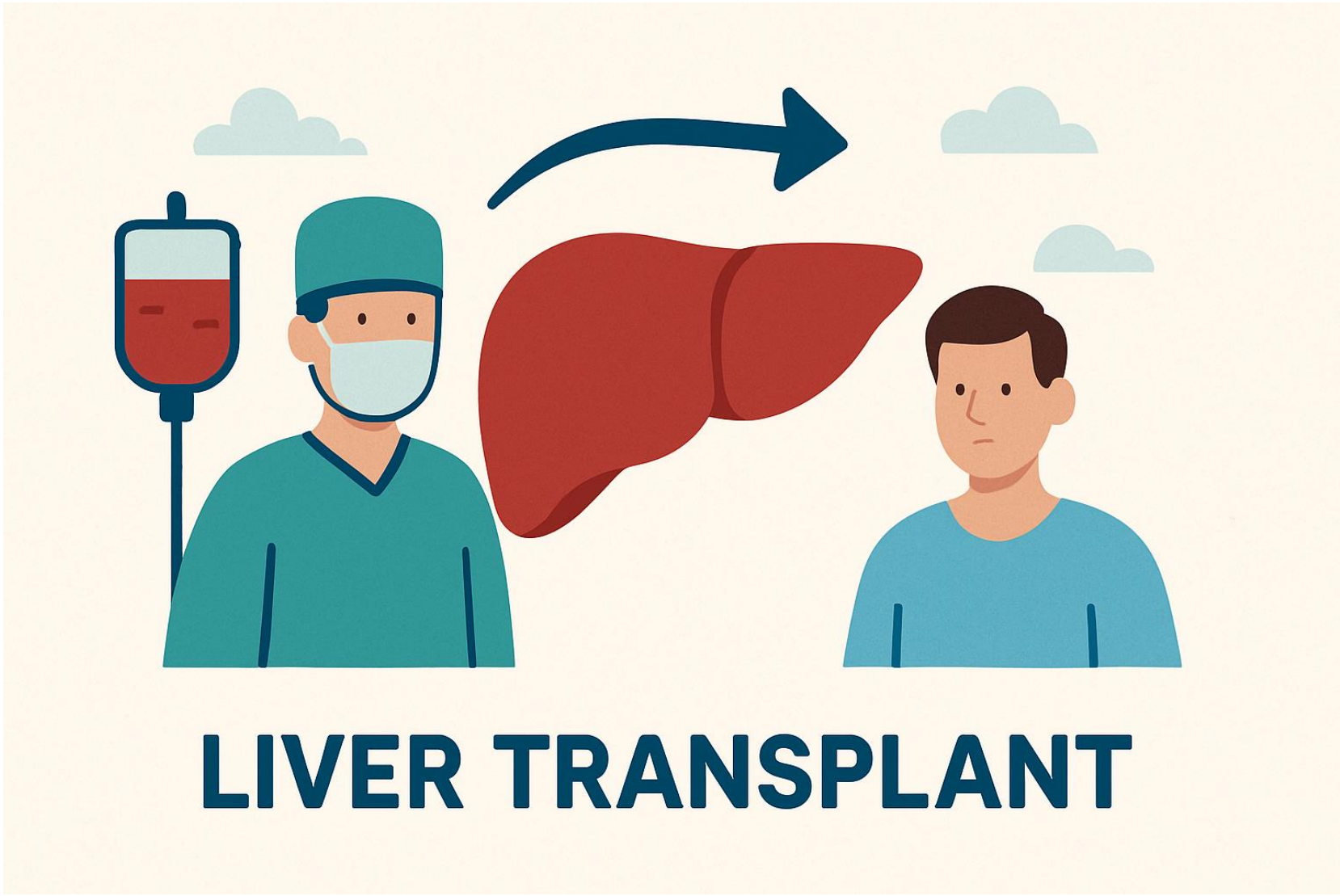
Can I live normally after donating?
Yes! Most donors return to work and normal life within two months.

How can I help someone with liver disease?
Support them emotionally, help them follow a healthy lifestyle, and consider organ donation.

📣 Message to the Community

Organ failure is life-threatening, but donation saves lives.
Liver transplants offer hope, healing, and a future.

👨‍👩‍👧 **To Families: Be a part of the solution—your support means everything.**
👩‍⚕️ **To Physicians: Don't overlook transplant as a treatment option.**
🏥 **To Health Leaders: Invest in transplant programs—they reduce suffering and save lives.**


LIVER TRANSPLANT

Liver Transplantation

What Is a Liver Transplant?

- **A liver transplant is a life-saving surgery for people with severe liver disease, liver cancer, or certain inherited conditions. It replaces a damaged liver with a healthy one from either a living or deceased donor.**
- **The liver is special. It can regrow, making living donation possible.**

Why Is It Important?

Transplantation is often the only effective treatment for:

- **End-stage liver disease (cirrhosis)**
- **Liver cancer (HCC)**
- **Sudden liver failure**
- **Genetic liver disorders (e.g. Wilson's disease)**

Early transplants offer better results and a chance at a full recovery.

When Is a Liver Transplant Needed?

You may need a transplant if you have:

- **Sudden liver failure with confusion or jaundice**
- **Liver cancer that hasn't spread**
- **Inherited diseases affecting the liver or other organs**
- **Chronic liver conditions like hepatitis, fatty liver (NASH), or autoimmune hepatitis**
- **Other issues like blocked veins (Budd-Chiari), alcohol-related liver damage, or liver scarring**

Types of Liver Transplants

1. **Deceased Donor Transplant: Whole liver from a person who passed away**
2. **Living Donor Transplant (LDLT): A healthy person donates part of their liver**
3. **Split Liver Transplant: One liver is shared between two people (adult & child)**
4. **Auxiliary Transplant: Part of the donor liver is added while the patient's liver remains**

Who Can Donate or Receive a Liver?

- **Living Donors: 18–60 years old, healthy, and willing**
- **Recipients: Must have serious liver disease and be fit for surgery**
- **Deceased Donors: Must meet medical criteria and have no active infections or cancer**

⚠ Risks and Complications

As with any major surgery, there are risks:

- **Organ rejection**
- **Bleeding or infections**
- **Blood clots**
- **Pre-existing or new infections**
- **Need for a second transplant in rare cases**

✓ Recovery After Transplant

- **ICU stay: 1–2 days, hospital stay: up to 2 weeks**
- **Full recovery takes several months**

- **Requires lifelong follow-up, healthy lifestyle, and anti-rejection meds**

What About Living Donors?

- **1-week hospital stay**
- **Back to work in 1–2 months**
- **Liver regrows in 3–6 months**
- **Donors receive full physical and mental health support**

Raising Awareness Matters

Public education helps bust myths like:

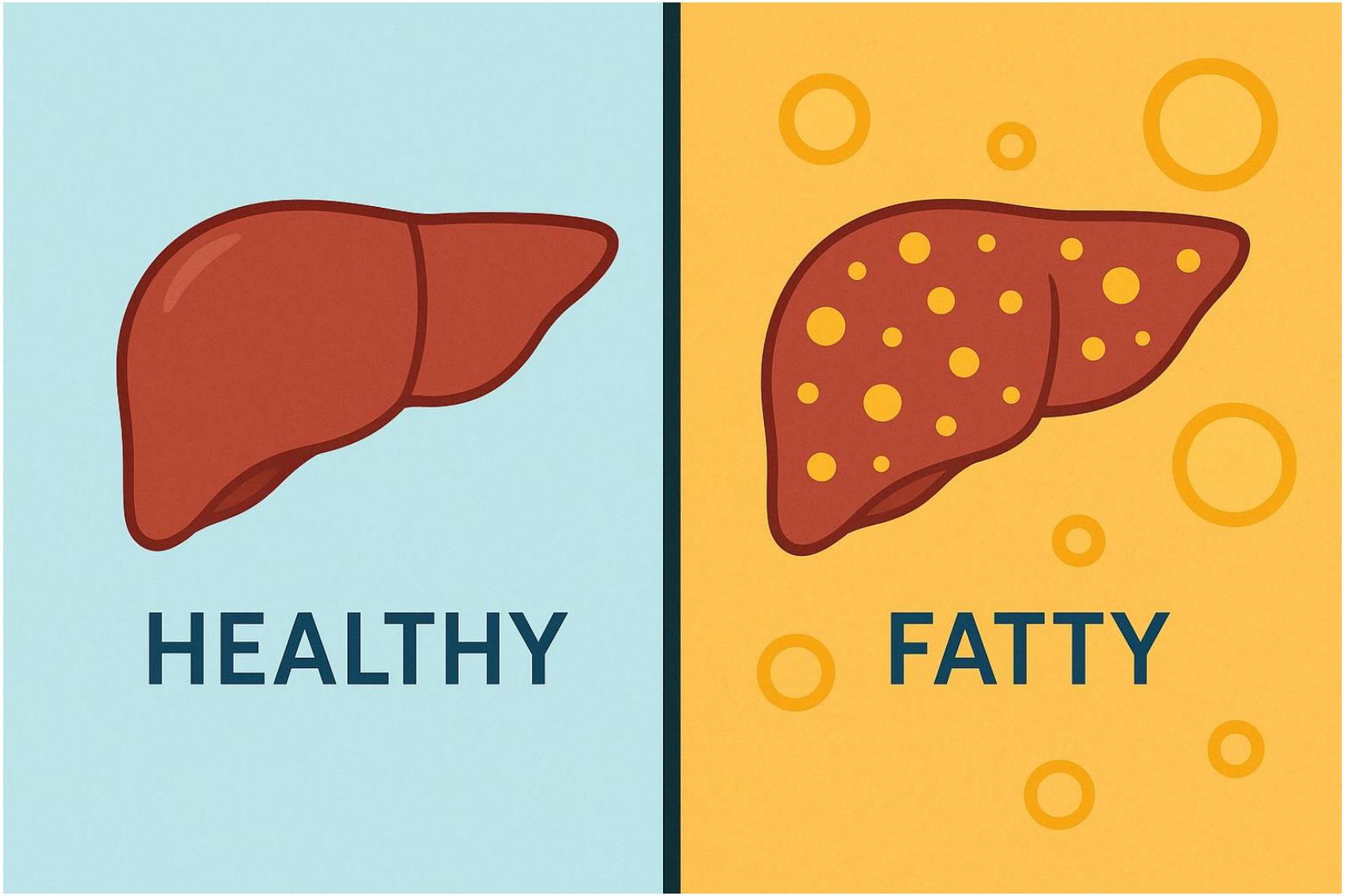
- **“Only adults get transplants”**
- **“A transplant is a cure”**
- **“You can’t get pregnant after transplant” — all not true!**

Understanding how matching works (blood type, body size, health), and knowing your rights protects both donors and recipients.

Take-Home Message

Liver transplantation offers a second chance at life.
With education, support, and organ donation awareness, more lives can be saved.

Whether you're a potential patient, donor, or supporter, you play a part in giving the gift of life.


HEALTHY
FATTY

Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)

What Is MASLD?

MASLD (Metabolic dysfunction-associated steatotic liver disease) happens when fat builds up in the liver, not due to alcohol. If untreated, it can lead to liver inflammation, scarring, liver failure, or liver cancer.

How Common Is MASLD?

- **Affects 1 in 3 adults worldwide**
- **Rates have risen from 22% to 37% in just 30 years**
- **Egypt has one of the highest rates, with nearly 46% of the population affected**

The good news?

MASLD is preventable and manageable if caught early!

How Is MASLD Linked to Obesity?

- **80% of people with MASLD are also obese**
- **Obesity increases fat in the liver, which can lead to inflammation and liver damage**
- **Unhealthy habits that raise your risk include:**
  - **Poor diet (junk food, sugary drinks)**
  - **Lack of physical activity**
  - **Too much screen time**
  - **Irregular sleep or sleep apnea**
  - **Stress and smoking**

🚨 Who Should Be Screened?

Anyone with:

- **A family history of diabetes, obesity, or heart disease**
- **A sedentary lifestyle or unhealthy diet**

How to screen:

1. **BMI check (over 25 = overweight, over 30 = obese)**
2. **Waist size over 40 inches for men, 35 inches for women**
3. **Skinfold tests (done by a healthcare provider)**

💬 **Remember: Taking care of your weight is about your health, not appearance.**

💓 MASLD and High Blood Pressure (Hypertension)

- **Over 50% of people with MASLD also have high blood pressure**
- **High blood pressure damages blood vessels in the liver and speeds up liver disease**

At-risk groups:

- **Age 65+**
- **Family history of hypertension**
- **Diabetes or other chronic conditions**

Risky habits include:

- **Eating too much salt**
- **Lack of exercise**
- **Smoking**
- **Ongoing stress**

Screen regularly:

- **Adults 40+ should get checked once a year**
- **Younger adults (18–39) at lower risk should screen every 3–5 years**

🧬 MASLD and Diabetes: A Two-Way Street

- **Diabetes raises your risk of developing MASLD**
- **MASLD can also make it easier to develop diabetes**

🔍 Screening for diabetes:

- **If you're over 35, check your blood sugar every 3 years**
- **If you're overweight (BMI >25), or have prediabetes, get screened earlier**

Tests include:

- **A1C test**
- **Fasting blood sugar**
- **Random sugar test**
- **Glucose tolerance test**

Talk to your doctor — they'll guide you through it.

🛑 Lifestyle Habits That Worsen MASLD

Biggest contributors:

1. **Sitting too much – even light exercise can help your liver**
2. **Unhealthy eating – avoid sugary drinks and processed food**
3. **Poor sleep or sleep apnea – get screened if you snore or wake up tired**
4. **Stress and smoking – both increase liver inflammation**

🧠 Why It Matters

MASLD is not just a liver issue. If ignored, it can cause:

- **Liver cancer**
- **Other chronic diseases**
- **A serious drop in quality of life**
- **Expensive treatments, long hospital stays, and mental health struggles**

🧒 To young people:

"Health is wealth." Eat well, move your body, and protect your future.

👨‍👩‍👧 To parents:

Your health sets the tone for your family's well-being. Get regular check-ups and choose habits that fight obesity, diabetes, and high blood pressure.

👩‍⚕️ To healthcare professionals:

Educate patients early. Screen often. Act before it’s too late.

👥 To everyone:

Your daily choices matter. Don’t let comfort today cost you your health tomorrow.
Commit to a healthier lifestyle and regular screening.

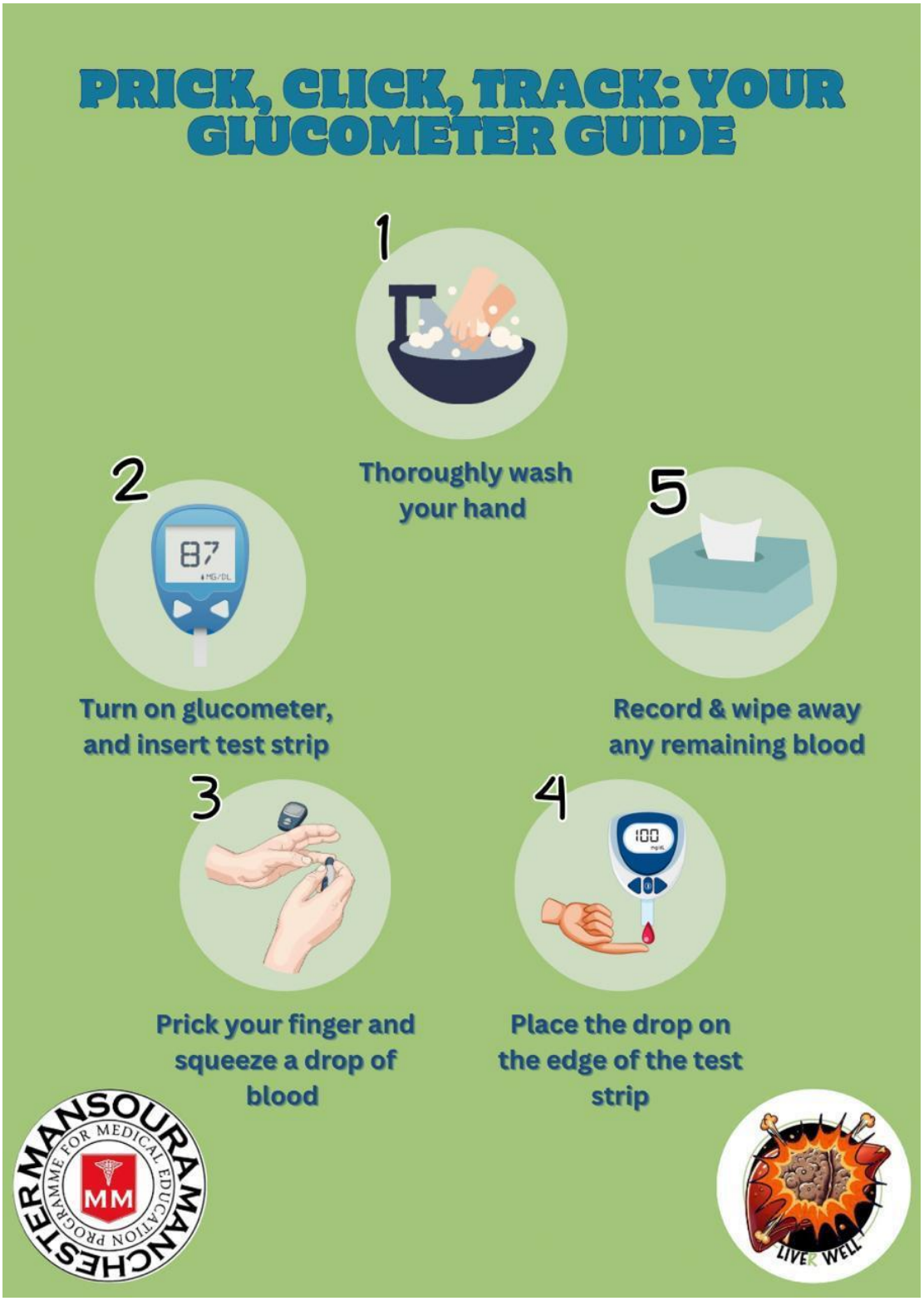
💬 ***“Our bodies are our gardens – our wills are our gardeners.”*** **– Shakespeare**

🌟 You Have the Power to Prevent MASLD

Act now. Stay healthy. Live better.

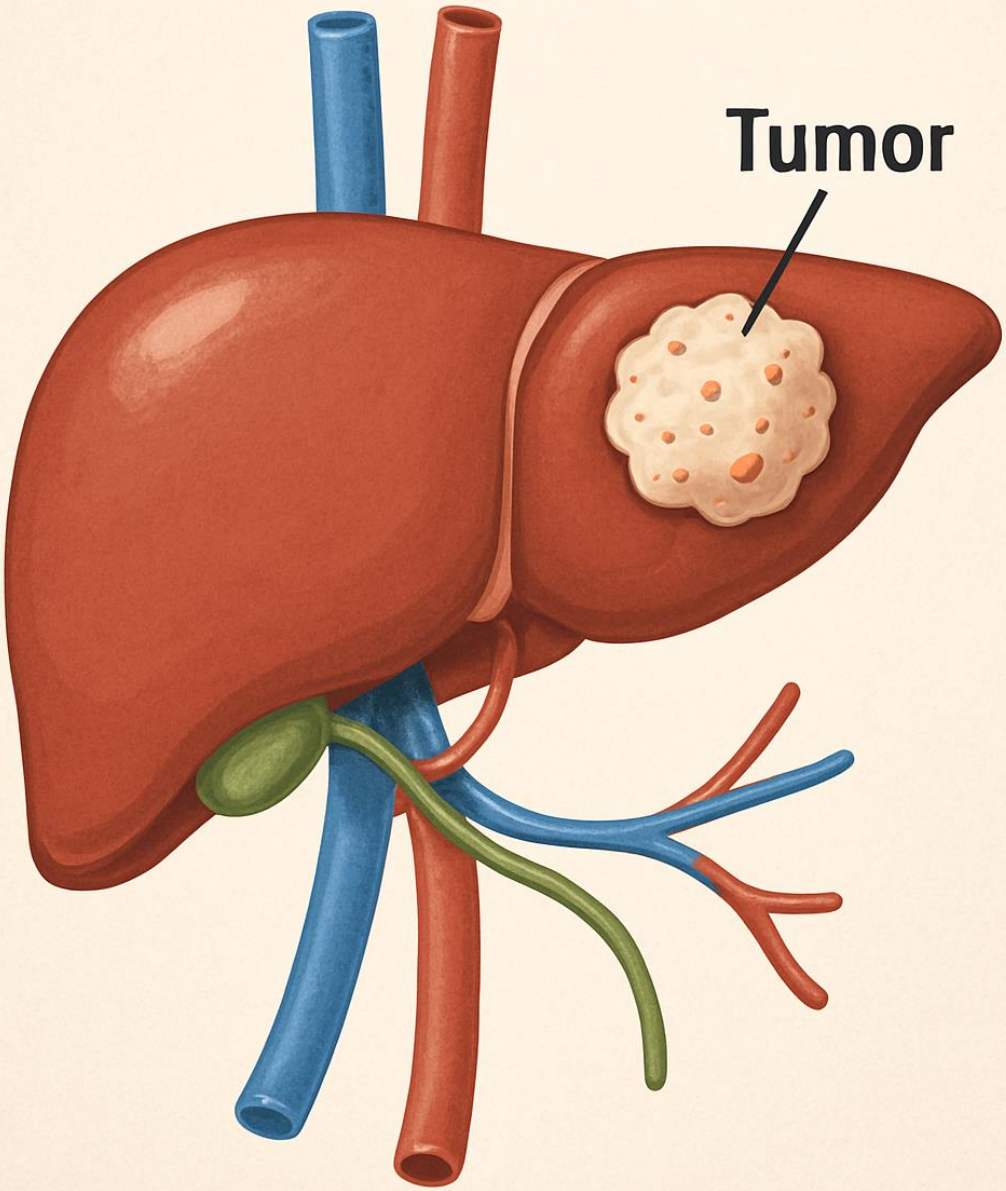
l


MOVE YOUR LIVER-A SIMPLE ROUTINE FOR A HEALITHEIR YOU!
Brisk walking (30 minutes):
Try to implement from 150 to 200 minutes of walking/week, over 3-5 sessions to help boost your metabolism and and reduce liver fat
Strength training (2-3x/week)
Not only will strength training promote your musculoskeletal fitness, but it will improve all your metabolic functions as well as insulin resistance
Yoga and strengthening (15-20 minutes)
Yoga helps clearing your minds off of any worry, thus helping in strengthening your mind power and reducing the active inflammatory process in your liver
High intensity interval training
HIIT has been proven to be one of the most effective ways in weight loss, so it cotributes to the improvement of your liver's health and the regression of MASLD
Cycling or swimming
These are considered some of the low-cardio exercises that help improving your cardiovascular capacity, metabolism and liver health


PRICK, CLICK, TRACK: YOUR GLUCOMETER GUIDE
1
Thoroughly wash your hand
2
87
Turn on glucometer, and insert test strip
3
Prick your finger and squeeze a drop of blood
4
100
Place the drop on the edge of the test strip
5
Record & wipe away any remaining blood
MANSOURA MASTER PROGRAMME FOR MEDICAL EDUCATION
MM
LIVER WELL


CHECK, TRACK, STAY HEALTHY:
HOME BP GUIDE
1
Use a trusted electronic BP device
2
Measure BP in a quiet room after 5 min of rest with arm and back supported
3
2
Take 2 readings 1-2 min apart
4
Measure twice a day (morning and evening) for 3-7 days
5
Track, average, and share with your doctor
MANSOURA MANCHESTER PROGRAMME FOR MEDICAL EDUCATION
MM
LIVER WELL

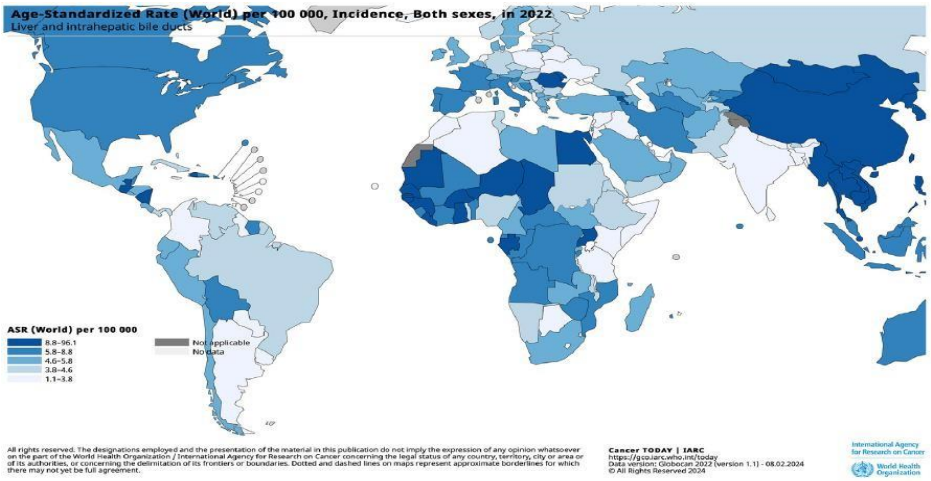
HEPATOCELLULAR CARCINOMA



Liver Cancer: Hepatocellular Carcinoma

📊 Hepatocellular Carcinoma (HCC): A Growing Concern

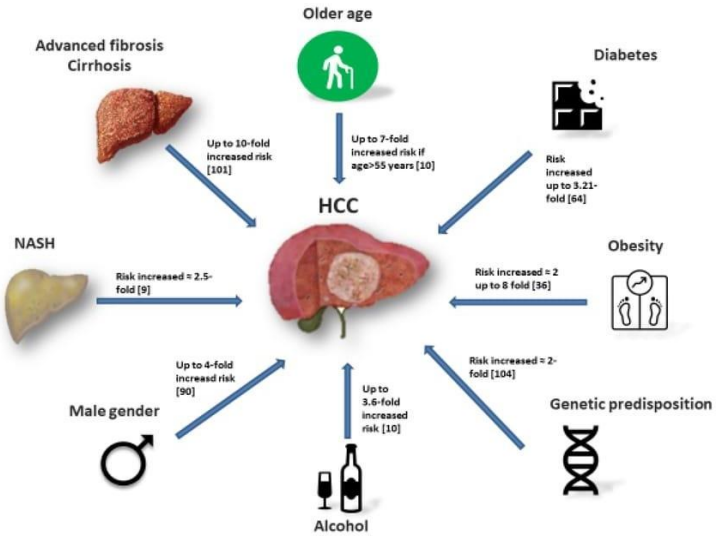
- **HCC is one of the most common and deadly types of liver cancer. It ranks 4th in global cancer-related deaths and 6th in total cases worldwide.**
- **Unfortunately, death rates from HCC are rising, especially in Western countries, North Africa, and the Middle East.**
- **In 2018, Egypt had the second-highest risk of liver cancer globally, after Mongolia.**
  More than 90% of HCC cases develop in people with chronic liver disease.



⚠ Main Risk Factors for Liver Cancer (HCC)

- **Liver Cirrhosis: The most common cause behind HCC.**
- **Hepatitis Infections (HBV, HCV, HDV):**
  - **HCV infection, especially genotype 4, is very common in Egypt and causes severe liver damage.**
  - **HBV was once widespread but has declined thanks to infant vaccination programs — though it still remains a concern.**
- **Aflatoxin Exposure: Eating foods contaminated with aflatoxins (toxins from moldy grains and nuts) raises liver cancer risk.**
- **Heavy Alcohol Use: Long-term, heavy drinking can damage the liver and lead to HCC.**

- **Non-Alcoholic Fatty Liver Disease (NAFLD):**
  - **Linked to obesity, diabetes, and metabolic syndrome.**
  - **NAFLD can cause liver inflammation and scarring (cirrhosis), increasing the chance of developing HCC.**



⚠ Precancerous Lesions Leading to Liver Cancer (HCC)

- **The main precancerous lesion for HCC is a liver adenoma.**
- **Liver adenomas often develop due to:**
  - **Anabolic steroid use (mainly in males)**
  - **Oral contraceptive pill use (mainly in females)**

Important: While liver adenomas are usually benign, they can sometimes turn into cancer, especially if left untreated.

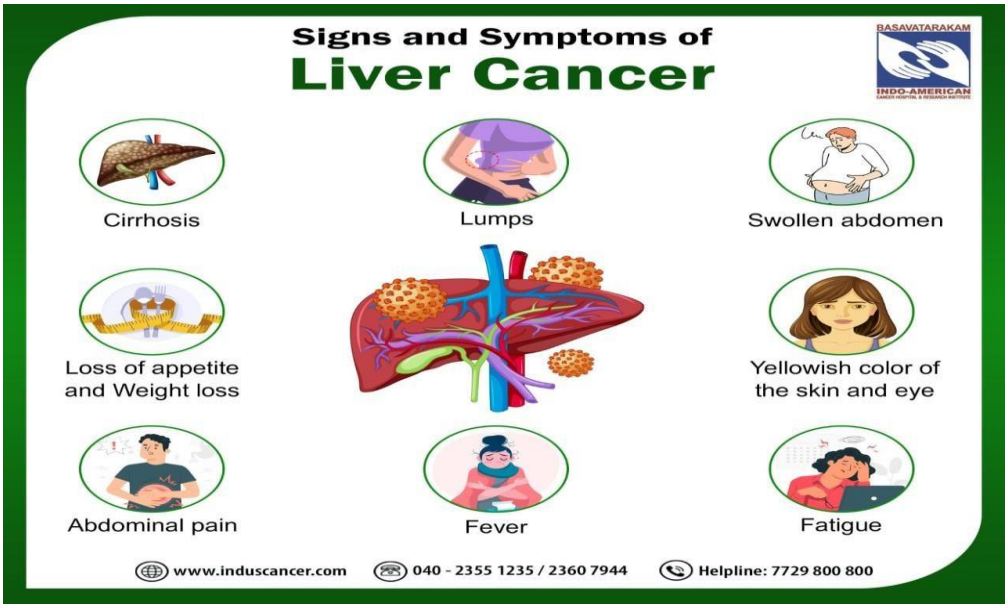
How Liver Cancer (HCC) Can Show Up

HCC is often silent at first, especially in people who already have liver disease like cirrhosis.

⚠ Main Signs to Watch For:

- **No Early Symptoms:**
  Liver cancer often hides behind signs of liver cirrhosis.
- **Belly Pain:**

  - **Pain on the upper right side or right shoulder**
  - **Can be mild or severe if bleeding happens inside the tumor**
  - **Often comes with nausea, vomiting, weight loss, and loss of appetite**
- **Swelling and Fluid Build-Up:**
  - **Belly swelling (ascites)**
  - **Leg swelling (especially both legs)**
  - **Bigger spleen**
  - **Possible bleeding from swollen veins (varices)**
- **Jaundice:**
  - **Yellowing of the skin and eyes from blocked bile ducts.**
- **Breathing Problems and Heart Issues:**
  - **If the cancer spreads to big veins or the heart, it can cause shortness of breath and signs of heart failure.**
- **Fever:**
  - **More common in people with large tumors or no cirrhosis.**
- **Unusual Blood Changes:**
  - **Low blood sugar**
  - **High calcium or cholesterol**
  - **Too many red blood cells or platelets**
- **Enlarged Liver:**
  - **Doctors may notice a swollen liver during a physical exam.**
- **Unusual Sounds:**
  - **A "whooshing" sound (vascular bruit) may be heard over the liver.**



Early Detection of Liver Cancer (HCC)

Finding liver cancer early can save lives.
Regular screening helps catch it at a stage when it's easier to treat.

Recommended for high-risk individuals:

- **Blood tests for alpha-fetoprotein (AFP)**
- **Liver ultrasound every 6 months**
- **Screening for hepatitis B and C viruses (HBV, HCV)**

In Egypt, the national campaign against hepatitis C not only treated many people but also helped find those at risk of liver cancer early which is a huge public health success.

Prevention Is the Best Protection

- **Get vaccinated against hepatitis B — it helps prevent liver cancer.**
- **Stay healthy:**
  - **Limit alcohol**
  - **Maintain a healthy weight**
  - **Avoid moldy foods (aflatoxins)**

Healthy choices can lower your risk of HCC significantly!

🔎 Why Early Diagnosis Matters

- **Early diagnosis means more treatment options.**
- **It can allow for curative treatments like surgery or liver transplantation.**
- **Survival rates are much better when HCC is found early.**

🚑 When to Seek Medical Help

- **See a doctor if you notice unusual symptoms (like belly pain, swelling, or yellowing of the skin).**
- **If you're at risk (e.g., hepatitis B or C, cirrhosis), get regular check-ups.**
- **Always follow your doctor's advice to protect your liver.**

🩺 How Liver Cancer (HCC) Is Managed

Before starting treatment, doctors need to understand the patient's overall health and how well the liver is working.
One of the most common tools for this is the BCLC staging system (Barcelona Clinic Liver Cancer).

✅ Treatment Options Include:

1. **Surgery – Removing the tumor if possible**
2. **Liver Transplant – From a living or deceased donor**
3. **Interventional Radiology – Special procedures to block blood flow to the tumor or destroy it**
4. **Systemic Therapy – Medications that fight cancer throughout the body**

✅ **The best treatment depends on how early the cancer is found and the patient's liver condition.**

Important Message to Families

- **Family support matters!**
  Encouragement, emotional support, and practical help play a big role in a patient's treatment and recovery.

Important Message to Physicians

- **Follow screening guidelines and stay updated on the latest treatments.**
- **Encourage regular check-ups for high-risk patients, especially those treated for hepatitis.**
- **Promote organ donation and help raise awareness about the importance of cadaveric liver transplantation in Egypt.**

Important Message to Healthcare Authorities

- **Invest more in liver cancer research, public awareness campaigns, and vaccination programs.**
- **Make liver cancer prevention and treatment a national health priority.**

Take-Home Messages

✅ **Early detection saves lives**
✅ **Vaccination and healthy habits can prevent liver cancer**
✅ **High-risk individuals must get screened regularly**
✅ **Don't ignore symptoms — seek medical advice quickly**
✅ **Family and healthcare support are key to recovery**

Hepatocellular Carcinoma (HCC)

COMMON AND DEADLY

HCC is one of the most common and deadly liver cancers.

MAIN RISK FACTORS

- Liver cirrhosis, hepatitis B or C
- Heavy alcohol use
- Non-alcoholic fatty liver disease (NAFLD)

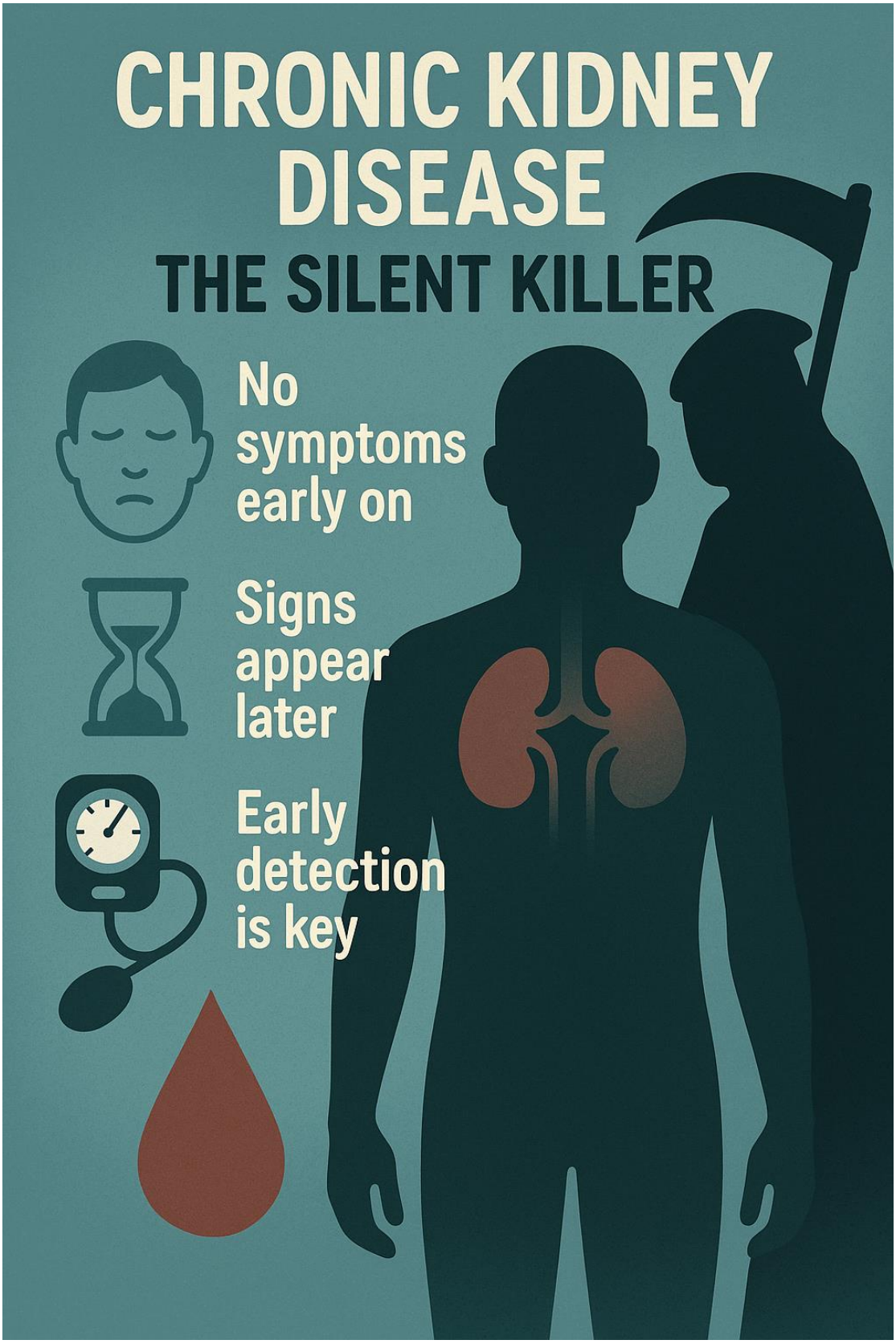
EARLY DETECTION

Regular liver ultrasounds and blood tests can find HCC early, when treatment works best

PREVENTION AND SUPPORT

- Get vaccinated for hepatitis B
- Maintain a healthy lifestyle
- Family and healthcare car providers

- Get vaccinated for hepatitis B, maintain healthy
- Lingage your risk and candidare for support


CHRONIC KIDNEY DISEASE
THE SILENT KILLER
No symptoms early on
Signs appear later
Early detection is key

Chronic kidney disease: A Silent killer Lurking Within.

Not all killers make their presence known; some operate in the shadows, silently stealing lives. Chronic Kidney Disease (CKD) is among them. It gradually affects the kidneys without causing any noticeable symptoms in the early stages, frequently going undiagnosed. By the time warning signals arise, the damage may require dialysis or transplantation or ending with death. This silent assassin does not discriminate, yet knowledge is the most potent weapon against it. Here's everything you need to know about protecting yourself before it's too late.

😐 Why CKD Is Called a "Silent Killer"

- **CKD often has no early symptoms, which is why many people don't know they have it until it's advanced.**
- **Your kidneys filter waste and balance fluids and minerals like salt, potassium, and calcium. When they start to fail, the body doesn't show obvious warning signs.**
- **Unlike sudden kidney problems, CKD worsens slowly over time and only a blood or urine test can detect it early.**

⚠ Who's at Risk for CKD?

You are more likely to develop CKD if you have:

- **Diabetes (high blood sugar)**
- **High blood pressure**
- **Heart disease**
- **A family history of kidney problems**
- **Obesity**
- **Older age**
- **A past kidney disease or injury**
- **Smoking**
- **Harmful environmental exposures**
- **Low birth weight**

🩺 What Chronic Kidney Disease (CKD) Looks Like

CKD develops slowly and can go unnoticed for years. Doctors classify CKD into 5 stages. Here's what to watch for:

✅ Early Stages (1–2)

- **Usually no symptoms**
- **High blood pressure may be the first sign**

⚠️ Moderate Stages (3–4)

You may begin to feel:

- **Swelling in the face, legs, or feet**
- **Tiredness and weakness**
- **High blood pressure**
- **Frequent night urination**
- **Cramps or restless legs**
- **Nausea, poor appetite**
- **Bone pain or risk of fractures**

🚨 Advanced Stage (5 / Kidney Failure)

Symptoms become severe:

- **Extreme tiredness, nausea, and vomiting**
- **Itching, confusion, or seizures**
- **Shortness of breath from fluid in the lungs**
- **Chest pain from inflammation around the heart**
- **Irregular heartbeat from high potassium**
- **Bone weakness, deformities, or fractures**
- **Swelling in the brain and nerve damage**

⚠ Common Complications of CKD

❤ 1. Heart Disease (Most Common Cause of Death in CKD)

- **Enlarged heart**
- **Blocked heart arteries**
- **Heart failure or sudden cardiac arrest**
- **Hardening of arteries**
- **Poor blood flow to legs or brain**

🩸 2. Anemia (Low Red Blood Cells)

- **Caused by low levels of erythropoietin (a hormone made by kidneys)**
- **Leads to fatigue, weakness, pale skin**
- **More common and earlier in people with diabetes**

Treatment includes:

- **Hormone therapy (ESA)**
- **Iron supplements**

⚖ 3. Metabolic Acidosis (Too Much Acid in the Blood)

- **Common in advanced CKD**
- **Can cause fatigue, rapid breathing, and bone problems**

🦴 4. Mineral & Bone Problems

- **CKD affects calcium and phosphorus levels**
- **Can cause weak bones, fractures, and calcium buildup in the heart and blood vessels**

🧪 5. High Potassium (Hyperkalemia)

- **Common in CKD**
- **Can cause irregular heartbeat or sudden death**
- **Needs close monitoring and a low-potassium diet**

🛡️ How to Prevent Chronic Kidney Disease (CKD)

CKD is a long-term condition where the kidneys slowly lose function. While not all cases can be prevented, you can take steps to protect your kidneys and stay healthier for longer.

🔷 Three Levels of Prevention

☑️ 1. Primary Prevention – Stop CKD Before It Starts

Goal: Reduce your chances of getting kidney disease.

What to do:

- **Get regular check-ups, especially if you have high blood pressure, diabetes, or a family history of kidney problems**
- **Keep your weight, blood pressure, and blood sugar under control**
- **Eat healthy and stay active**
- **Quit smoking and limit salt and sugary foods**

🔄 2. Secondary Prevention – Catch It Early, Slow It Down

Goal: Stop CKD from getting worse if it's already started.

What to do:

- **Detect early: Ask your doctor for regular kidney tests (blood and urine)**
- **Manage blood pressure with medications like ACE inhibitors or SGLT2 inhibitors**
- **Eat more plant-based foods**
- **Drink enough fluids and avoid harmful medications like overuse of painkillers (e.g., ibuprofen), certain antibiotics, and contrast dyes used in scans**

🩺 3. Tertiary Prevention – Manage Complications in Advanced CKD

Goal: Improve quality of life and reduce serious health problems.

What to do:

- **Control fluid levels and urea buildup with your doctor's help**
- **Follow personalized diets and treatments for heart and nutritional health**
- **Take medications exactly as prescribed**

✅ Take-Home Tips to Protect Your Kidneys

- **Check your health regularly:** If you have diabetes, high blood pressure, or kidney problems in your family, get tested early – it could save your kidneys.
- **Keep your numbers under control:** Manage your blood pressure, blood sugar, and cholesterol to protect your kidneys from damage.
- **Choose a healthy lifestyle:** Eat balanced meals, move your body every day, and stay hydrated.
- **Use medicines wisely:** Too many painkillers (like ibuprofen) can hurt your kidneys. Always ask your doctor before taking new medications.
- **Listen to your body:** Tiredness, swelling, changes in urine, or feeling sick can be signs of kidney trouble. Don't wait – see a doctor!

CHRONIC KIDNEY DISEASE (CKD): THE SILENT KILLER

CKD develops slowly and often has no symptoms until it's advanced. By then, dialysis or a kidney transplant may be needed.

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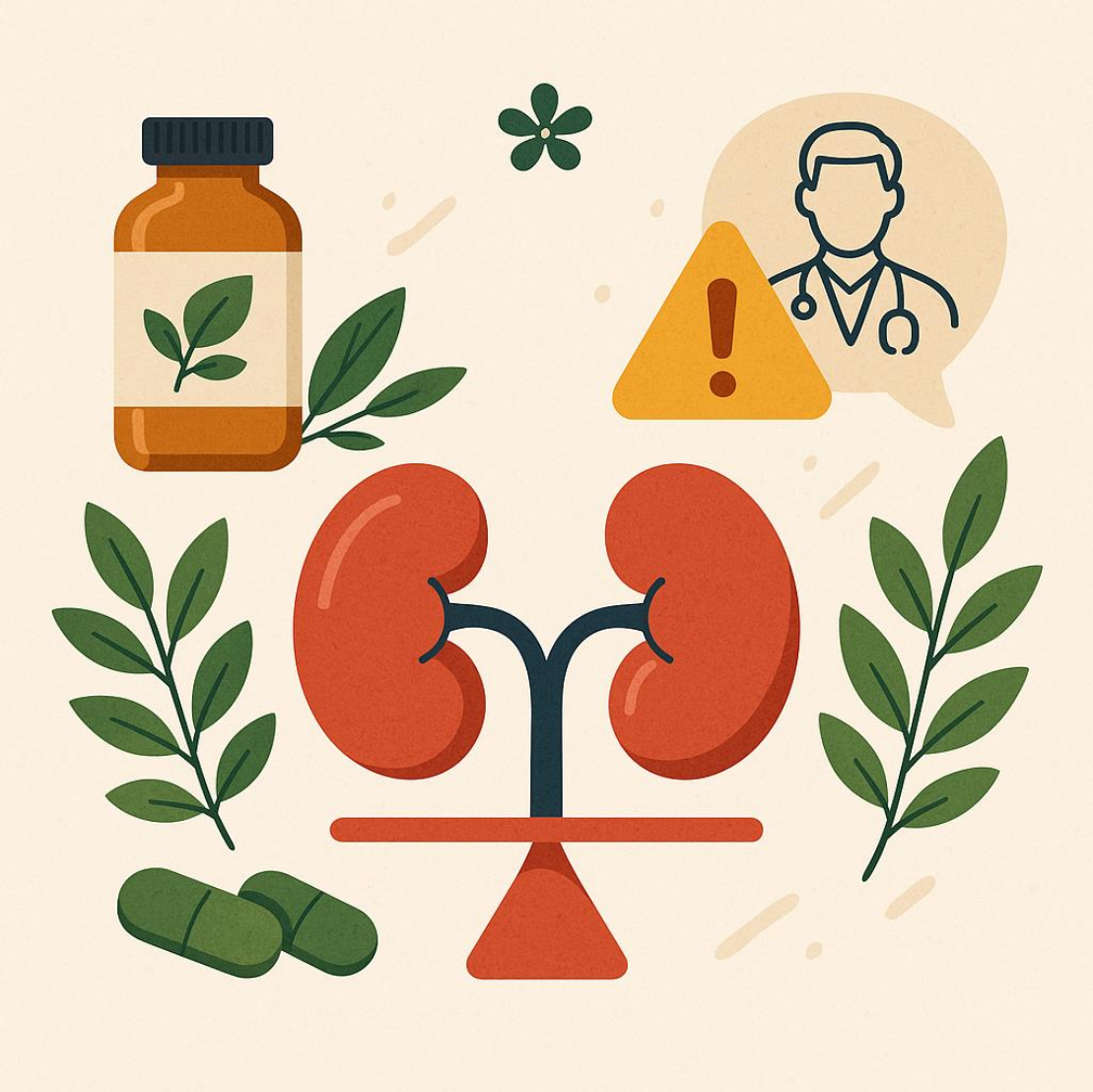

Herbal Supplements and Kidney Health

Herbal Remedies & Kidney Health: What You Should Know

Herbal medicine has been used for centuries to treat illness naturally. While many herbs can support health, it's important to understand both their benefits and risks, especially when it comes to kidney health.

Why It Matters

Some herbs can help protect the kidneys, reduce inflammation, or support urine flow. But others can be harmful — especially if taken in large amounts or mixed with other medications.

Herbs That May Support Kidney Health

These herbs are known for their kidney-protective effects:

- **Turmeric (Curcuma longa): Contains curcumin: a powerful antioxidant that may reduce inflammation and protect kidneys from damage.**
- **Dandelion (Taraxacum officinale): Acts as a natural diuretic, helping the body flush out extra fluids and supporting kidney function.**

2. Safety Concerns and Risks of Herbal Remedies in Kidney Health

While some herbs offer potential benefits for kidney health, others can be nephrotoxic ***(toxic to the kidneys)*** or ***interact negatively*** with conventional treatments.

Nephrotoxic Herbs (Harmful to Kidneys):

- Grapefruit and Grapefruit Extracts: May alter drug metabolism, leading to kidney toxicity in patients on certain medications.

Potential Drug-Herb Interactions:

- Diuretics and Herbal Diuretics: Herbs like dandelion and nettle, when taken with prescribed diuretics, may cause excessive dehydration or electrolyte imbalances.
- Antihypertensive Drugs: Herbs affecting blood pressure (like licorice) can interfere with medications for kidney-related hypertension.

3. The Need for Medical Supervision and Scientific Validation

Because the kidneys are delicate organs, it's important to **be cautious when using herbal remedies**. While some herbs may help reduce inflammation, protect against damage, or support detox, **not all have been fully tested for safety**.

Some herbs can:

- **Interact with kidney medications**
- **Cause harmful side effects**
- **Worsen kidney conditions if not used properly**

✅ Always consult a healthcare provider before using herbal products, especially if you have kidney problems. Scientific studies are still ongoing, so herbal remedies should be used **carefully and under medical guidance**.

Myths and Facts Herbal Remedies for Kidney Disease

MYTHS	FACTS
• Herbal remedies are superior to medicines. • Any type of herbal remedy can cure and reverse kidney damage. • There are no side effects of herbal remedies	• A few herbs are dangerous for kidney disease. • Herbal Remedies are not a cure for kidney disease. • Herbal remedies could interact with medicine and worsen the patient's condition.

Science Behind Herbal Remedies

1. Herbal remedies contain active ingredients.

Bioactive compounds like alkaloids, flavonoids, tannins and polyphenols have many medicinal benefits such as anti-inflammatory, antioxidant and antibacterial. **The effectiveness of herbs depends on the combined effects between their several active ingredients**.

Coumarins	**Terpenes and Terpenoids**	**Coneflower**	**Garlic**
can be found in plants like ***cinnamon and chamomile***. They have ***antibacterial, anti-inflammatory, and anticoagulant qualities***.	found in essential oils (pinene in pine trees, limonene in citrus), they have antibacterial and anti-inflammatory effects.	believed to ***boost the immune system***, helping the body fight infections more efficiently by stimulating white blood cells.	known for its cardiovascular property of ***lowering blood pressure and cholesterol***.
	 		

2. Clinical Evidence.

There's an increase of interest in studying how herbal remedies work, with clinical trials examining the effectiveness of specific herbs. **While some herbs are well-supported by scientific evidence, others still need more research for clear validation**.

⚡ Energy Drinks, Herbal Ingredients, and Your Kidneys

Some energy drinks contain herbal extracts meant to boost energy and focus — but they can harm your kidneys over time.

🚩 Here's How:

1. Dehydration and High Blood Pressure

- **Herbs like guarana, green tea, and yerba mate have natural caffeine that makes you urinate more.**
- **They also tighten blood vessels, raising your blood pressure — putting extra stress on your kidneys.**
- **Guarana and yerba mate actually contain more caffeine than coffee, making their effects even stronger!**

2. Higher Risk of Bleeding

- **Herbs like Ginkgo Biloba can make blood clotting harder, increasing the risk of bleeding.**
- **Ginseng can also thin the blood and cause internal bleeding, especially if you take blood-thinning medications.**

3. Increased Risk of Kidney Damage

- **Constant high blood pressure and chronic dehydration from energy drinks can lead to scarring of the kidneys and increase your risk of chronic kidney disease (CKD).**

⚠ Potential Risks of Herbal Remedies on Kidney Health

Some herbs can harm your kidneys if used incorrectly or without supervision. Here's how:

Main Risks:

1. Direct Kidney Damage (Nephrotoxicity):

- **Some herbs contain toxic substances that can damage kidney cells and cause serious problems like acute kidney injury (AKI) or chronic kidney disease (CKD).**
- **Examples: Aristolochic acid (found in some traditional Chinese medicines), Star fruit, Cape aloe.**
- **Studies show that high doses of Aristolochic acid (over 200g cumulative) can even cause cancer in the urinary system.**

2. Higher Risk of Kidney Stones:

- **Herbs high in oxalates can trigger kidney stone formation.**
- **Examples: Turmeric (when taken excessively), spinach-based herbal products.**

3. Dangerous Herb-Drug Interactions:

- **Some herbs interfere with prescription medications, making them less effective or more toxic.**
- **Examples: St. John’s Wort, Echinacea, Ginseng, Dandelion root.**

4. Electrolyte Imbalances:

- **Certain herbs act like strong "water pills," leading to dehydration and kidney irritation.**
- **Examples: Aloe vera, Bucha leaves, Juniper berries.**

5. Heavy Metal Contamination:

- **Some herbal products may be tainted with lead, mercury, or pesticides.**
- **Examples: Some Ayurvedic and Chinese herbal medicines.**

Where to Find Trusted Information on Herbal Supplements

If you're thinking about using herbal remedies, get your information from reliable sources:

- **U.S. Food and Drug Administration (FDA)**
- **European Medicines Agency (EMA)**
- **World Health Organization (WHO)**
- **PubMed (National Library of Medicine - USA)**
- **National Kidney Foundation (NKF)**
- **National Center for Complementary and Integrative Health (NCCIH - USA)**

✅ **These organizations offer scientific, safe, and updated information about herbal supplements.**

Why You Should Always Seek Medical Advice

1. To Protect Your Kidneys:
Some herbs like ginseng, garlic, and kava can harm the kidneys if used incorrectly, leading to serious kidney problems.

2. To Avoid Dangerous Interactions:
Herbs can change the way your body handles medications — making them too strong, too weak, or causing unexpected side effects.

3. To Get Accurate Guidance:
Self-diagnosis and random internet advice can be risky. Always talk to a doctor who knows your medical history and can guide you safely.

Important Take-Home Messages

- **Herbal remedies have been used for centuries, but not all are safe or effective.**

- **People with kidney problems must be extra cautious when using herbs.**
- **Some herbs can damage kidneys or interact badly with medications.**
- **Never stop prescribed medications in favor of herbal products.**
- **Always consult your doctor before starting any herbal treatment.**
- **Scientific research is essential — not all traditional herbs are proven safe.**
- **Raise awareness, not fear: Some herbs are helpful when used properly with professional guidance.**

Message to the Community and Healthcare Professionals

- **Herbs can be part of a healthy care plan, but they should never replace medical treatment.**
- **Healthcare providers should help patients make informed decisions about using herbs safely alongside conventional medicine.**
- **A balanced approach — using both natural remedies and prescribed care — leads to better health and emotional well-being.**

HERBAL SUPPLEMENTS AND KIDNEY HEALTH

HERBS THAT MAY SUPPORT KIDNEY HEALTH

Turmeric
(Curcuma longa)

Contains a powerful antioxidant that may reduce inflam- mation and protect kidneys from damage.

Dandelion
(Taraxacum officicole)

Acts a natural diuretic, help- ing the body flush out exfra fluids and supporting kidney function

SAFETY CONCERNS OF HERBAL REMEDIESS

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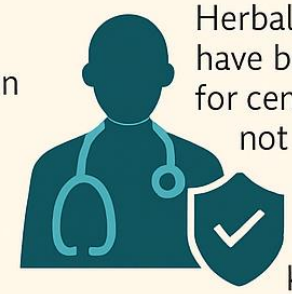
TAKE-HOME MESSAGES



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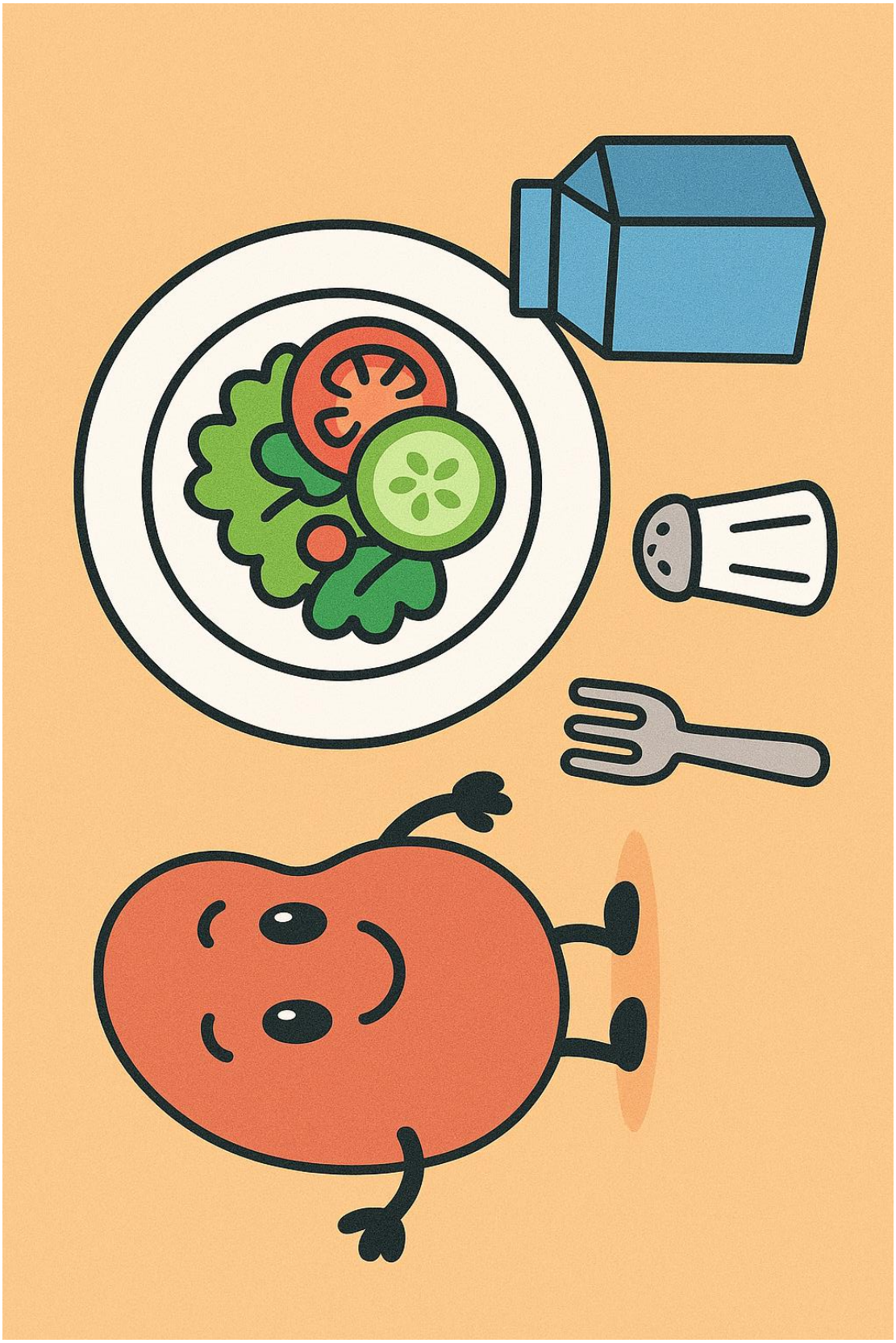


Diet in Patients with Chronic Kidney Disease

What Is Chronic Kidney Disease (CKD)?

CKD means your kidneys slowly stop working over time. It often starts without symptoms, but later you may notice tiredness, swelling, frequent urination, shortness of breath, and high blood pressure. It's more common in older adults.

⚠ What Causes It?

- **High blood pressure and high blood sugar (like in diabetes)**
- **Kidney inflammation or cysts**
- **Smoking and family history**
- **CKD increases the risk of heart disease**

How Do You Know If You Have It?

Doctors use:

- **Blood and urine tests**
- **Your medical history and symptoms**

People at higher risk (e.g., diabetics, those with high BP or obesity) should get screened regularly.

How Is CKD Managed?

- **Control blood pressure, sugar, weight, and stop smoking**
- **Eat healthier and exercise**
- **Avoid too much salt, potassium, and phosphorus**
- **Advanced CKD may need dialysis or a kidney transplant**

What Should You Eat?

Before Dialysis:

- **Less protein (more fruits, veggies, whole grains)**
- **Lower salt (skip processed food, fast food, salty snacks)**
- **Limit potassium (avoid bananas, oranges, potatoes, spinach)**
- **Cut phosphorus (avoid nuts, beans, processed meats)**

On Dialysis:

- **More protein (8–10 oz/day of lean meat, fish, eggs)**
- **Strict salt, potassium, and phosphorus control**
- **Limit fluids (usually 1–2L/day)**
- **Take vitamins if needed and avoid junk food**

Pregnancy with CKD:

- **Follow special diet plans to support both mother and baby**
- **Balance energy, protein, and fluid intake carefully**
- **Plant-based diets with medical guidance may help**

Healthy Habits to Protect Your Kidneys

- **Quit smoking**
- **Eat less salt, sugar, and fat**
- **Exercise for 30 minutes most days**
- **Avoid overuse of painkillers like ibuprofen or aspirin**

What You Should Do to Protect Your Kidneys

Manage health conditions:
Keep diabetes and high blood pressure under control. Take your medicines, follow your doctor's advice, and don't miss your checkups.

Avoid alcohol:
Drinking too much alcohol raises your blood pressure and cholesterol, which harms your kidneys.

Drink enough water:
Water helps your kidneys flush out waste and prevent stones. Ask your doctor how much water is right for you.

Sleep well:
Good sleep helps your kidneys rest and work better. Aim for 7–8 hours of sleep every night.

Eat healthy:
Choose fresh foods like fruits, vegetables, whole grains, and lean proteins. Reduce salt, sugar, and fat. Cut back on red meat and processed food.

Stay active:
Move your body daily! Exercise helps with weight control, blood pressure, and cholesterol, and supports kidney health.

Quit smoking:
Smoking damages blood vessels and increases the risk of kidney disease.

❌ What to Avoid

- **Too many painkillers:**
  Avoid overusing ibuprofen, aspirin, or similar drugs (NSAIDs). They can harm your kidneys.
- **Too much salt:**
  Salt raises blood pressure. Use herbs and lemon to flavor your food instead.
- **Sugary foods and drinks:**
  Added sugar increases your risk of obesity, diabetes, and kidney damage.

- **Too much animal protein:**
  Limit red meat. Choose fish, poultry, or plant-based proteins in moderation.
- **Processed and packaged foods:**
  These are high in salt and harmful chemicals. Read labels and choose fresh options.
- **Sitting too long:**
  Keep moving! Regular activity boosts kidney health.

Important Message for Families

Kidney disease often has no early signs. Watch for:

- **Fatigue**
- **Swelling in legs**
- **Frequent urination**
- **High blood pressure**

If someone in your family has kidney problems or these symptoms, see a doctor early. Regular checkups can save lives.

Advice for Doctors

- **Screen high-risk patients (diabetics, hypertensive, obese, family history).**
- **Adjust diet based on CKD stage—control protein, sodium, potassium, and phosphorus.**
- **Avoid harmful medications like NSAIDs when possible.**
- **Offer special care for pregnant women with CKD.**
- **Promote healthy lifestyle changes to slow disease.**

Call to Action for Health Authorities

- **Increase awareness of CKD symptoms and prevention.**

- **Provide free or low-cost screening, especially for high-risk people.**
- **Set limits on harmful ingredients in processed foods.**
- **Support more dialysis and transplant centers.**
- **Fund research and national strategies to fight CKD.**

📌 Take-Home Messages

- **Early action prevents kidney disease.**
- **Manage blood pressure, sugar, and weight.**
- **Healthy food, regular exercise, and avoiding bad habits make a big difference.**
- **CKD is manageable if caught early.**

Posterior Urethral Valves and Failing Urinary Tract Organs

Introduction

Your child's urinary system is composed of (Figure 1):

- Two kidneys → filter the waste out of the body.
- Two ureters → carry the urine from the kidneys to the bladder.
- Bladder → stores the urine.
- Urethra → carries the urine from the bladder to outside.

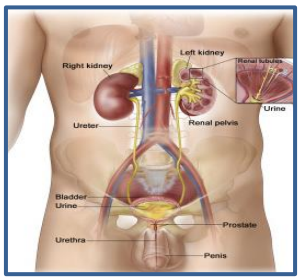


Figure (1): Urinary Tract System.

Your child's urinary system function:

1. The main function is to filter out metabolites and toxins from the body and excrete them in the form of urine.
2. This function is determined by serum creatinine (end product of kidney metabolism) and estimated glomerular filtration rate (eGFR).

What is the Posterior Urethral Valve (PUV)?

- It is a disease that exclusively affects males.
- It develops during pregnancy, however, there is no strong evidence, as of right now, linking it to genetics or anything the mother did or consumed during pregnancy.
- It is caused by the presence of excess tissues in the urethra which obstructs urine flow, **as shown in Figure 2.**

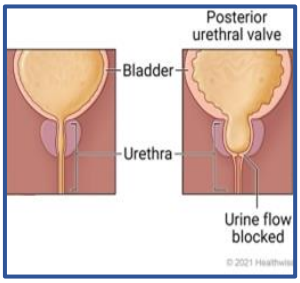


Figure (2): Posterior Urethral Valve.

How common is PUV?

- It occurs in about 1 in 8,000 males worldwide.
- It occurs in about 1 in 5000-8000 in Egypt.
- It usually occurs randomly, but some cases have been seen in siblings and twins.

How does the disease occur?

- PUV develops at approximately the 4th week of gestation.
- It leads to obstruction of the urinary tract.
- This obstruction leads to impairment of both bladder and kidney function, **as illustrated in Figure 3.**

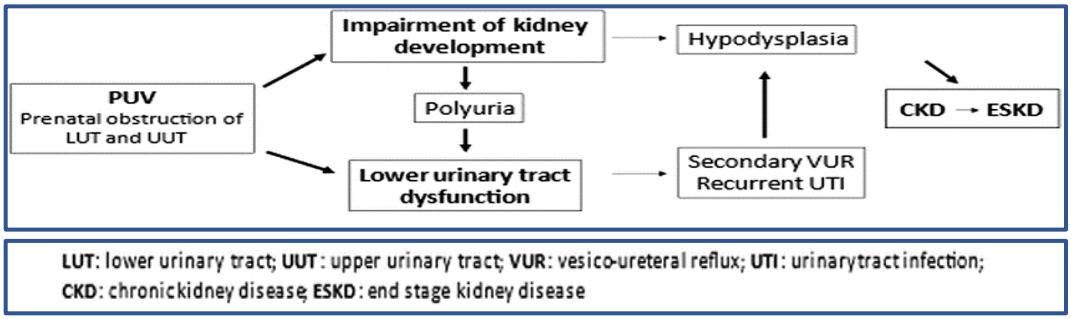


Figure (3): Pathophysiology of Posterior Urethral Valve.

Important Message to the General Population

The magnitude of the problem:

- It's a major cause of morbidity and mortality in children.
- Despite how easy to diagnose and how simple the treatment is;

1- Half of the cases suffer from chronic kidney disease (CKD) and about one third of the cases reach renal failure.
2- Backflow of urine from the bladder to the ureters or kidneys (vesicoureteral reflux) persists in 20 – 75% of cases.
3- Bladder dysfunction is seen in 70 – 80% of patients even after initial treatment.
4- About 19% of the cases suffer from urinary incontinence.

Risk factors**:**

- Congenital anomalies of the kidney and urinary tract (CAKUT); family history of conditions existing at birth affecting the urinary system.
- Young maternal age.
- Pre-existing hypertension in the mother.
- Assisted reproductive techniques (ART).

Symptoms and Signs (Table 1):

Table (1): Symptoms & Sign of Posterior Urethral Valve

Symptoms/Signs	Description
Urinary tract infections (UTIs)	Irritability, fever, pain during urination, nausea, vomiting and diarrhea.
Difficulty in urination	Weak urine stream, hesitancy, reduced frequency of urination or hematuria.
Failure to thrive in Infants	Inadequate weight gain, which may indicate underlying urinary issues.
Signs of renal impairment	Swelling, fatigue or changes in urine output.

Where to seek medical advice?

- It is ideal to consult a specialist in this field (a pediatric urologist). If unavailable, preferably consult a general pediatrician, and a general urologist.

Prenatal and Postnatal Diagnosis of PUV

- Prenatal assessment by ultrasound (US) for bilateral hydronephrosis, distended thick-walled bladder or keyhole sign which is due to dilated posterior urethra.
- If oligohydramnios is detected, the next step is taken according to gestational age as follows;

A. If gestational age <20 weeks, consider termination of pregnancy.

B. If gestational age is between 20 – 28 weeks, consider antenatal intervention with;

- ✓ Singleton fetus.
- ✓ Normal karyotyping.
- ✓ No other associated anomalies.
- ✓ Salvageable renal functions.

C. If gestational age >28 weeks, consider early delivery.

- After birth: repeat renal and bladder US and perform voiding cystourethrogram (gold standard investigation).

Importance of early diagnosis:

- The earlier the diagnosis, the better, as it allows early management to anticipate complications of PUV and give them the best quality of life.

PUV and Progression to Multi-Organ Failure

1. Urinary System - Renal and Bladder Failure

- PUV causes bilateral urinary obstruction, leading to;

A. **Progressive hydroureteronephrosis (dilation of ureters and pelvicalyceal system):** increased backpressure changes on nephrons leads to CKD which is irreversible and may progress to renal failure.

B. **Bladder myogenic failure and voiding dysfunction.**

2. Cardiovascular System - Heart Failure and Circulatory Collapse

- **Volume overload**, leads to congestive heart failure (CHF) and pulmonary edema.
- **Hypertension** as a result of CKD, may lead to hypertension-mediated organ damage.
- **Uremic cardiomyopathy**: toxins impair myocardial function, worsening heart failure.

3. Respiratory System - Pulmonary Failure

- **Pulmonary Hypoplasia** as a result of oligohydramnios, lead to respiratory distress.
- **Uremic pneumonitis** results from immune dysfunction and causes lung inflammation.

4. Gastrointestinal System - Gastrointestinal Failure

- **Uremia-induced enteropathy** causes nausea, vomiting, anorexia and bleeding.
- **Gastroparesis** delays gastric emptying due to CKD-related autonomic dysfunction.

5. Hematologic System - Blood and Coagulation Failure

- **Anemia** due to erythropoietin deficiency from renal failure.
- **Platelet dysfunction** that results from uremic toxins.

6. Neurologic System - Brain Failure and Encephalopathy

- **Uremic encephalopathy** that results from toxin accumulation.

7. Endocrine and Metabolic System

- **Secondary hyperparathyroidism** as a result of low calcium levels.
- **Metabolic acidosis** worsens catabolism, causing malnutrition and impaired tissue repair.
- **Hyperkalemia** (risk of fatal arrhythmias), along with **calcium and sodium imbalances**.

8. Immune System - Immune Suppression and Sepsis

- **UTIs and pyelonephritis increasing the risk of sepsis** due to urinary stasis.
- **Delayed wound healing and infection.**

9. Musculoskeletal System - Bone and Muscle Dysfunction

- **CKD-mineral bone disorder (CKD-MBD)** leads to fractures and growth retardation.
- **Muscle wasting** due to metabolic acidosis and malnutrition leads to muscle cramps.

Management Options

- The aim of intervention is to prevent further renal damage, reverse oligohydramnios, and maintain normal development of lungs, kidneys and bladder**, as shown in Table 2.**
  - *Table (2): Management of Posterior Urethral Valve*

(1) Antenatal Management	
Vesicoamniotic Shunting (VAS)	Increases survival, but doesn't reduce the incidence of renal failure.
Fetoscopic Valve Ablation	Allows endoscopic bladder examination, relieves obstruction and avoids mechanical complications of VAS.
(2) Postnatal Management	
Initial Stabilization	Immediate assessment and stabilization, including urinary catheterization to relieve bladder pressure and protect kidney function.
Endoscopic Valve Ablation	Surgical incisions in the valve using a cystoscope to allow unobstructed urine flow.
Vesicostomy	Temporary procedure for babies who are too small for endoscopic valve ablation or with severe obstruction; provides better urine drainage.
(3) Post-ablation Management	
Long-Term Management	Regular follow-ups to monitor renal and bladder function, urinary continence, and growth; initiation of bladder rehabilitation.
Bladder Dysfunction	May occur post-intervention (valve bladder syndrome); managed with medications to improve bladder dynamics and upper tract symptoms.

Long-term outcomes and prognosis:

- Newer treatment modalities for bladder obstruction & dysfunction, have reduced the mortality rates to less than 3%.

Answer to Ideas, Concerns & Expectations of Patients

Q1: Is PUV caused by something I did during pregnancy?

A1: No, PUV is a congenital condition (presents

at birth) that happens randomly during fetal development. It is not caused by anything the mother did or did not do.

Q2: Can PUV go away on its own?

A2: No, PUV does not resolve without surgical intervention, classically endoscopic valve ablation, is needed and is performed safely by pediatric urologists.

Q3: Will my child have a normal life after treatment?

A3: Most children can live normal lives with early detection and management. Regular check-ups are essential to monitor kidney function and prevent complications.

Q4: Will my child need dialysis or kidney transplantation?

A4: Severe PUV can cause CKD in 50% of patients, which may develop to renal failure in one-third of cases, that might lead to the need for dialysis or renal transplant in 15% of them. However, early treatment and regular check-ups can help prevent renal failure.

Q5: What can I do as a parent to help?

A5: Monitor your child's symptoms and signs, ensure follow-up visits, encourage hydration and follow medical advice. Seek medical help if you notice any changes.

Patient Testimonial

"I never imagined that my son had a serious problem until one morning when I opened his diaper and saw blood. During routine check-up for my daughter, I mentioned it to the pediatrician, who recommended doing a urine test which showed pus. My son was screaming in pain, whenever he tried to pee. A physician noticed that his urethral opening was narrow and he tried to widen it. Later on, my son developed fever and we rushed to the university hospital, where they inserted a catheter to relieve his urine retention."

She cried and continued her words in tears, saying: "Eventually, a specialist diagnosed him with PUV and he was referred for an immediate surgery. It was only on the morning of the procedure that I fully understood what PUV was—I had never heard of it before! Now, I know how important early detection is in preventing complications. I urge all mothers to seek specialists' advice if something seems wrong and raise awareness so other families don't go through the same fear and uncertainty."

Important Message to Families

- PUV is a condition that lasts for life & requires constant management, hence it is vital for the family to understand and be informed about urinary continence.
- Continence is depending on the timed voiding schedule and clean intermittent catheterization (insertion of a flexible tube to drain the urine from the bladder).
- The patient and their families have to understand how medications can help to control the symptoms of PUV, however, currently not curative treatment.
- We can offer support by **(Table 3);**

Table (3): Methods of Offering Support to Patients and their Families

Education & Medical assistance	i. Inform the family about PUV, its causes, symptoms and treatment to aid in informed decisions. ii. Work with healthcare providers to create personalized treatment plans based on each patient's needs and financial abilities.
Long-term Monitoring	Stress the importance of regular follow-ups to monitor kidney function.
Community Engagement	Awareness helps the general population to understand the condition and its effects on those who have it through seminars and campaigns.

Emotional and psychological support:

- Counseling services and support group benefits;

  ✓ Give access to help families coping with their emotional health.
  ✓ Connect families with support networks where they can share experiences and gain the know-how from others who struggle with PUV.

Important Message to Physicians

- We, as physicians, should help families to learn about the disease and spread awareness to encourage earlier diagnosis of the condition to improve outcomes.
- We should not promise the families of the patients anything regarding the disease and its treatment.
- We should refer the child to a pediatric urologist, when PUV is suspected.

Important Message to Pediatric Urologists

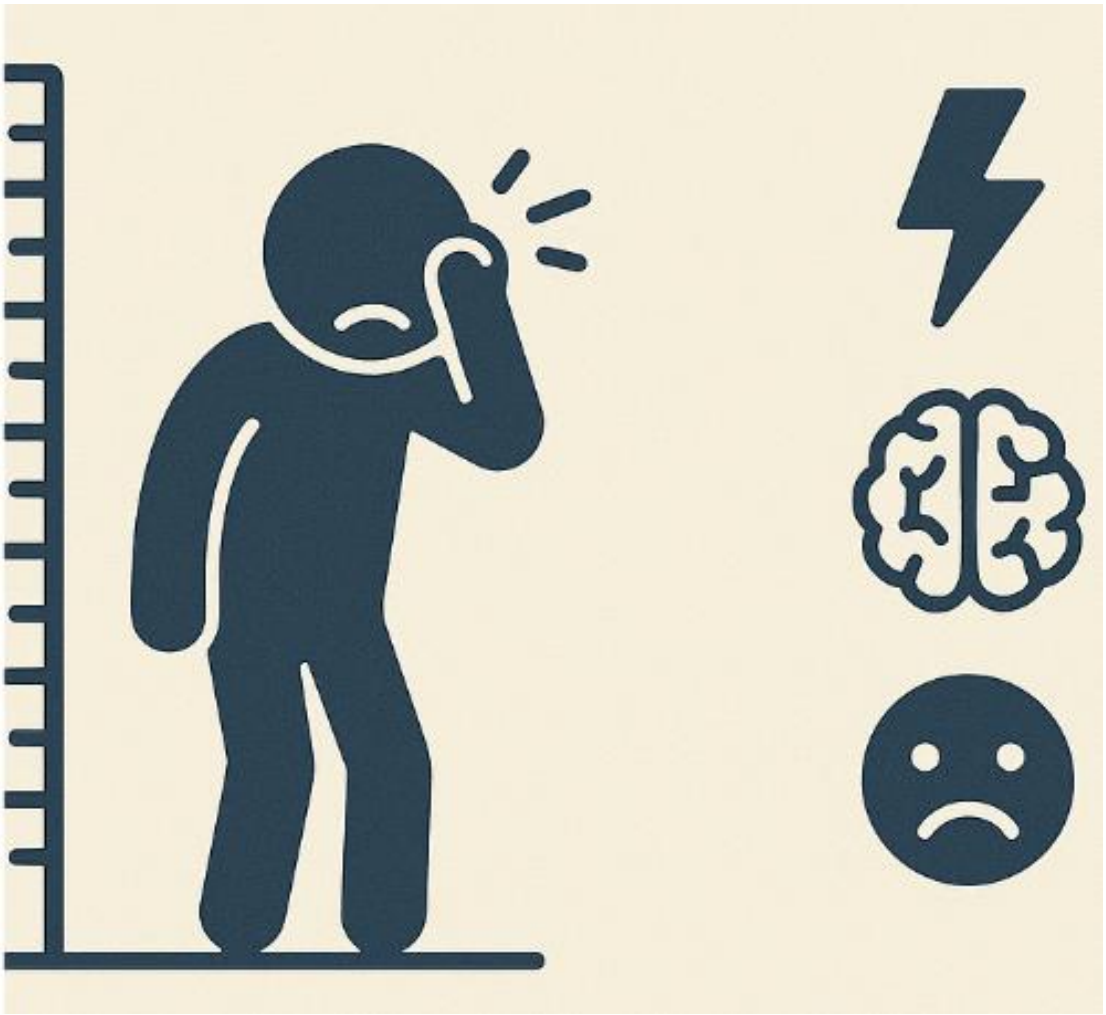
- Tailor your approach to each case; once the diagnosis of PUV is confirmed, construct a personalized treatment plan, considering individuals' conditions and financial situations.
- Encourage the parents to learn more about the disease and engage them in more discussion about the disease.
- Keep updated with the latest international guidelines.

Important Message to Healthcare Authorities

- Make it easier for parents to check with the right specialists without having to wait.
- Ensure the treatments are affordable.
- Educate the general population about PUV and the importance of regular screening during pregnancy.
- Support research to learn more about PUV and possibly preventative measures.

Take-home Messages

- PUV is a serious condition.
- PUV can lead to renal and bladder failure.
- Early detection of PUV is crucial to prevent long-term urinary organ damage.
- Watch for signs, such as weak urine stream or recurrent UTIs.
- If you notice anything unusual, seek medical advice immediately!



Growth Failure & Short Stature

Short Stature, Long Stories

📏 Understanding Short Stature

Short stature means a child's height is much shorter than expected for their age and sex. It's usually defined as:

- **Height below the 3rd percentile on growth charts**
- **Or more than 2 standard deviations below the average**

Globally, about 2.5% of people are affected. But in Egypt, the rate is much higher.

- **A large study on over 33,000 Egyptian children (aged 6–11) found that 17% had short stature**
- **Other studies showed rates as high as 25–33% in children under age 5**

🧒 Why It Matters?

Short stature can affect a child's:

- **Physical health (delayed puberty, weak bones, heart problems, low muscle strength)**
- **Immune system and mental development**
- **Confidence, self-esteem, and ability to take part in sports or future careers**
- **It may also lead to depression, anxiety, and social challenges**

🧬 What Causes Short Stature?

Causes fall into two main groups:

✅ Non-Pathological Causes (Not due to illness)

- **Familial short stature: runs in the family, with no medical issue**

- **Constitutional growth delay: growth is slower than peers, but eventual adult height is normal**

⚠ Pathological Causes (Due to medical problems)

1. **Genetic disorders: inherited conditions that affect growth**
2. **Hormonal (endocrine) issues: growth hormone problems or thyroid issues**
3. **Nutritional problems: poor diet, chronic anemia, or gut issues**
4. **Chronic illnesses: like kidney disease, heart defects, or cystic fibrosis**
5. **Bone diseases: conditions that affect bone development**
6. **Other factors: stress, emotional neglect, or long-term use of steroids**

🔍 Why Early Detection Is So Important

Catching short stature early means:

- **We can find and treat the underlying cause**
- **Help the child reach their full height potential**
- **Prevent long-term complications**
- **Reduce treatment costs**
- **Improve their overall quality of life**

🚩 When to Be Concerned

See a doctor if you notice:

- **Your child is much shorter than their classmates (below 3rd percentile)**
- **Their growth is very slow over time**
- **X-rays show delayed bone development**
- **Their body appears disproportionate**
- **They have other symptoms linked to chronic diseases**

These may be signs of an underlying medical issue that needs attention.

🚑 Red Flags: When to Suspect a Medical Cause for Short Stature

Short stature can sometimes be a sign of an underlying health issue. Here are signs that may indicate a pathological (medical) cause:

🧬 1. Hormonal Problems (Endocrine Issues):

- **Hypothyroidism: Constant tiredness, cold intolerance, and weight gain**
- **Delayed puberty: Seen in conditions like hypogonadism**
- **Cushing's syndrome: Weight gain, round face, and slow growth**

🍽️ 2. Chronic Illness or Nutritional Deficiencies:

- **Pale skin, frequent infections, diarrhea**
- **Easy bruising and poor appetite**
- **These may point to anemia, celiac disease, or liver/kidney problems**

🧠 3. Psychological Causes:

- **Emotional stress, neglect, or abuse**
- **Behavioral issues and social withdrawal may suggest psychological short stature**

⚠️ When Should You Be Concerned?

See a doctor if your child:

- **Grows less than 4 cm per year after age 2**
- **Has unusual body proportions**
- **Shows delayed puberty**
- **Has other symptoms from the categories above**

How Is Short Stature Diagnosed?

✅ 1. Growth Monitoring:

- **Use a growth chart to compare your child's height and weight**
- **Height below the 3rd percentile or growth slower than 4 cm/year is a red flag**

✅ 2. Family History:

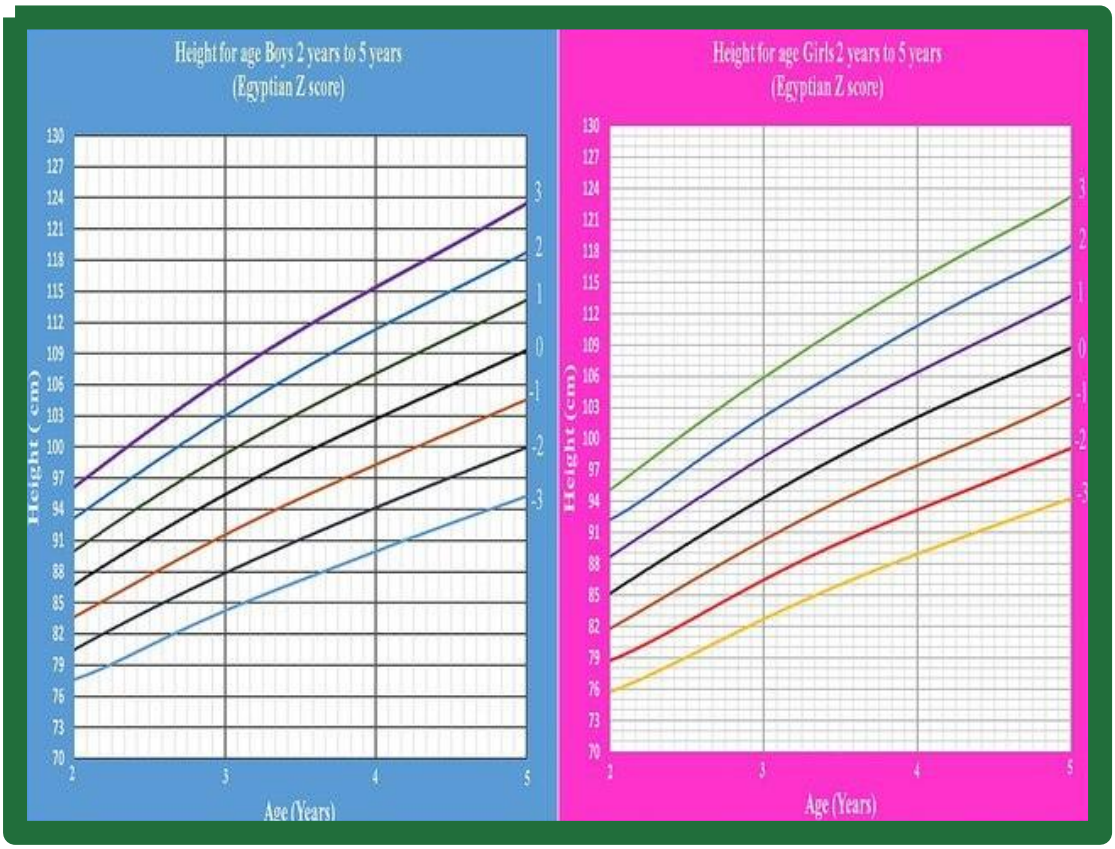
- **A family background of short stature or inherited health conditions can be a clue**

✅ 3. Birth and Development History:

- **Low birth weight, premature birth, or delayed milestones can impact growth**

✅ 4. Physical Examination:

- **Doctors assess:**
  - **Whether the body is proportionate**
  - **Unusual physical features**
  - **Signs of puberty or delayed development**



Egyptian Z score height for age from 2 to 5 years for boys & girls.

🤔 Common Questions & Concerns About Short Stature

🧒 FAQs From Children & Teens:

1. Will treatment make me taller?
Maybe. It depends on the cause. Some conditions improve with growth hormone therapy, but not all cases need or respond to it.

2. Will being short limit my opportunities?
Absolutely not. Many successful people are short. Confidence, skills, and determination matter more than height.

3. Will I face social challenges?
You might—but confidence and self-love help overcome stereotypes. You are more than your height.

💭 Expectations That Need Clarifying:

1. Doctors can always make me taller.
Not all short stature cases need treatment. Some genetic conditions can't be fixed with medication, but many health-related causes can be treated, especially if found early.

2. If I get treatment, I'll grow like my friends.
Growth results vary. Some grow a lot, others a little. It depends on the cause and when treatment starts.

3. I won't find love or a family because I'm short.
Height doesn't define relationships. Personality, kindness, and connection do.

4. I'll always need special tools or help.
Some short people use tools (like stools or custom chairs) for convenience, but many live completely independently.

👨‍👩‍👧 Important Message to Families

1. Many Possible Causes
Short stature isn't always inherited. It could signal a medical issue, hormonal, genetic, nutritional, or chronic disease.

2. Early Detection Matters
Don't wait. If you're concerned about your child's growth, check early. Treating underlying problems sooner gives better results.

3. Support Their Confidence
If your child is healthy but just short, focus on their **personality, strengths, and self-esteem**. That's what truly matters.

Important Message to Physicians

1. Look at the Whole Picture
Short stature may come from various causes. Check for medical, emotional, and social factors. Don't overlook the child's mental well-being.

2. Measure Accurately
Use standardized growth charts and tools. Even small errors in measurement can delay proper care.

3. Customize Care
Every child grows differently. Once a cause is confirmed, act quickly and create a personalized care plan.

4. Involve and Educate Parents
Explain test results, treatments, and what to expect. Make sure families feel heard and informed.

5. Stay Updated
Follow current clinical guidelines and stay aware of new treatment options.

Message to Healthcare Leaders

1. Make Access Easier
Children and adults with growth concerns need timely access to specialists.

2. Ensure Affordability
Treatments like growth hormone therapy should be covered by insurance to reduce financial stress.

3. Raise Awareness
Public campaigns can help parents understand when to seek help, and fight the stigma around being short.

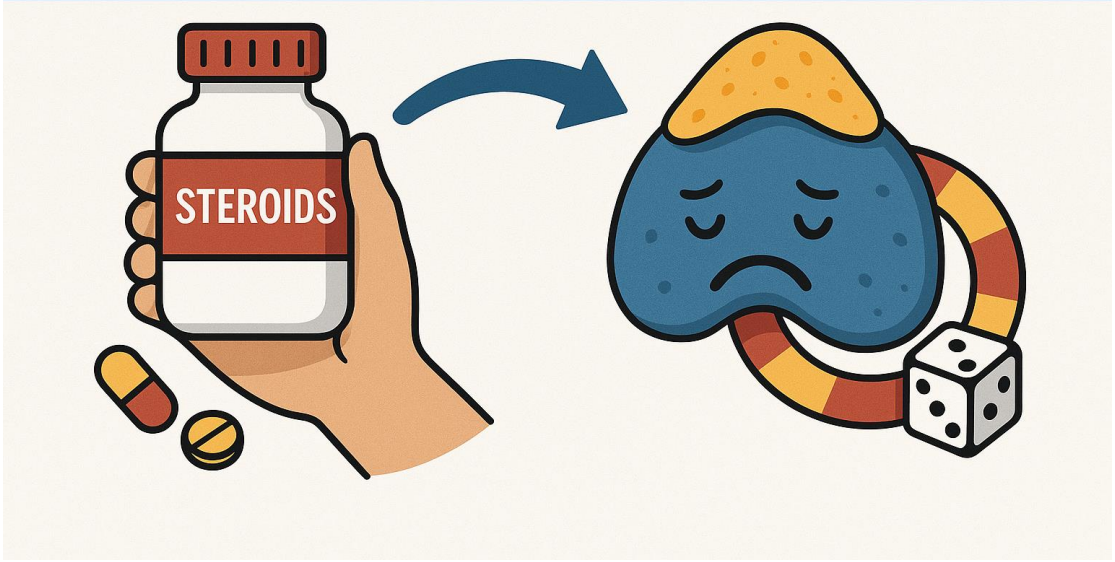
4. Support Research
Invest in studies that improve care and treatment for growth disorders.

5. End Discrimination
Protect people with short stature from bias in schools, healthcare, and workplaces.

✅ Key Take-Home Messages

- Short stature is common—especially in Egypt
- It can be due to medical or non-medical reasons
- **Height does not define your abilities, worth, or future**
- Community awareness helps improve care and reduce stigma
- Early diagnosis and personalized treatment give the best outcomes

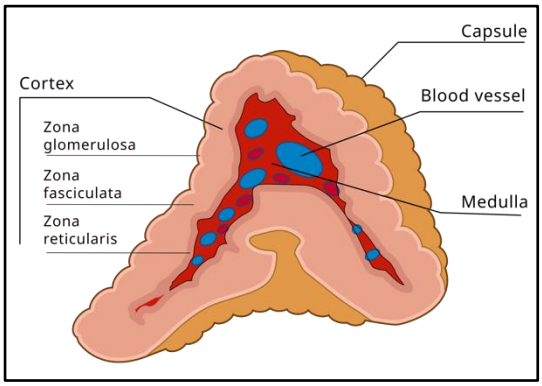
Misuse of Steroids and Adrenal Failure



Adrenal Gamble:
The Dangers of Steroid Misuse

What You Need to Know About Adrenal Glands and Steroid Use

Your adrenal glands sit on top of your kidneys. They make important hormones that help control:



- **Blood pressure**
- **Body fluids and salts**
- **Stress response**
- **Energy and metabolism**

One of the key hormones they produce is cortisol, also called the "stress hormone."

⚠ What Is Adrenal Insufficiency?

Sometimes the adrenal glands don't make enough hormones, especially cortisol.
This is called adrenal insufficiency and can lead to serious health problems.

Causes include:

- **Addison's disease (damage to the adrenal glands)**
- **Problems with the brain signals that control cortisol**
- **Long-term steroid use, which can "turn off" the body's natural cortisol production**

When steroid medications are stopped suddenly after long use, the body may not be ready to produce cortisol on its own. This can cause steroid-induced adrenal insufficiency (SAI), a dangerous condition.

💊 How Steroids Are Involved

Steroids (like prednisone) are powerful medicines used to treat:

- **Asthma**
- **Allergies**
- **Arthritis**
- **Skin problems**

But some people misuse steroids to:

- **Gain weight**
- **Lighten their skin**
- **Build muscle**

Misuse or stopping steroids too quickly can cause life-threatening problems by shutting down the body's natural cortisol system.

🚑 Warning Signs of Steroid-Induced Adrenal Insufficiency (SAI)

Watch for these symptoms, especially if you're on long-term steroids:

- **Constant tiredness doesn't go away with rest**
- **Muscle weakness**
- **Nausea, vomiting, and loss of appetite**
- **Weight loss**
- **Dizziness or fainting**
- **Mood changes like depression, irritability, or trouble focusing**

👉 **These signs can be confused with other illnesses, so SAI should be suspected if you have been using steroids for a long time.**

⚠ Who's at Risk?

- **Taking steroid pills or injections for more than 2 weeks**
- **Using high doses of steroids**
- **Long-term use of oral or injected steroids (higher risk than inhalers or creams)**

- **Having a genetic tendency that makes you more sensitive to steroid side effects**

Why Early Detection Matters

Catching SAI early can prevent serious problems.
If you are on chronic steroids:

- **Watch for symptoms and report them quickly**
- **Get regular check-ups even if you feel fine**
- **Educate yourself about what to look out for**

Tests to check for SAI:

- **Morning cortisol blood test:**
  - **Below 150 = likely adrenal insufficiency**
  - **150–300 = unclear, more tests needed**
  - **Above 300 = unlikely to have SAI**
- **ACTH blood test: Low levels may suggest SAI**
- **ACTH stimulation test: Confirms the diagnosis. If your cortisol rises above 430 after a small injection, adrenal insufficiency is ruled out.**

Why Prevention of Steroid-Induced Adrenal Insufficiency (SAI) Matters

- **Preventing SAI is crucial because low cortisol levels can affect almost every organ and lead to life-threatening problems.**
- **The good news: SAI is mostly preventable!**
- **The best way to prevent it is to slowly and carefully reduce steroid medications (not stopping them suddenly), giving your body time to recover.**

Why Early Diagnosis Is Important

- **Catching SAI early means faster treatment and a better quality of life.**
- **Since symptoms like tiredness and weakness can be confused with other illnesses, doctors must stay alert to avoid missing the diagnosis.**
- **Early diagnosis saves lives and prevents serious complications.**

When to Seek Medical Advice

- **If you are on steroids and notice symptoms like extreme tiredness, dizziness, weight loss, or mood changes, see your doctor (family doctor or hormone specialist).**
- **Your doctor will check your symptoms, run blood tests, and if needed, start steroid replacement treatment.**
- **If your symptoms suddenly get worse (severe weakness, vomiting, confusion), go immediately to the nearest emergency room. You may need urgent treatment with IV hydrocortisone and fluids to prevent a crisis.**

Common Questions and Concerns

Is SAI permanent?

- **In most cases, no.**
- **With careful treatment and slow steroid withdrawal, most people recover, although it may take a few weeks or months. Regular check-ups are important to track your recovery.**

Will SAI affect my sexual health?

- **Usually not directly.**

- **While mood changes and fatigue might lower sexual drive, the adrenal hormones that impact sexual function are often not affected in SAI.**

Will my skin or appearance change after stopping steroids?

- **Possibly for a short time. You might see a return of acne, dry skin, or dullness after stopping steroids.**
- **These changes are temporary and usually improve with time and proper care.**

Important Message for Families

- **Families play a key role in helping loved ones on steroids stay safe.**
- **Learn to spot warning signs of adrenal problems (like extreme tiredness, dizziness, or weakness).**
- **Keep an emergency steroid injection kit at home — and know how to use it.**
- **Offer emotional support during treatment — managing steroids can be stressful.**
- **If your child is on steroids, learn about why steroids are needed and the importance of tapering off slowly to protect their health.**

Important Message for Doctors

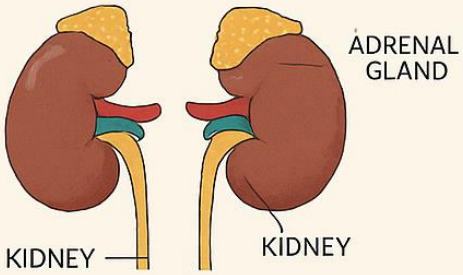
- **Prescribe steroids only when necessary, at the lowest effective dose, and for the shortest time possible.**
- **Always educate patients about side effects and the risks of stopping steroids suddenly.**
- **Use proper tapering plans based on how long and how much the patient has been taking steroids.**
- **Be ready to recognize adrenal crisis — it's a medical emergency that needs fast action.**

✅ Take-Home Messages

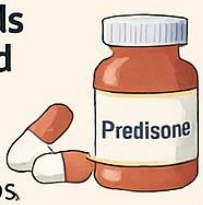
- **Steroid-induced adrenal insufficiency (SAI) is serious but preventable.**
- **Awareness, early detection, and safe steroid use are the best ways to avoid life-threatening emergencies like adrenal crisis.**
- **Patients should always use steroids under doctor supervision and seek help if they feel weak, dizzy, or sick while using or stopping steroids.**
- **Families should encourage medication safety, recognize warning signs, and support recovery.**
- **Doctors should rule out SAI first when steroid users show symptoms before diagnosing something else.**
- **Steroid misuse for beauty or muscle gain is dangerous — short-term results aren't worth long-term harm to your natural hormone system.**

What You Need to Know About Adrenal Glands and Steroid Use

Your adrenal gālans sit on tope of your kidneys, especiall coitisol.



How Steroids Are Involved



Used for treating asthma, allergles.

Arthritis, or kin probs

- Long-term steroid use, which can "tum off" the body's natural cortisol
- Mood changes like depression, irritability, or trouble focusing

Gain weight ond loss d'appitite

Weight loss

Who's at Risk?

- Taking steroid pills or injections for more than 2 weeks
- Using high doses of steroids
- Long-term use of oral or injected steroids (higher risk than intale
- A genetic tendency for SAI

Above 300= unlikely to have SAI

What Is Adrenal Insufficiency?

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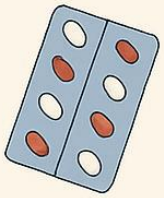
This is called adrenal insufficiency and can lead to serious helth

Who's at Risk?



- Taking sterold pills or injections for more than 2 weeks
- Using high doses of steroids
- Get regular checkups even if feel fine

✕ Low likely

Why Early Detection Matters

Catching SAI early can prevent serious problems

- If you are turer der
- ACH confirms the diagnosis ırfornfishe dagnossis
- ACTH stimutation test confirms

Take-Home Messages

- SAI is serious but preventable
- Awareness, early detection, and safe steroid use the best ways toay avoid life threatening emergencles

DIABETIC NEUROPATHY

The Silent Complication

EARLY AWARENESS SAVES LIMBS AND LIVES

Diabetic Neuropathy: Numb No More!

Diabetic neuropathy is a type of nerve damage that can occur if you have diabetes. High blood sugar (glucose) can injure nerves throughout the body. Diabetic neuropathy most often damages nerves in the legs and feet.

Depending on the affected nerves, diabetic neuropathy symptoms include pain and numbness in the legs, feet and hands. It can also cause problems with the digestive system, urinary tract, blood vessels and heart. Some people have mild symptoms. But for others, diabetic neuropathy can be quite painful and disabling.

Diabetic neuropathy is a serious diabetes complication that may affect as many as 50% of people with diabetes.

Symptoms of Diabetic Neuropathy

Diabetic neuropathy is nerve damage caused by high blood sugar over time. It can affect the feet, hands, internal organs, and other areas.

1. Peripheral Neuropathy (affects feet, legs, hands)

- Burning, tingling, or numbness
- Pain, often worse at night
- Muscle weakness or unsteady walking

2. Autonomic Neuropathy (affects internal functions)

- Heat intolerance or unusual sweating
- Bladder issues (leaking or not emptying fully)
- Dizziness when standing up
- Sexual problems (e.g. erectile dysfunction)
- Digestive trouble: nausea, diarrhea, constipation
- Low blood sugar unawareness (missing warning signs)
- Irregular or fast heartbeat

3. Proximal Neuropathy (affects thighs and hips)

- Sharp pain in hip, thigh, or buttocks
- Weak or shrinking thigh muscles
- Difficulty standing from sitting

4. Mononeuropathy (affects one specific nerve)

- Double vision or facial weakness
- Numbness or weakness in hand or fingers
- Pain in the shin, foot, or front thigh
- Difficulty lifting the front of the foot (foot drop)

Watch Out for Nerve Damage from Diabetes

If you have diabetes, talk to your doctor right away if you notice:

- **A** foot wound or sore that doesn't heal
- Burning, tingling, or pain in your hands or feet
- Weakness that affects your sleep or daily activities
- Changes in urination, digestion, or sexual function
- Foot deformities, ulcers, or calluses
- Frequent infections
- Loss of feeling in your feet or hands

These could be signs of diabetic neuropathy – nerve damage caused by high blood sugar.

Who’s at Higher Risk?

You’re more likely to develop nerve problems if you:

- Have uncontrolled blood sugar
- Have had diabetes for many years
- Also have kidney disease
- Are overweight
- Smoke
- Have high cholesterol or unhealthy blood fats (dyslipidemia)

Take Action Early

Controlling your blood sugar, staying active, eating healthy, and quitting smoking can help protect your nerves and improve your quality of life.

How Doctors Check for Nerve Damage from Diabetes

Step 1: Understanding Your Symptoms

The first step is talking about what you're feeling.
Tell your doctor if you have:

- **Tingling or numbness (especially in your feet or hands)**
- **Burning or sharp pain**
- **Muscle weakness**
- **Trouble feeling hot, cold, or pain**
- **Dizziness, tummy issues, or bladder problems**

Step 2: Simple Nerve Checks

Your doctor may do a few quick tests:

- **Touch test – using a soft thread on your foot**
- **Vibration test – with a small tuning fork**
- **Hot/cold and pinprick test**
- **Reflex check – gentle tapping on your ankle**

These help see how well your nerves respond.

Step 3: Basic Blood Tests

These tests check if something else is affecting your nerves:

- **Blood sugar and HbA1c – for diabetes control**
- **Vitamin B12 – low levels can cause similar symptoms**
- **Kidney and thyroid function – both affect nerve health**

- **Cholesterol and triglycerides – high levels can damage nerves**

Step 4: Special Nerve Tests

If needed, doctors may use:

- **Nerve conduction study (NCS): Checks how fast your nerves send messages**
- **Electromyography (EMG): Looks at muscle and nerve activity with a tiny needle**

Step 5: Small Nerve Fiber Testing

For more detailed checks:

- **Skin biopsy: A small skin sample is taken to count nerve endings**
- **QST test: Measures how you feel temperature or pressure**

Step 6: Autonomic Nerve Testing

If you have sweating problems, dizziness, or digestive issues:

- **Heart rate test – during deep breathing**
- **Tilt test – checks your blood pressure when standing**
- **Sweat test – looks at how well your body sweats**

Step 7: Imaging (Only When Needed)

If symptoms seem unusual, doctors might order:

- **MRI or CT scan – to look for spine or nerve issues**
- **Ultrasound – to check if a nerve is being pressed**

Step 8: Rare Testing

Only in special cases:

- **Genetic tests – if nerve problems run in your family**
- **Nerve biopsy – a last-resort test to check for rare diseases**

🦠 Managing Diabetic Nerve Damage (Neuropathy)

✅ Control Your Diabetes

Keeping blood sugar under control helps prevent and slow nerve damage.

- **Keep HbA1c < 7%**
- **Check blood sugar regularly**
- **Eat healthy (more fruits, veggies, whole grains)**
- **Take your medication as prescribed**

Target blood sugar:

- **Fasting: 80–130 mg/dL**
- **After meals: <180 mg/dL**

🔁 Healthy Lifestyle = Lower Risk

- **Lose weight (even 5–10% helps)**
- **Exercise 30 minutes a day**
- **Eat more fiber-rich foods**
- **Use healthy fats (olive oil, nuts, fish)**
- **Avoid extreme diets – focus on balance**

💊 Pain Relief Options

- **Medicines: Gabapentin, Pregabalin, or Venlafaxine**
- **Supplements: Vitamin B complex, Alpha-lipoic acid *(ask your doctor)***

🌿 Non-Drug Pain Relief

- **Acupuncture: May reduce pain for months**
- **TENS Therapy: Gentle electrical stimulation that:**
  - **Eases pain**
  - **Improves blood flow**
  - **Relaxes muscles**
  - **Helps avoid strong painkillers**

🦶 Protect Your Feet

Visit diabetic foot clinics for:

- **Early problem detection**
- **Wound care and pressure relief**
- **Foot care education**

Daily tip: Check your feet for cuts, swelling, or numbness.

✔ Key Reminders

- **Control sugar**
- **Stay active**
- **Manage pain early**
- **Check your feet**
- **Seek help when needed**

✅ Take-Home Messages on Diabetic Nerve Health

For Patients with Diabetes

If you notice any of these symptoms, see your doctor early – even if they seem mild. Early action can prevent serious complications:

- **Numbness or tingling in feet or hands**
- **Burning or sharp pain**
- **Sensitivity to temperature changes**
- **Cramps or shooting pains**
- **Foot ulcers or slow-healing sores**
- **Bloating or feeling full too quickly**

Stay on Track:

Visit your doctor regularly (every 1–3 months) to monitor blood sugar, prevent complications, and adjust treatment as needed.

For Family Members

Your support matters! Helping a loved one with diabetes means:

- **Reminding them to take their medications**
- **Preparing healthy meals together**
- **Encouraging regular check-ups**
- **Offering emotional support**

Small acts of care make a big difference in their health and well-being.

For the Community

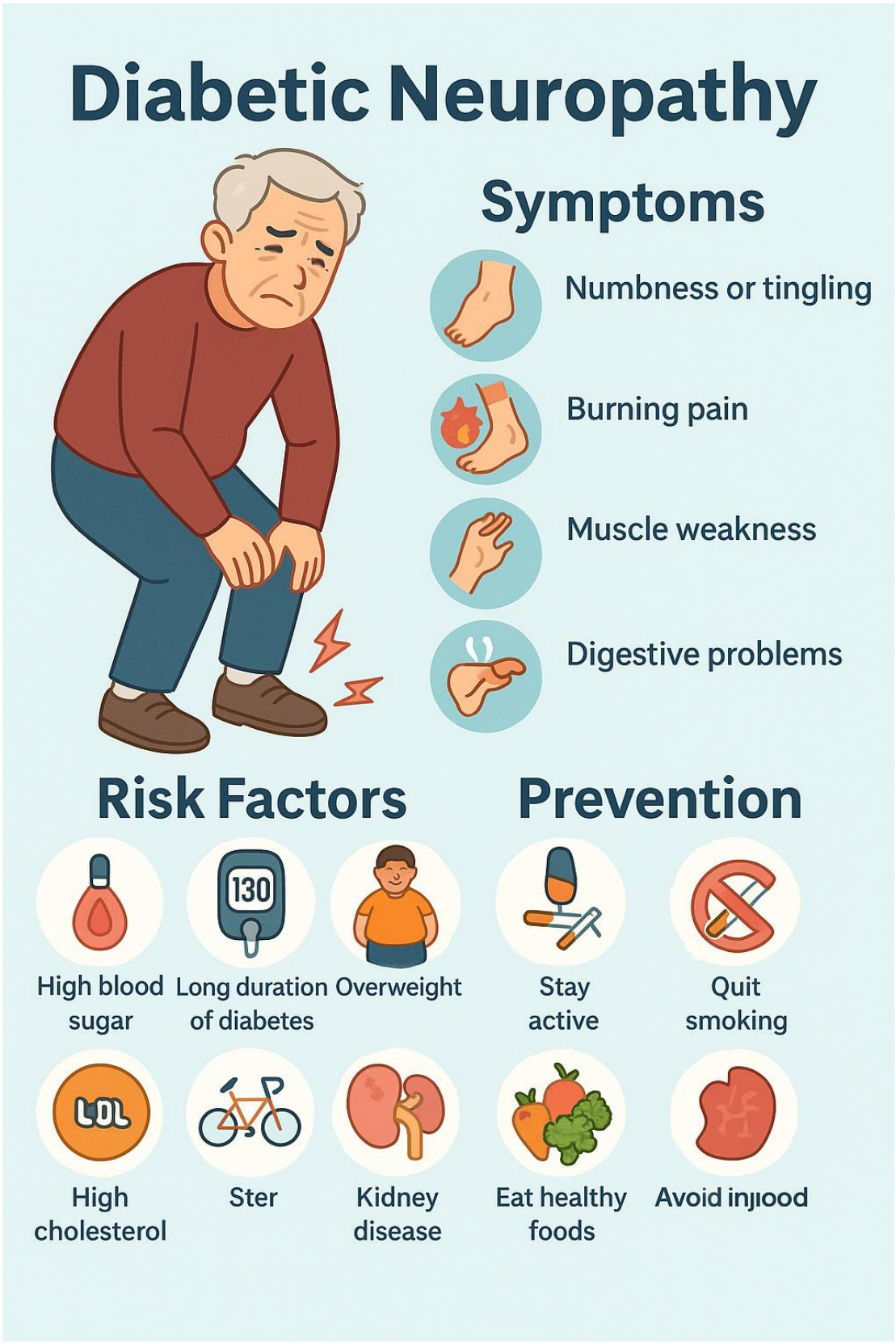
We can all take steps to prevent diabetes and live healthier:

1. **Stay at a healthy weight**
2. **Eat balanced meals – more fruits, vegetables, and whole grains**

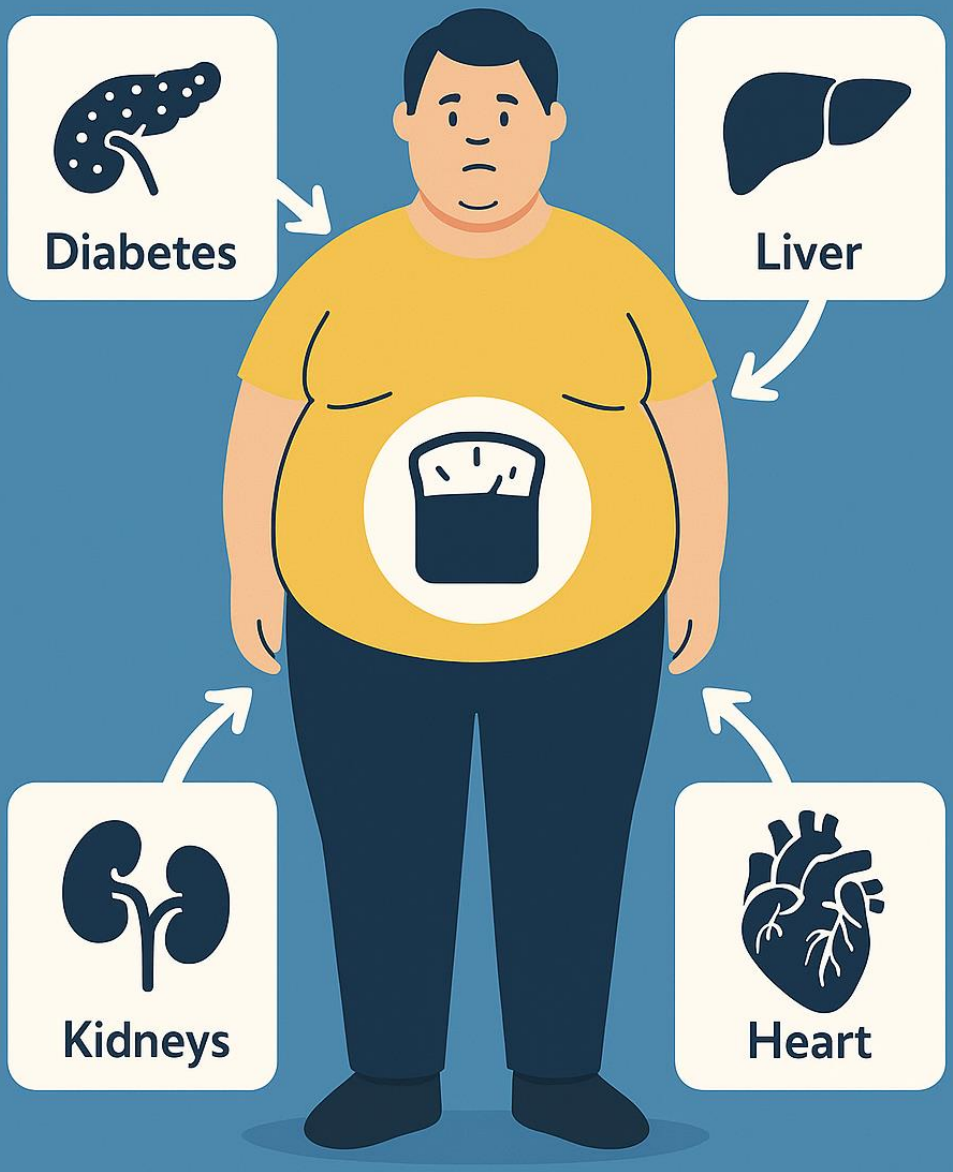
3. **Exercise regularly – at least 30 minutes most days**
4. **Avoid smoking and limit alcohol**
5. **Get regular health checkups**

🗣 Your health is in your hands!

Start small. Stay consistent. Together, we can prevent diabetes and build a healthier future.


Diabetic Neuropathy
Symptoms
Numbness or tingling
Burning pain
Muscle weakness
Digestive problems
Risk Factors
Prevention
130
LDL
High blood sugar
Long duration of diabetes
Overweight
Stay active
Quit smoking
High cholesterol
Ster
Kidney disease
Eat healthy foods
Avoid inյıood

OBESITY AND MULTI-ORGAN FAILURE



Obesity and multi-organ failure and new trends in treatment

⚠ Obesity: Why It Matters

Obesity isn't just about body weight, it's a serious health condition that can affect your whole body. It happens when excess body fat builds up due to poor eating habits, lack of exercise, or disrupted sleep. Over time, it leads to chronic diseases and can even cause organ failure, especially in the heart, liver, kidneys, and lungs.

What Is Obesity?

Obesity is when a person carries too much body fat, putting their health at risk. It is recognized as a disease by the WHO. It can result from lifestyle habits, hormonal imbalances, or genetic conditions, and it requires long-term medical care and support.

How Common Is It?

In 2022, Egypt ranked 7th worldwide in obesity, with nearly 40% of adults affected. That's over 21 million people.

How Is Obesity Diagnosed?

1. Body Mass Index (BMI):

- **Underweight: <18.5**
- **Normal: 18.5–24.9**
- **Overweight: 25–29.9**
- **Obese: 30 or more**

2. Waist Size:

- **Men: >102 cm (40 in)**
- **Women: >88 cm (35 in)**

3. Body Fat %:

- **Men: >25%**
- **Women: >32%**

4. Physical Signs:

- **Tiredness, breathlessness, joint pain, low energy**

🔍 What Causes Obesity?

- **Family history (genetics)**
- **Lack of physical activity**
- **Overeating, especially fast food and sugary drinks**
- **Poor sleep**
- **Certain medications and health conditions**
- **Limited access to healthy food**

🧠 Obesity and Mental Health

Many people feel ashamed or judged because of their weight. Social pressure and bullying can lead to anxiety, depression, and low self-esteem making it even harder to manage weight in a healthy way.

🛑 Why Early Detection Is Important

Obesity can lead to serious health problems, including:

- **Diabetes: Most people with type 2 diabetes are overweight**

- **Heart Disease & High Blood Pressure: Excess weight puts pressure on the heart**
- **Fatty Liver Disease: Can lead to liver scarring and failure**
- **Breathing Issues: Like sleep apnea and asthma**
- **Joint Problems: Extra weight strains knees, hips, and ankles**
- **Acid Reflux (GERD): And its complications**
- **Gallstones & Pancreatitis: Due to fat buildup**
- **Kidney Disease: Linked to high blood pressure and diabetes**
- **Cancer: Increases risk of several cancers**
- **Pregnancy Risks: Higher risk for complications for both mom and baby**
- **Fertility Issues: Affects both men and women**

❌ *Why Sticking to Obesity Treatment Can Be Difficult*

Managing obesity isn't always easy, and many people face real challenges, such as:

- ***Lack of Motivation: Staying committed to lifestyle changes long-term can be tough.***
- ***Mental Health Issues: Depression, anxiety, or emotional eating may make it harder to stick to a plan.***
- ***Unrealistic Expectations: People often want fast results and give up when progress is slow.***
- ***Financial & Access Barriers: Healthy food, gyms, and medical help may be too expensive or hard to reach.***

🍽 *How to Start Eating Better*

What is a healthy diet?

A healthy diet gives your body everything it needs: water, proteins, vitamins, fiber, and balanced energy from food.

Is one diet right for everyone?

No! Everyone's body is different.
We all have unique medical conditions, preferences, and goals. That's

why it's important to follow a diet plan that's tailored to your needs, not one-size-fits-all advice.

💊 New Medications for Treating Obesity

Recent advances have led to the development of safe and effective medications that help people lose weight by controlling appetite, metabolism, and digestion. These are especially helpful for people who struggle to lose weight with lifestyle changes alone.

1. GLP-1 Receptor Agonists

These medications work by reducing hunger and making you feel full for longer. They also help control blood sugar.

- **Liraglutide (Saxenda):**
  - **Daily injection**
  - **Helps reduce appetite and food intake**
  - **Used in people with a BMI over 30 or over 27 with related health issues**
  - **Side effects: Nausea, diarrhea, vomiting, low blood sugar (if diabetic), or possible pancreatitis**
- **Semaglutide (Ozempic / Wegovy):**
  - **Weekly injection**
  - **Strong appetite suppressant and slows down stomach emptying**
  - **Approved for obesity even in non-diabetics**
  - **Side effects: Stomach upset, constipation/diarrhea, reflux, and gallstones**

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2. Dual Hormone Agonist: GIP & GLP-1

- **Tirzepatide (Mounjaro / Zepbound):**
  - **Weekly injection**
  - **Works on two hormones that regulate appetite and blood sugar**
  - **More effective than GLP-1 alone**

- **Shown to help people lose 20% or more of their body weight in clinical trials**
- **Side effects: Nausea, vomiting, stomach pain, loss of appetite, and in rare cases, gallbladder or pancreas problems**

Note: These medications are prescribed by a doctor and are usually combined with a healthy diet and regular physical activity for best results.

🏥 Weight-Loss (Bariatric) Surgery

For people with severe obesity, weight-loss surgery can be life-changing. It helps with long-term weight loss and often improves or even reverses diseases like type 2 diabetes, high blood pressure, sleep apnea, and fatty liver.

Who is it for?

- **People with a BMI of 35+**
- **Or BMI of 30+ with obesity-related conditions (like diabetes or high blood pressure)**
- **For those who haven't had success with diet and exercise alone**

Common Surgery Options:

1. Laparoscopic Sleeve Gastrectomy (LSG)

- **Removes about 75–80% of the stomach**
- **Reduces hunger by lowering the "hunger hormone" (ghrelin)**
- **You feel full faster and eat less**

Pros:

- **Simple and safe**
- **Excellent weight loss**
- **Fewer nutritional problems than bypass**

Cons:

- **Irreversible**
- **May cause or worsen acid reflux (GERD)**

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2. Roux-en-Y Gastric Bypass (RYGB)

- **Creates a small stomach pouch**
- **Bypasses part of the small intestine**
- **Reduces both food intake and nutrient absorption**

Pros:

- **Rapid and long-lasting weight loss**
- **Best for managing diabetes and high cholesterol**
- **Helps with sleep apnea and fatty liver**

Cons:

- **More complex procedure**
- **Higher risk of vitamin and mineral deficiencies**
- **Requires lifelong supplements**

Addressing patients' ideas, concerns, and expectations about obesity

1. **"Obesity is just about eating too much."**

   ✓ While overeating can contribute, **obesity is a complex condition** influenced by genetics, hormones, metabolism, stress, sleep patterns, and lifestyle habits.

2. **"I've tried everything, but I can't lose weight."**

   ✓ Many factors can make weight loss difficult, such as **hormonal imbalances, medications, slow metabolism, or emotional eating**.

3. **"If I lose weight quickly, I'll be healthy."**

   ✓ Rapid weight loss can lead to **muscle loss, nutrient deficiencies, and metabolic slowdown**!

   A gradual, **sustainable approach** with balanced eating and physical activity is more effective for long-term health.

4. **"A diet will fix my obesity permanently."**

   ✓ Diets alone rarely work long-term. **A lifestyle change, not a temporary fix, is needed.** The best approach is **finding enjoyable, sustainable eating habits** and an active lifestyle rather than extreme dieting.

5. **"Weight-loss surgery is an easy way out."**

   ✓ Bariatric surgery is **not an easy solution**, it requires **significant lifestyle changes** before and after the procedure. It's a **tool for long-term weight management**, especially for those with severe obesity and related health conditions.