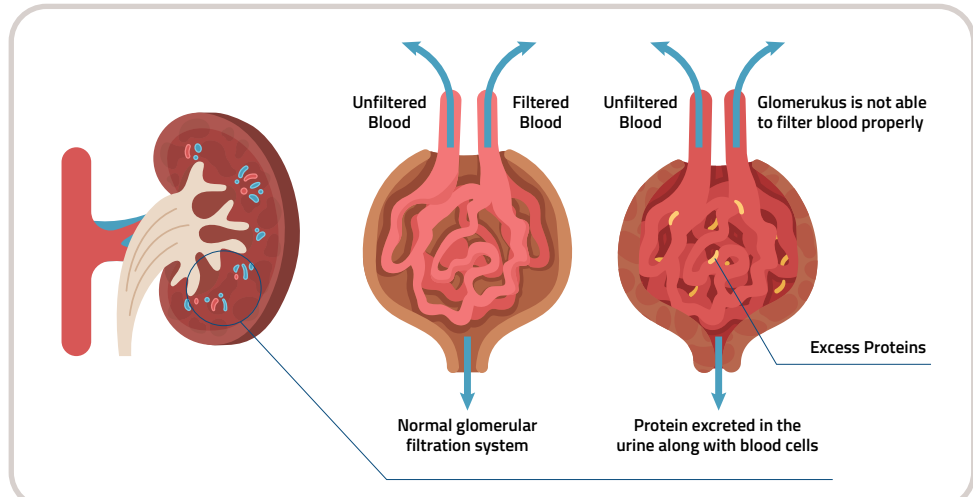


ACUTE GLOMERULONEPHRITIS (AGN)

Restoring Rhythm of Life

Acute Glomerulonephritis (AGN) is a condition where the glomeruli – tiny filters in the kidneys – become inflamed. This inflammation affects the kidneys' ability to remove waste and excess fluids from the body. AGN can develop suddenly and may be triggered by infections, autoimmune conditions, or unknown causes. Prompt medical attention is important to prevent complications.



Causes

- **Post-infection (Post-streptococcal)**
AGN commonly develops after infections, particularly streptococcal throat or skin infections. The immune system reacts to the infection and mistakenly damages the glomeruli.
- **Autoimmune diseases**
Conditions such as lupus or IgA nephropathy can cause the immune system to attack healthy kidney tissues, leading to glomerular inflammation.
- **Vasculitis**
Inflammation of the blood vessels, known as vasculitis, can reduce blood supply to the kidneys and trigger damage to the glomeruli.
- **Unknown causes**
In some cases, the cause of AGN remains unclear despite thorough testing. These cases are referred to as idiopathic AGN.

Symptoms

- **Blood in the urine**
Urine may appear pink, red, or dark brown (like cola), indicating the presence of blood, a common sign of glomerular damage.
- **Foamy urine**
Excess protein leaking into the urine can cause it to appear foamy or bubbly.
- **Swelling (oedema)**
Fluid retention, especially around the eyes, hands, feet, and abdomen, is common due to impaired kidney function.
- **High blood pressure**
Kidneys help regulate blood pressure; inflammation may lead to elevated blood pressure, sometimes severely.
- **Fatigue and reduced urine output**
Tiredness, general malaise, and passing less urine than usual are signs of declining kidney efficiency.

Diagnosis



Urine tests

A urine analysis checks for blood, protein, and signs of infection, providing early clues about kidney inflammation.



Imaging

An ultrasound scan may be used to check for changes in kidney size or structure that could indicate inflammation or damage.



Blood tests

Blood tests measure levels of waste products (such as creatinine and urea) and assess kidney function.



Kidney biopsy

In certain cases, a small tissue sample from the kidney is taken to confirm the type of glomerulonephritis and guide treatment decisions.

Treatment

- **Treating underlying causes**
If AGN is linked to an infection, antibiotics are prescribed. In autoimmune-related cases, immunosuppressive drugs may be required to reduce immune system activity.
- **Blood pressure control**
Medications such as ACE inhibitors or ARBs help protect the kidneys and manage high blood pressure.
- **Managing swelling**
Diuretics ('water tablets') help the body eliminate excess fluid, reducing swelling and easing blood pressure.
- **Dietary modifications**
A low-sodium diet helps manage fluid retention and blood pressure, while a controlled protein intake reduces strain on the kidneys.
- **Monitoring and follow-up**
Regular check-ups are essential to track kidney function recovery and detect any early signs of chronic kidney disease.

Prevention

- **Prompt treatment of infections**
Early treatment of throat and skin infections can prevent the immune response that triggers AGN.
- **Good hygiene practices**
Frequent handwashing and maintaining good hygiene reduce the risk of infections that may lead to AGN.
- **Managing chronic conditions**
Keeping conditions such as diabetes and hypertension under control reduces the risk of kidney damage.
- **Routine health screenings**
Individuals at higher risk, such as those with autoimmune diseases or previous kidney issues, should have regular kidney health assessments.

Clinic Operating Hours

Monday – Friday | 8:30am to 5:00pm
Saturday | 8:30am to 1:00pm
Sunday and Public Holidays | Closed



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