

Childhood Renal Diseases

The most common childhood urinary problem is **urinary tract infection**. E. coli is responsible for around 80% of the bacterial infection. Children with urinary tract infection may have underlying structural abnormalities, such as vesico-ureteric reflux. This may cause kidney damage if not properly managed.

Symptoms for infants include high fever, irritability, decrease appetite, nausea, vomiting and jaundice. They may have smelly urine as well. Older children may also complain of pain when passing urine or loin pain or bedwetting.

Children suffering from urinary tract infection should drink more and have regular toilet visits. Physicians will prescribe antibiotic treatment. Ultrasound scan and bladder imaging can also help to detect structural abnormalities, which may need corrective operation.

Bedwetting often result from immature bladder control. Children older than five years old with bedwetting more than three to four times per month are considered to have nocturnal enuresis. Self-esteem of these children may be low. Parents' reinforcement and behavioral therapy may help solving the problem.

To prevent bedwetting, children should have their last drink 2 hours before bed and go to toilet before bed. Parents should praise them for dry nights. Children are encouraged to stop using diapers. For persistent problem, bedwetting alarm and prescription may help.