



Soirée de Noël 2011

Dr Vincent Bourquin - service de néphrologie - <http://nephrohug.com>



De quoi avons-nous parlé ces
dernières années?



2007

**In memoriam
'analgesic nephropathy'
(circa 1972-2006)**

Nephro Dial Transplant (2007) 22: 99-1001



2008

Breast size and risk of type 2 diabetes
mellitus
CMAJ 2008



Hibiscus Tea May Cut Blood Pressure
AHA 2008



2009

Salivary phosphate-binding chewing gum
reduces hyperphosphatemia in dialysis
patients

J Am Soc Nephrol 2009



Glycyrrhetic acid food supplementation
lowers serum potassium concentration in
chronic hemodialysis patients

Kidney Int 2009



2010

Testing the validity of the Danish urban myth that alcohol can be absorbed through feet

BMJ 2010



Effect on gastric function and symptoms of drinking wine, black tea, or schnapps with a Swiss cheese fondue

BMJ 2010

The background of the image is a dense field of glowing, orange-yellow spheres of varying sizes. These spheres have a soft, ethereal glow, with some appearing brighter and more defined than others, creating a sense of depth and movement. The overall color palette is warm and monochromatic, dominated by shades of orange and yellow.

De quoi peut-on parler en 2011?

A photograph of mangosteens. In the foreground, a mangosteen is cut open, revealing its white, segmented, fleshy interior. Behind it, another mangosteen is cut in half, showing the same white segments. A third, whole mangosteen is visible in the background. The fruits have a dark purple, bumpy skin.

2011

Evaluation of Mangosteen juice blend on
biomarkers of inflammation in obese
subjects

NEPHROHUG fév 2011



Pomegranate Juice Lowers
Cardiovascular Risk Factors

ASN 2011



2011

Can wearing a g-string or a thong,
aggravate cystitis

???



Dietary supplements can be harmful in
chronic kidney disease

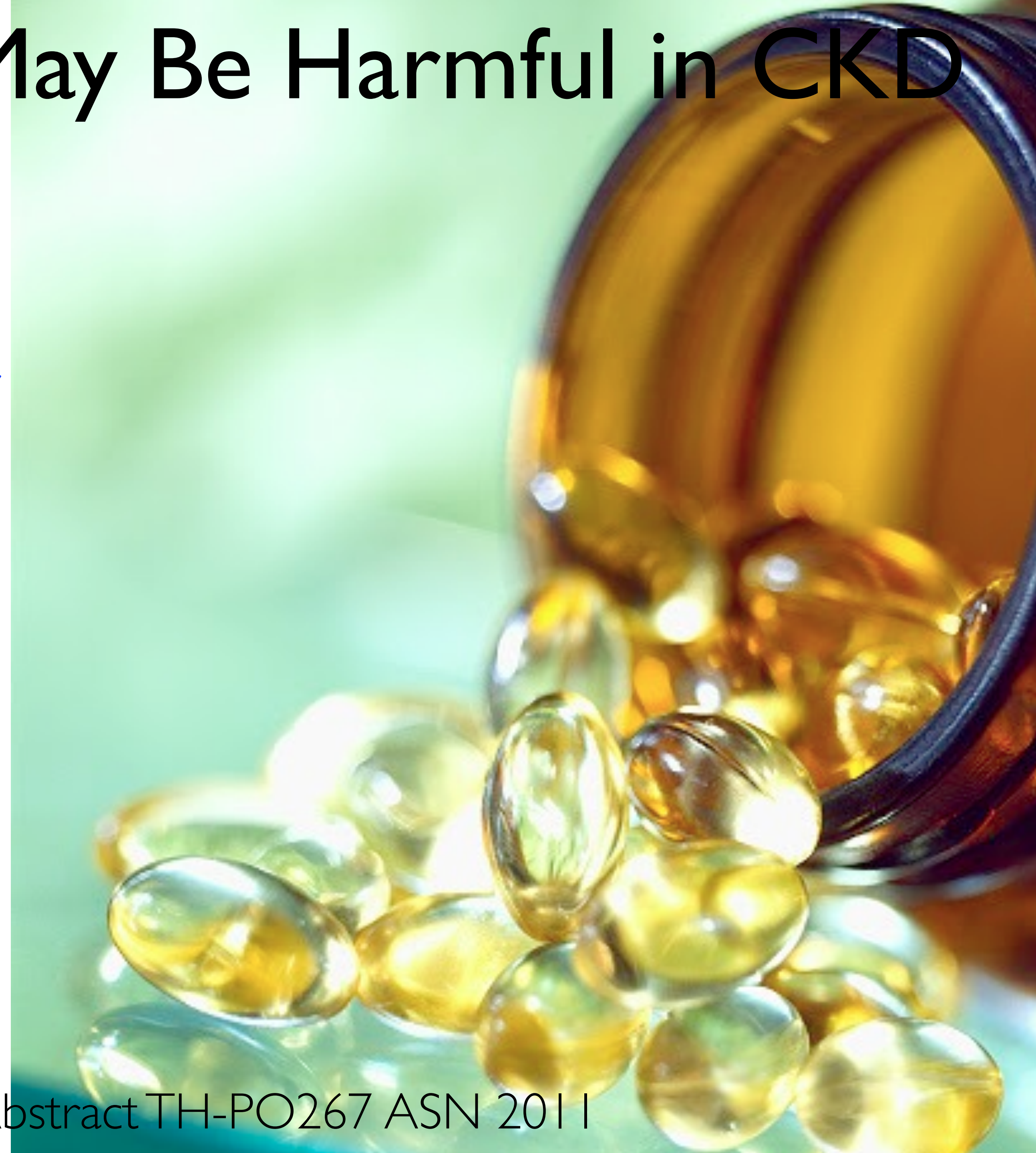
ASN 2011

Dietary Supplements May Be Harmful in CKD

Patients with all stages of chronic kidney disease (CKD) **often take dietary supplements** that neither they nor their healthcare providers are **aware** might be harmful in light of the patient's health condition.

Data from the 1999 to 2008 National Health and Nutrition Examination Survey (**NHANES**)

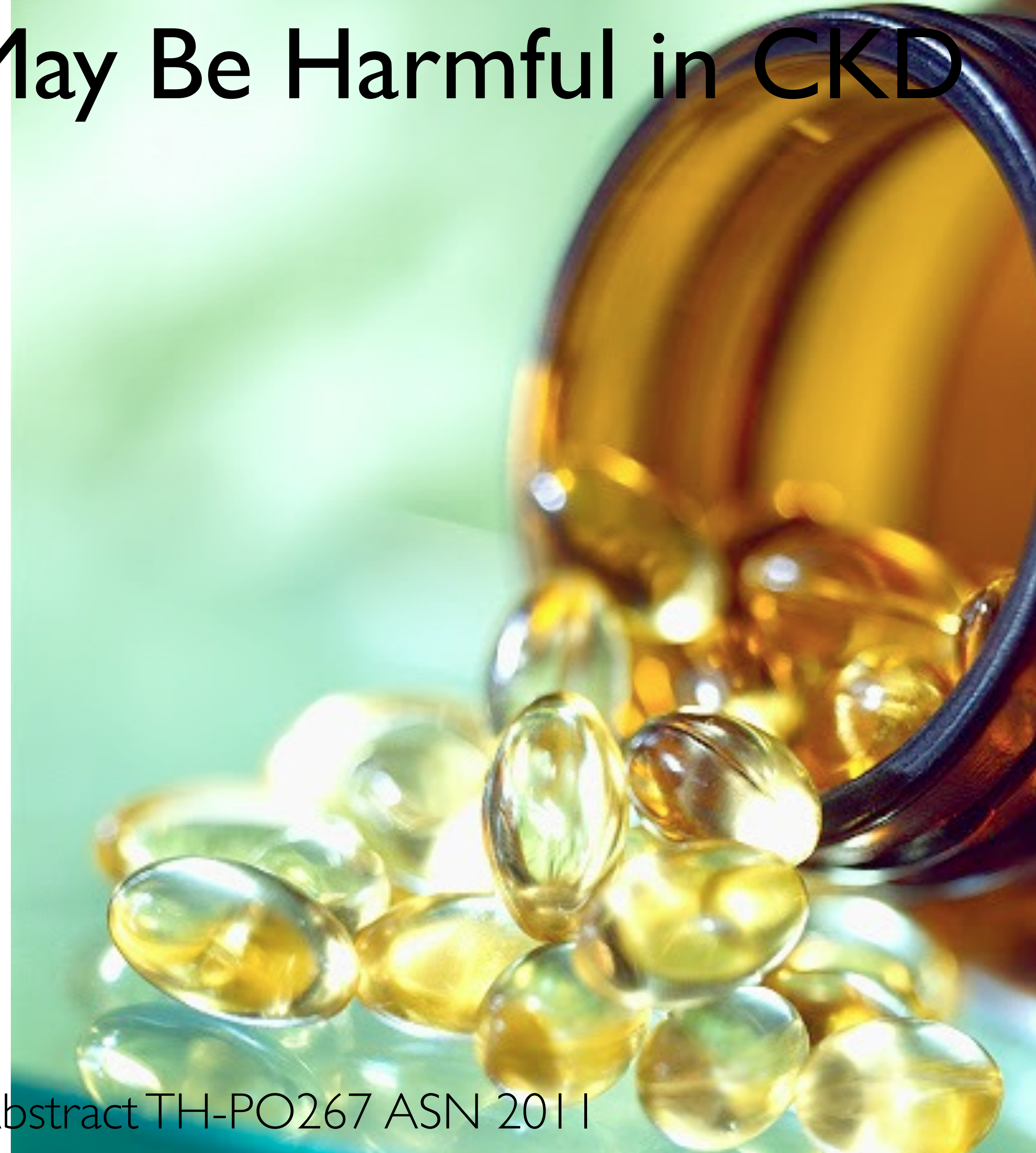
Source: Grubbs and coll. Abstract TH-PO267 ASN 2011



Dietary Supplements May Be Harmful in CKD

(...) more than **1 of 7** survey participants reported taking **at least 1 supplement** containing any herb that the National Kidney Foundation (NFK) has listed as possibly **harmful** to patient with CKD

Source: Grubbs and coll. Abstract TH-PO267 ASN 2011



Dietary Supplement Use by patients With CKD

CKD stage	Any supplement OR (95% CI)	Any potentially harmful supplement OR (95% CI)
1/2	0.95 (0.82-1.10)	0.97 (0.73-1.28)
3/4	1.07 (0.93-1.23)	0.90 (0.67-1.21)

(...) no correlation between CKD severity and the use of any supplement or a potentially harmful one

Source: Grubbs and coll. Abstract TH-PO267 ASN 2011



Conclusion de l'auteur

Everyone should find out if he
or she has kidney disease

Providers need to
educate themselves
about dietary
supplements

Source: Grubbs and coll. Abstract TH-PO267 ASN 2011



The background of the image is composed of numerous overlapping, glowing orange spheres. These spheres vary in size and focus, creating a sense of depth and a warm, bokeh-like atmosphere. The light from the spheres is soft and diffused, with some brighter spots where the spheres are more prominent or closer to the viewer. The overall color palette is a range of warm oranges, from pale yellows to deep, rich browns.

Alors éduquons-nous...

absinthe

Artemisia absinthium

vermifuge, combat contre la paresse...



"qu'elle rend fou et criminel, fait de l'homme une bête et menace l'avenir de notre temps".

colcique d'automne



Colchicum autumnale

goutte, FMF, Behçet, péricardite récidivante



Goutte

Pervenche

Vinca rosea

Utilisée en oncologie

vincristine et vinblastine



Sassafras

Sassafras officinale albidum

constipation, tonique général, sevrage tabac



MDMA ou ecstasy
psychostimulant puissant

marronnier



Aesculus Hippocastanum

varices, hémorroïdes, phlébite, lupus...



esculine (anticoagulant toxique)

The background image shows a row of glass bottles filled with dried herbs, likely in a traditional Chinese pharmacy. In the foreground, a wooden pestle and mortar are visible, suggesting the preparation of traditional medicine. The text is overlaid on this image.

HERBES CHINOISES

Puissantes, efficaces, sécuritaires et virtuellement sans effets secondaires, elles sont le véritable joyau de la médecine chinoise depuis 5'000 ans.

Chuifong Tuokuwan (Black Pearl)

Tung Shue

Vandelia cordifolia

anti-refroidissement

Cirier

laxatif

Bourdaine

gynécologie

Cohosh bleu
régulariser règles

anti-émétique

Gingembre
baisse du cholestérol, cinétose

cicatrisant

Aloès

cicatrisation, lutte contre le vieillissement

laxatif

Cascara

élixir de frangulae

plante des jambes légères

Fragon faux houx

hémorroïdes

Stimulant

Ginseng

interaction médicamenteuse



Reminéralisant

Luzerne cultivée



Aspirine des anciens

Noni
hépatite aiguë



Refroidissement

Paprika
capsaïcine



stimulant général

Prêle des champs
anémie, ongles fragiles et cheveux ternes..



Cancer

Maté



Diurétique

Ortie brûlante



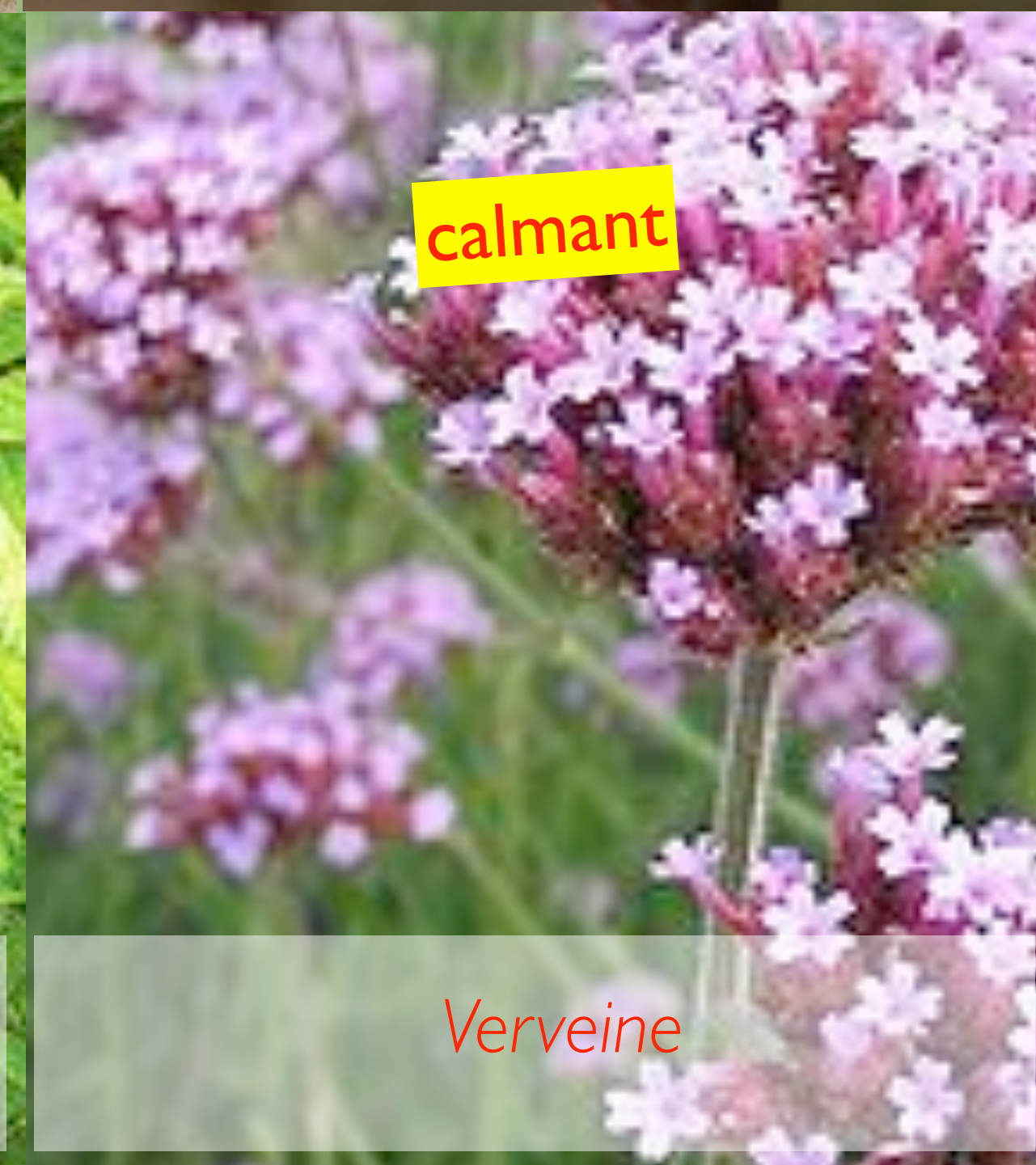
Digestion

Pissenlit



Tonifiant

Réglisse
acide glycyrrhizique



voir le billet du 19 décembre 2011
Suppléments à base de plantes et rein
sur <http://nephrohug.com>