

Vesicoureteral Reflux (VUR) in Children

Vesicoureteral Reflux, or VUR, refers to a medical situation where there is a retrograde flow of urine from the bladder through the ureters into the kidneys. This backward flow of urine could pose the risk of causing infections and kidney damage. Some children naturally grow out of this condition while others need treatment.

What Causes Concern with VUR?

One issue with VUR is that there is a higher chance of kidney infections in children. Having recurring infections, especially when accompanied by fever, could be detrimental to the child's kidneys. As such, the main objectives of the treatment are to prevent infections, protect the kidneys from scarring, and treat reflux if necessary.

It is also important for parents to understand that the above symptoms could be an indication of a kidney infection.

VUR Diagnosis:

In most cases, VUR is usually detected when the child experiences a UTI. Voiding Cystourethrogram (VCUG) is thought to be the gold standard for diagnosing and grading VUR. In this test, contrast dye is injected into the bladder, and then X-rays are taken to check whether urine has gone back into the ureters/kidneys.

VUR Treatment Possibilities

The treatment choices depend on how severe the disease is and the age of the patient, as well as his/her infection and kidney problems. For instance, for less severe VUR, especially Grades I-III, there will be no need for any treatment, as the condition might cure itself as the patient matures. But in order to prevent infection, the patient will have to undergo regular observation and ultrasound with a low dose of preventive antibiotics.

Parents who are looking for answers concerning such things as [Gastroenteritis in Children](#) may find this information useful.

When Is Surgery Indicated?

Children with severe reflux, recurrent febrile UTIs, prophylactic antibiotic administration, progressive kidney scarring, and certain anomalies can be subjected to surgery. Moreover, older children who have had severe and persistent reflux should be operated on as well.

The procedure is called ureteral reimplantation. It involves moving the ureters inside the bladder walls, thus forming an anti-reflux valve system. According to the reference, the effectiveness of the procedure is more than 95%, and children return to their routine in several weeks.

How to Help Your Child with Healthy Urination?

Evaluation for VUR is an ongoing process, which needs personalized attention from experts. Parents must consult with an expert regarding symptoms, infections, and various tests related to this condition. There may be other problems like [Urinary Incontinence in Children](#) which may also require evaluation.

In case your child is experiencing repeated problems with urination or suffering from VUR, then it would be wise to visit an [expert Pediatric Surgeon in Hyderabad](#).