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Jonathan Barratt | Kevin Harris | Peter Topham

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Preface

In this era of evidence-based medicine, one of the biggest challenges confronting clinicians is keeping abreast with often rapidly changing recommendations that guide clinical practice. While it is clearly helpful to have research-based guidelines and protocols to draw upon it is not always easy to access this information, particularly at the time when it is needed most, such as on a ward round or in a busy outpatient clinic. These evidence-based guidelines, produced by national organizations (The Renal Association, British Hypertension Society, National Institute for Health and Clinical Excellence) and international organizations (International Society of Nephrology, National Kidney Federation – KDOQI) are often found in a variety of locations and published media and therefore timely access is not always possible.

To overcome this problem we have aimed to produce a comprehensive textbook of nephrology which focuses on aspects of renal disease that are important to the clinician. The book brings together the key recommendations found in current evidence-based guidelines and presents them in a uniform and accessible format. It has been designed and written so that locating information is both quick and simple, and the layout of the chapters allows the reader to identify and assimilate information rapidly.

The book is aimed at clinicians with a specialist interest in Nephrology (including consultants and specialist trainees in Nephrology) but it should also prove to be a valuable resource for any generalists who encounter a nephrological problem in their day-to-day practice.

We hope that this book will become an integral part of your working day.

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Abbreviations

ACEI	angiotensin-converting enzyme inhibitor	CVVHF	continuous venovenous hemofiltration
ACR	albumin:creatinine ratio	CVVHD	continuous venovenous hemodialysis
ADH	antidiuretic hormone	CVVHDF	continuous venovenous hemodiafiltration
ADMA	asymmetric dimethyl arginine	CXR	chest X-ray
ADPKD	autosomal dominant polycystic kidney disease	DBP	diastolic blood pressure
ADQI	Acute Dialysis Quality Initiative	DEXA	dual energy X-ray absorptiometry
AG	anion gap	DI	diabetes insipidus
AGE	advanced glycation end-products	DIC	disseminated intravascular coagulation
AIDS	acquired immune deficiency syndrome	DM	diabetes mellitus
AIN	acute interstitial nephritis	DMSA	dimercaptosuccinic acid
AKI	acute kidney injury	DOPPS	Dialysis Outcomes & Practice Patterns Study
AKIN	Acute Kidney Injury Network	dsDNA	double-stranded DNA
ANA	antinuclear antibodies	DTPA	diethylenetriamine penta-acetic acid
ANCA	antineutrophil cytoplasmic antibodies	ECF	extracellular fluid
APD	automated peritoneal dialysis	ECG	electrocardiograph
ARAS	atheromatous renal artery stenosis	EDD	extended daily dialysis
ARB	angiotensin-receptor blocker	EDTA	ethylenediamine tetra-acetic acid
ARPKD	autosomal recessive polycystic kidney disease	ENaC	epithelial sodium channel
ARVD	atherosclerotic renovascular disease	eGFR	estimated glomerular filtration rate
ASOT	antistreptolysin O titre	eKt/V	equilibrated Kt/V
ATN	acute tubular necrosis	ELISA	enzyme-linked immunosorbent assay
AVF	arteriovenous fistula	EM	electron micrograph
AXR	abdominal X-ray	ENA	extractable nuclear antigen
bd	twice daily	EPO	erythropoietin
BCG	bacillus Calmette–Guérin	ERF	established renal failure
BNF	British National Formulary	ESA	erythropoiesis-stimulating agent
BP	blood pressure	ESR	erythrocyte sedimentation rate
CAKUT	congenital abnormalities of the kidneys and urinary tract	ESRD	end-stage renal disease
CAPD	continuous ambulatory peritoneal dialysis	FSGS	focal and segmental glomerulosclerosis
CAVH	continuous arteriovenous hemofiltration	FE _{Na}	fractional excretion of sodium
CCPD	continuous cycling peritoneal dialysis	FMD	fibromuscular disease
cfu	colony-forming units	FSGS	focal segmental glomerulosclerosis
CH ₅₀	dose of complement required to hemolyse 50% of erythrocytes	GBM	glomerular basement membrane
CKD	chronic kidney disease	GDP	glucose degradation products
CMV	cytomegalovirus	GFR	glomerular filtration rate
CNI	calcineurin inhibitor	GI	gastrointestinal
CNS	central nervous system	H&E	hemotoxylin and eosin
COX	cyclo-oxygenase	HAART	highly active antiretroviral therapy
CRP	C-reactive protein	HbSS	homozygous sickle cell anemia
CRRT	continuous renal replacement therapy	HD	hemodialysis
CsA	ciclosporin	HDF	hemodiafiltration
CT	computed tomography	HELLP	Hemolytic anemia, Elevated Liver enzymes and Low Platelet count
CVP	central venous pressure	HF	hemofiltration
		HIT	heparin-induced thrombocytopenia
		HIV	human immunodeficiency virus

HMG CoA	3-hydroxy-3-methylglutaryl coenzyme A	OCPD	optimized cycling peritoneal dialysis
HP	hemoperfusion	PCR	protein:creatinine ratio
HPP	high power field	PD	peritoneal dialysis
HRS	hepatorenal syndrome	PE	plasma exchange
HTN	hypertension	PET	peritoneal equilibration test
HUS	hemolytic uremic syndrome	PeT	per-eclampsia
IF	immunofluorescence	pmp	per million population
IHD	intermittent hemodialysis	PNA	protein equivalent of total nitrogen appearance
IHF	intermittent hemofiltration	PO	per oral
IL	interleukin	PRA	panel reactive antibodies
iPTH	intact parathyroid hormone	PRCA	pure red cell aplasia
ISPD	International Society of Peritoneal Dialysis	PSA	prostate-specific antigen
ITU	intensive therapy unit	PTFE	polytetrafluoroethylene
IV	intravenous	PTH	parathyroid hormone
IVU	intravenous urogram	PTLD	post-transplant lymphoproliferative disease
K/DIGO	Kidney Disease Improving Global Outcomes	PUJ	pelviureteric junction
K/DOQI	Kidney Disease Outcomes Quality Initiative	qds	four times daily
KUB	kidneys, ureters and bladder	RAS	renin-angiotensin-aldosterone system
LDH	lactate dehydrogenase	RBF	renal blood flow
LDL	low density lipoprotein	RCC	renal cell carcinoma
LFTs	liver function tests	RCIN	radio contrast-induced nephropathy
LMWH	low molecular weight heparin	RI	resistive index
LV	left ventricle	RIFLE	risk, injury, failure, loss, end-stage disease
MAG3	mercaptoacetylglycine	RTA	renal tubular acidosis
MARS	molecular adsorbent recirculating system	RR	relative risk
MCUG	micturating cystourethrogram	RRT	renal replacement therapy
MDRD	Modification of Diet in Renal Disease study	SBP	systolic blood pressure
MMF	mycophenolate mofetil	SC	subcutaneous
MRI	magnetic resonance imaging	SEP	sclerosing encapsulating peritonitis
MW	molecular weight	SGA	subjective global assessment
NIPD	nocturnal intermittent peritoneal dialysis	SHPT	secondary hyperparathyroidism
nPCR	normalized protein catabolic rate	SIRS	systemic inflammatory response syndrome
NHANES	National Health and Nutrition Examination Surveys	SLEDD	slow low-efficiency daily dialysis
NICE	National Institute for Health and Clinical Excellence (renamed in 2005)	SNS	sympathetic nervous system
NIDDKD	National Institute of Diabetes and Digestive and Kidney Diseases	SPA	standardized permeability analysis
NKF	National Kidney Foundation	SPEP	serum protein electrophoresis
NODAT	new-onset diabetes after transplantation	spKt/V	single-pool Kt/V
NPHP	nephronophthisis	stdKt/V	standardized Kt/V
nPNA	normalized protein equivalent of total nitrogen appearance	SVR	systemic vascular resistance
NSAID	nonsteroidal anti-inflammatory drug	TCC	transitional cell carcinoma
NSF	nephrogenic systemic fibrosis	tds	three times daily
OAT-1	organic anion transporter-1	TIPS	transjugular intrahepatic portosystemic shunt
od	once daily	TMP	transmembrane pressure
		TNF- α	tumor necrosis factor- α
		TNM	tumor; node, metastases
		TPN	total parenteral nutrition
		TRUS	transrectal ultrasound
		TTP	thrombotic thrombocytopenic purpura

TURBT	transurethral resection of bladder tumor
TURP	transurethral resection of prostate
U&Es	urea, creatinine and electrolytes
UF	ultrafiltration
UFH	unfractionated heparin
UKM	urea kinetic modeling
UPEP	urine protein electrophoresis

URR	urea reduction ratio
USRDS	US Renal Data System
USS	ultrasound scan
UTI	urinary tract infection
VHL	von Hippel-Lindau
VUJ	vesicoureteric junction
VUR	vesicoureteric reflux

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Glomerular disease in the tropics

Glomerulonephritis (GN) accounts for 30–60% of all end-stage renal disease (ESRD) in the tropics.

Infection is the commonest cause of glomerular disease in this setting with hypertension and diabetes mellitus accounting for the majority of the remainder. Infectious causes of glomerular disease in the tropics are listed in Table 3.13.1.

Human immunodeficiency virus (HIV)-associated disease is becoming increasingly common.

Renal biopsy confirmation of the diagnosis is often difficult due to lack of diagnostic facilities and to late presentation when, in the face of advanced disease, renal biopsies become difficult to interpret.

Epidemiology

There is variability in the etiology of glomerular disease in different parts of the tropics due to differences in the epidemiology of infections, standards of living, and infrastructure development.

The high prevalence of chronic GN points to variety of etiological agents.

GN usually presents in one of four ways in the tropics: acute nephritic syndrome, nephrotic syndrome, asymptomatic urinary abnormalities, and ESRD.

This chapter focuses on causes of the nephrotic and nephritic syndromes, and incorporates asymptomatic urinary abnormalities and ESRD where appropriate.

Acute nephritic syndrome

Etiology

Post-streptococcal GN (PSGN) is the commonest cause of rapidly progressive renal failure in the tropics.

It is most common in children.

It may occur during epidemics of post-streptococcal skin (impetigo, pyoderma) and throat infections.

Different nephritogenic serotypes have been identified:

- skin: M types 47, 49, 55, and 57;
- throat: M types 1, 2, 4, and 12.

The risk of nephritis is 5% with throat infection and up to 25% for pyoderma.

GN occurs 1–3 weeks after the onset of a streptococcal infection.

Pathogenesis

PSGN is generally assumed to be due to deposition of circulating immune complexes in the glomeruli. However, this should result in activation of the classical complement pathway (with C3 and C4 activation), but C4 levels are normal and only C3 is found in the glomerular immune deposits (suggesting alternative pathway activation).

The following possibly contribute to inflammation and injury:

- activation of the alternative complement pathway by glyceraldehyde-3-phosphate dehydrogenase (GAPDH);
- cationic streptococcal antigen promoting development of subepithelial immune deposits ('humps');
- cytokines IL-6, TNF- α and vasoactive mediators such as platelet activating factors;
- *in situ* deposition of antigen followed by antibody formation;

- IgG rheumatoid factor initiating an autoimmune reaction in the glomerulus.

Table 3.13.1. Infections associated with glomerulonephritis in the tropics

Bacterial

Streptococcus pyogenes
E. coli O157:H7 (HUS)
Salmonella typhi
Mycobacterium leprae
Mycobacterium tuberculosis
Staphylococcus epidermidis/aureus
Treponema pallidum
Streptococcus pneumoniae

Protozoal

Plasmodium falciparum
Plasmodium malariae
Leishmania donovani
Toxoplasma gondii
Trypanosoma cruzi

Viral

Hepatitis B
 Hepatitis C
 HIV
 Epstein-Barr virus

Helminthic

Schistosoma mansoni
Schistosoma haematobium
Wuchereria bancrofti
Brugia malayi
Loa loa
Onchocerca volvulus

Clinical course

Most children (>90%) recover completely. Approximately 5% develop progressive acute kidney injury or acute GN.

In acute GN, there is rapid deterioration of renal function, oliguria, fluid overload from sodium and water retention, hypertension (80%), edema (80–90%), and pulmonary edema.

Approximately 20% have long-term sequelae with asymptomatic urinary abnormalities, nephrotic syndrome, hypertension, or very rarely progressive renal dysfunction.

Examination of renal histology of the nephrotic syndrome in nonmalarious parts of the tropical world would suggest that PSGN may be a cause in some patients. It may be the reason why minimal change disease is rarely seen in Black African children with nephrotic syndrome.

Chronic GN leading to progressive chronic kidney disease is more likely in adolescents than in children, especially in those with persistent proteinuria.

Elderly patients do less well (70% have azotemia, 40% heart failure, 25% early mortality). Longer-term prognosis is also less good than in children with up to 25% being left with abnormal renal function.

Diagnosis

This is usually easy to make from the clinical features and simple laboratory tests.

Oliguria may not be obvious in children, but 'coca-cola'-colored urine, due to macroscopic hematuria, is usually apparent.

Urinalysis

- Red blood cells and red cell casts.
- Variable degree of proteinuria.
- Some may have nephrotic range proteinuria.
- Leukocytes.

Serology

A positive antistreptolysin O (ASO) titer is seen in only ~30% of patients (perhaps because of early antibiotic use).

Serum C3 levels are reduced in >90% of patients in the first week, but return to normal within 2 months.

Serum C4 is typically normal.

Serum IgG and IgM are elevated in 75–80% of patients.

A low level of anti-DNA antibodies and ANCA may be seen.

Renal biopsy

This is rarely needed to confirm the diagnosis.

Indications:

- Nephrotic-range proteinuria.
- Acute kidney injury.
- Patients with sickle-cell anemia (a recognized cause of hematuria).

Light microscopy:

- Diffuse endocapillary, mesangial and endothelial proliferation. Neutrophil infiltration in glomeruli.
- Interstitial infiltration by monocytes and lymphocytes.

Immunofluorescence microscopy:

- C3, IgG, IgM deposition in capillary loops and the mesangium is invariable.

Electron microscopy:

- Classic subepithelial electron-dense deposits ('humps').

Differential diagnosis

Protein-energy malnutrition and nephrotic syndrome due to other causes.

Treatment

Treat ongoing streptococcal infection with appropriate antibiotics, e.g. benzathine penicillin (1.2 million U intramuscularly as a single dose).

Restrict salt and water intake.

Diuretics (e.g. furosemide) for volume overload.

Antihypertensive agents which may also prevent hypertensive encephalopathy: nifedipine, hydralazine, Na nitroprusside.

Dialysis, although rarely needed in children, is a challenge in many tropical countries due to lack of dialysis infrastructure.

Prognosis

This is excellent in children who recover; but poor in adolescents who may progress to chronic GN.

Proteinuria may persist for months, and sometimes years.

Follow-up

It may be necessary to screen other family members – especially young children, who may have subclinical disease in epidemics of PSGN.

Nephrotic syndrome (NS)

NS is 2–10 times more common in the tropical countries than in Western Europe or North America.

It has recently been reported that NS accounts for 38% of nephrological admissions in the Democratic Republic of Congo.

Etiology

Even within the tropics, there are interracial differences. For example:

In South Africa minimal change disease is more common in Indian children than in Black children who have a preponderance of mesangiocapillary GN (MCGN). Minimal change disease is also common in India, suggesting a genetic predisposition.

MCGN predominates in Nigerian and Kuwaiti children. The disparities in histological features may suggest that NS may be a complication of PSGN and other forms of glomerular diseases. This may account for the rarity of minimal change disease as a cause of NS in African children.

The three main primary causes of NS are:

- MCGN.
- membranous GN.
- focal segmental glomerulosclerosis.

The most common secondary form of GN causing NS in the tropics is Quartan malarial nephrotic syndrome. Because this is peculiar to the tropics, it is discussed in more detail.

Quartan malarial nephrotic syndrome (QMNS)

Plasmodium malariae is the most important cause of secondary GN causing NS in children and adolescents.

QMNS is probably due to deposition of soluble immune complexes in the glomerulus but it is characterized by the absence of specific antibody and antigen. This has raised questions about the exact pathogenetic mechanism.

Pathology:

The characteristic appearance is of MCGN with progressive mesangial sclerosis leading to obliteration of glomerular capillaries with eventual involvement of tubules.

Immunofluorescence microscopy demonstrates coarse granular deposits of IgG, IgM and C3 mainly within the glomerular capillary walls.

Electron microscopy shows subendothelial electron-dense deposits and thickened GBM.

Clinical features:

Fever peaking once every 72 h is the earliest feature.

Gross edema and ascites are the main symptoms which develop several weeks after the onset of fever. This may easily be confused with protein-energy malnutrition (kwashiorkor).

Other features are nonselective proteinuria, microscopic hematuria, normal blood pressure, anemia, and hepatomegaly.

Hypoalbuminemia may be severe (10–20 g/L). Due to associated malnutrition in the majority of cases, the serum cholesterol is characteristically normal.

P. malariae may be detected in 69–70% of cases. The presence of parasites even when glomerular changes are present does not necessarily indicate cause and effect. Detection of a specific antigen has been demonstrated in only a few cases.

Clinical course:

Prognosis is poor; and spontaneous remission is rare. QMNS causes end-stage renal failure in <4 years.

Treatment:

There is a uniformly a poor response to corticosteroids, and to antimalarials. There are reports of remission of steroid-resistant patients with cyclophosphamide but this leads to no improvement in overall survival. Giving a therapeutic trial of corticosteroids before biopsy is therefore a practice that is increasingly being called into question.

Falciparum malaria

P. falciparum infection is mainly a disease of children in the tropics. Unlike QMNS, it is not progressive, and it resolves following eradication of *P. falciparum*. Indeed, GN may pass unnoticed especially with the widespread use of antimalarials.

There is nonselective proteinuria, microscopic hematuria and casts.

The typical pathological abnormalities are mesangial hypercellularity with mild matrix expansion changes without basement membrane involvement.

IgG, IgM and C3 can be identified in the mesangium. Immune deposits can be identified by EM in the mesangial and subendothelial areas.

The renal lesions recover with conventional antimalarial treatment.

Schistosoma mansoni-associated nephropathy (see Chapter 7.4 for more detail)

This is common in Brazil and Egypt, and patients often present with the nephrotic syndrome.

Glomerulonephritis is most common when there are hepatosplenic manifestations and chronic salmonella infection.

Males are twice more affected than females, probably due to outdoor activities in rivers and pools.

Clinical features include:

- overt peripheral edema and ascites;
- poorly selective proteinuria and, rarely, hematuria;
- low serum C3 with hypergammaglobulinemia;
- normal cholesterol.

Pathology:

Several patterns of glomerular pathology have been observed:

- class I mesangioproliferative lesions;
- class II diffuse proliferative GN;
- class III MCGN types I and III;
- class IV focal and segmental glomerulosclerosis (FSGS);
- class V amyloidosis.

Treatment:

Praziquantel 20 mg/kg body weight is effective in eradicating the parasites but this does not result in resolution of glomerular disease that has progressed beyond class II.

The treatment of chronic salmonella infection may cause resolution of glomerular disease (usually class II changes), suggesting a critical role for salmonella antigens in the pathogenesis of disease.

A good response to oxamniquine has been observed in class II disease.

The role of immunosuppression is unclear.

Hepatitis B virus (HBV)-associated GN

HBV infection is prevalent in certain tropical countries, and the kidneys may be affected by immune-complex-mediated disease.

Acute HBV infection is associated with a serum sickness-like syndrome characterized by fever; arthralgias/arthritis, hepatitis, rash (urticaria/maculopapular) and renal involvement (microscopic hematuria, sterile pyuria, and proteinuria)

Renal biopsy, if performed, shows mesangial proliferative GN.

GN resolves with remission of the acute phase of the disease.

Approximately 10% of patients acutely infected with HBV become chronic carriers and are at risk for other renal manifestations of HBV. These include membranous nephropathy, polyarteritis nodosa, MCGN, and IgA nephropathy.

This topic is covered in detail in Chapter 3.11.

The treatment of HBV-related renal disease is more effective for membranous GN than for MCGN.

Treatment regimens that have shown benefit usually include interferon- α and lamivudine.

However, since these agents are not widely available in the tropics, the management of HBV-mediated renal disease (and the other manifestations of HBV infection) can be suboptimal.

Steroids and cytotoxics are contraindicated since they enhance viral replication and may precipitate hepatic flares.

Hepatitis C virus (HCV)-associated GN

Glomerular disease associated with HCV has not been well-described in the tropics, even though the pathological changes and clinical course are not expected to be different from those described in the Western world.

These include variable degrees of proteinuria, microscopic hematuria, and renal impairment.

Mesangiocapillary GN has been described.

HIV-associated renal disease

The tropical regions, especially sub-Saharan Africa currently bear the brunt of the HIV/AIDS pandemic. Therefore, occurrence of renal disease associated with HIV is on the increase, and impacting negatively on the outcome of HIV disease.

HIV is immunocytopathic, and it therefore can cause a variety of renal syndromes such as:

- HIV nephropathy (HIVAN) (in >60% it occurs with advanced disease).
- Immune complex GN ('lupus-like syndrome').
- Thrombotic microangiopathy.

In addition, chemotherapy can present a challenge because some antiretroviral (ARV) and adjunct medications can cause nephrotoxicity (pentamidine) or nephrolithiasis (indinavir).

HIVAN: Occurs in about 60% of patients with advanced disease, but may be subclinical in the majority of cases. It is rapidly progressive and may reach ESRD within 5 months.

HIVAN is a diagnosis of exclusion, and therefore other treatable causes such as hypovolemia from diarrhea should be excluded. In the tropics, a significant number of patients use herbal preparations for recurrent febrile illness, and this may cause nephrotoxicity.

Pathogenesis:

HIV infects tubular and glomerular epithelial cells and podocytes. This may explain the occurrence of NS in affected individuals.

Pathology:

This typically shows a preserved Bowman's space with collapsed/shrunken glomeruli ('collapsing glomerulopathy'), and focal dilatations of tubules presenting a 'microcystic' appearance.

Treatment:

RAS blockade can slow progression in those with moderate CKD (creat <176 µmol/L (2 mg/dL)).

HAART (highly active antiretroviral therapy) may cause remission of glomerulopathy.

Prednisolone may be beneficial in high risk patients.

Sickle cell-associated renal disease

Sickle cell disease is common in certain population groups in the tropics, particularly Black Africans and Africans in the Caribbean. It causes renal disease by one or all of the following mechanisms:

- hypoperfusion/ischemia;
- iron overload and deposition;
- intracapillary fragmentation and phagocytosis of sickled cells;
- immune complex formation;
- hyperfiltration and subsequent glomerular sclerosis.

Pathology:

The following appearances may be observed:

- congestion of capillary loops with sickled cells;
- FSGS ;
- MCGN ;
- tubular atrophy ;
- iron pigment deposits.

Clinical features:

- gross hematuria;
- acute kidney injury from renal papillary necrosis, pregnancy, multiple organ failure;
- nephrotic syndrome.
- ESRD.

Treatment:

RAS blockade improves proteinuria by reducing intraglomerular pressure, but large-scale studies are required to prove their long-term benefit for prevention/resolution of glomerular sclerosis.

NSAIDs and immunosuppressive drugs (steroids and cyclophosphamide) are not of proven benefit.

Leprosy-associated GN

Mycobacterium leprae may cause immune complex disease, secondary amyloidosis, interstitial nephritis, and renal tubular disorders.

Glomerular lesions occur more commonly in the lepromatous form, and the histological lesions include: mesangio-proliferative, mesangiocapillary, and crescentic GN, especially when patient is being treated with rifampicin.

Clinical features:

Only a few patients present with nephrotic syndrome, nephritic syndrome and rapidly progressive GN. Most patients are asymptomatic with a variety of urinary abnormalities.

Treatment:

Early treatment of leprosy may prevent occurrence of renal involvement. Treatment with rifampicin and occurrence of erythema nodosum leprosum (ENL) may exacerbate glomerular lesions. Steroids have no proven benefit.

Other forms of secondary GN

The following organisms can cause GN, even though the prevalence varies from region to region depending on the level of preventive measures: filarial worms, helminths, protozoas, and fungi. They induce various forms of GN, e.g. MCGN, membranous GN.

Patients often present with asymptomatic proteinuria or hematuria, and sometimes nephrotic syndrome. Generally, glomerular lesions do not respond to treatment of causative organisms.

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Internet resources

Information on schistosomiasis:

www.who.int/ctd/schisto

See also

- Infection-related glomerulonephritis, p. 128
- Acute endocapillary glomerulonephritis, p. 116
- Mesangiocapillary glomerulonephritis, p. 112
- Mixed cryoglobulinemia and hepatitis C infection, p. 176
- Sickle cell disease, p. 192
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