Chronic kidney disease (CKD) is a global problem that generates high economic costs to health systems and people and is an independent risk factor for cardiovascular disease. Along with the increased risk of cardiovascular disease, it can make early mortality and affect the dimensions of quality of life (1). The prevalence of end-stage renal disease (ESRD) in developed and under-developing countries is increasing (2). In fact, ESRD has risen from 10% per year in 1998 to 13.1 in 2004 (3). Around 16 people die every day because of kidney diseases, and every 15 minutes a patient needs a kidney transplant (3). The results of the studies show that ESRD has also increased in Iran which requires more attention (1-4). Various studies in Iran showed the incidence of CKD is 6% to 17% (3).

Around 195 million women in the world are suffering from CKD. It is the eighth factor in women's deaths in the world with approximately 600 000 deaths per year (4). Importantly, the average age of men and women having ESRD has also increased in Iran in recent years (2). The risk of CKD is at least the same for women as the men, and even may be higher. According to some studies, CKD is higher in women than men, while its prevalence is 14% in women and 12% in men (1). Results some studies have shown that CKD is more common in women than in men (1). Some kidney diseases, such as lupus nephropathy or kidney infection (acute or chronic pyelonephritis), usually affect women more. Kidney infections (as most urinary tract infections) are more common in women and more likely to involve pregnant women. Importantly condition for child-bearing women and is considered as a high risk for pregnancy. CKD can also reduce fertility. Renal failure in women increases the rates of hypertension, preterm births, increases the rate of preeclampsia, perinatal death and will accompany by poor perinatal outcomes (5,6). World kindly day has a message to improve kidney health, while the management and diagnosis of kidney disease should be promptly conducted to slow its progression and to reduce the complications as mentioned above (1,3,4). Likewise increasing of people's knowledge on kidney disease has also significant importance.

Our message
As stated, kidney diseases are very harmful, especially in women who are vulnerable to some renal diseases. Given that chronic diseases, especially renal diseases, have a lot of economic, social, and political consequences for governments, particular attention should be taken into this feature of public health. Therefore, it is suggested to establish centers for palliative cares and to envisage educational programs in urban and rural health centers, particularly for women. Education of women's disease and problem is the first step. Knowledge on CKD and its consequences are of significant importance. Lifestyle, dietary habits, regular checking of blood pressure and diabetes control are modalities to reduce the risk of CKD. Routine urine analysis in high risk groups such as women, especially pregnant women and women with a history of heart, vascular, kidney and diabetes disease is also a reasonable modality. Likewise, a screening program for the detection of kidney disease, particularly in high-risk groups, can be effective. Screening programs will reduce the rate of kidney diseases Accordingly women's screening programs for kidney disease related illness will also reduce health care costs.

Author's contribution
AHD is the single author of manuscript.

Conflicts of interest
The author declare no conflict of interest.

Ethical considerations
Ethical issues (including plagiarism, data fabrication, double publication) have been completely observed by the author.

Implication for health policy/practice/research/medical education
The risk of chronic kidney disease (CKD) is at least the same for women as the men, and even may be higher.

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References