

BARTTER'S SYNDROME (HYPOKALEMIA)

Barter's syndrome is due to Hypokalemia (low potassium levels in the body).

CAUSES

- 1) Renal potassium wasting - hyperplasia of the juxtamedular and medullary cells (inner linings of the kidney), renal tubular defects.
- 2) Alteration of blood pressure.

SIGN AND SYMPTOMS

- 1) Weakness.
- 2) Periodic paralysis.
- 3) Polyuria.

DIETARY MANAGEMENT

- 1) Avoid:
 - Avoid tea, coffee and caffeinated drinks.
 - Avoid aerated drinks.

CONSUME

- 1) Have well balanced diet.
- 2) Consume sodium chloride (common table salt) generously, to maintain the balance between the intra cellular and extra cellular fluids:
 - a. Generously use salt in cooking.
 - b. Other sources of salts are - baking powder and baking soda (sodium bicarbonate), monosodium glutamate and sodium benzoate. These are commonly known as Worcestershire sauce, soy sauce, onion salt, garlic salt and bouillon salt.
 - c. Consume foods rich in sodium like- milk, egg white, meat, poultry, fish, green leafy vegetables, beet root, radish, carrot, cauliflower, lotus stem, pulses, spices like cumin seeds etc.
 - d. Japanese sea plants - arame, hijiki, kombu and nori.
 - e. Seaweeds, rye, tomatoes, lettuce, celery and olives are good source of chloride.
- 3) Increase intake of potassium in your diet:
 - a. Fish like cod, salmon, flounder and sardines are very good source of potassium.
 - b. Vegetables like lima beans, peas, broccoli, tomatoes and potatoes with their skins.
 - c. Japanese sea plants - arame, hijiki, kombu and nori.
 - d. Green leafy vegetables like spinach, parsley and lettuce contain potassium.
 - e. Fruits like citrus fruits (oranges), apple, banana and apricots (dried ones) are high in potassium.
 - f. Water of green coconut is the best source of potassium.

CONSULT PHYSICIAN

- 1) Potassium supplements can be taken with advice of your physician.
- 2) Consult your physician for proper treatment of the disease.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .