

HUS

HUS

Hemolytic uremic syndrome (HUS) is a severe disease that can affect children of any age, being more common in those under five. It affects the kidneys and the blood components, generating a decrease both in the red blood cells (anemia) and platelets (thrombocytopenia) in the bloodstream. It can also affect other organs, such as the heart and the brain. This disease is a leading cause of acute kidney injury in children worldwide.

The most common form of HUS is that associated with a bacteria called *Escherichia coli* that produces a toxin called Shiga Toxin (STEC-HUS). This bacteria is contracted by consuming contaminated food or beverages (meat, fruits, vegetables, dairy products, or water) or through direct contact with the feces of infected animals or people.



Approximately 1.5-3% of children with STEC-HUS die during the acute phase of the disease and about 30% experience long-term renal sequelae.

Initial symptoms usually include diarrhea (majority of time this is bloody), severe abdominal pain, poor urine output and asthenia. At present, there is no specific treatment capable of preventing or controlling renal and extrarenal damage caused by Shiga toxin. So treatment of STEC-HUS is symptomatic, including different forms of supportive care. Therapy for patients with acute kidney injury includes fluid and electrolyte management, and 40% to 60% of cases require dialysis due to severe loss of kidney function. In addition, as patients present with anemia and thrombocytopenia, and other non-renal complications, they often require blood transfusions and Intensive Care Unit support.



If your child is showing these symptoms, it could be HUS. It's important to get a diagnosis from a doctor as soon as possible. Ideally, visit one of the specialized centers for HUS diagnosis and treatment. If none are nearby, please go to the closest medical center.

Germany (GER)

- Heidelberg University

- University Hospital Cologne (AöR)

Italy (ITA)

- Policlinico di Milan
- Policlinico di Bari

Romania (ROM)

- Spitalul Clinic de Urgență pentru Copii Cluj

UK

- Royal Hospital for Sick Children (Glasgow)
- Bristol Royal Hospital for Children
- Great Ormon Street Hospital for Children (London)

Belgium (BEL)

- Cliniques universitaires Saint-Luc – UC Louvain Brussels

Spain (SPN)

- Hospital de Cruces (Barakaldo)
- Hospital 12 de Octubre (Madrid)
- Hospital del Niño Jesús (Madrid)

Ireland (IRL)

- Children's Health Ireland (CHI). Dublin

France (FRA)

- Hospital Femme Mere Enfant Lyon
- Hospital Robert Debre, Paris
- Hospital CHU, Bordeaux
- Hospital Trousseau, Paris
- Hospital Necker, Paris
- Centre Hospitalier Universitaire de Montpellier