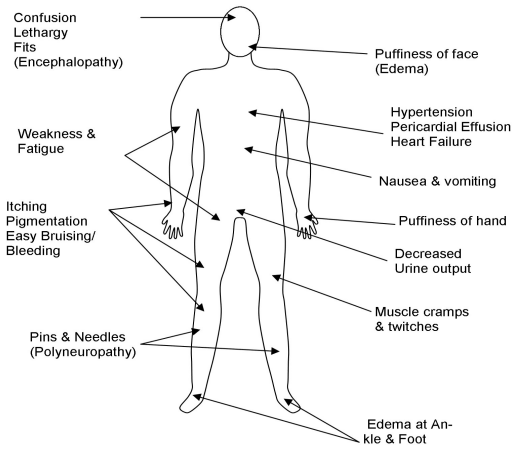


Signs & Symptoms of Chronic Kidney Disease



## KIDNEY FAILURE

### What is kidney failure?

Sometimes, the kidneys lose their ability to remove waste products from blood causing a build-up of dangerous levels of these substances in the body. This condition is known as kidney failure. Without treatment, the buildup of toxins, extra fluid & dangerous levels of salts in blood will be life threatening.

### What are the different types of kidney failure?

There are two main types of kidney failure – acute & chronic renal failure. **Acute renal failure (ARF)** occurs when the kidneys suddenly stop filtering waste products from the blood. **Chronic renal failure (CRF)** develops slowly with very little symptoms in its early stages.

## KIDNEY FAILURE—CAUSES

### What are causes of kidney failure?

**ARF:** Is most likely to happen after complicated surgery or trauma or following exposure to toxins/poison in blood. In most cases the function of the kidney will return to normal with proper treatment.

**CRF:** Here there is slow but permanent loss of kidney function.

### What are the common medical causes of CRF?

The common causes of kidney failure are:

#### Uncontrolled diabetes

#### High blood pressure

**Glomerulonephritis:** is the inflammation & damage of the filtration system of the kidneys & can cause kidney failure. Sometimes this is permanent.

**Prolonged Use of Pain killers:** like Paracetamol or Brufen can cause kidney failure. Generally it takes years for this to happen.

**Other causes:** HIV infection, sickle cell disease, chronic kidney infections, polycystic kidney disease

### What are the Urological causes of Kidney failure?

Prolonged obstruction to the flow of urine can cause kidney failure. The common causes are:

- Prostate enlargement
- Stricture Urethra
- Bilateral ureteric stones
- Bilateral kidney stones

### Who are at a higher risk to develop kidney failure?

A person with any of the following conditions is at higher-than-normal risk of developing kidney failure:

- Diabetes mellitus
- High blood pressure
- High cholesterol
- Heart disease
- Liver disease
- Kidney disease
- Prolonged use of Pain-killers e.g. for joint pains.
- History of kidney disease in the family .

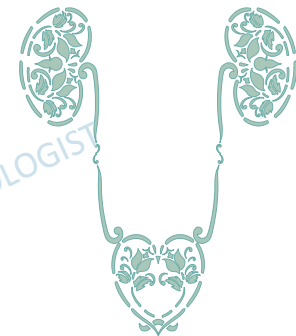
## KIDNEY FAILURE—PREVENTION

### How can kidney failure be prevented?

*Chronic kidney disease cannot be prevented in most situations.*

It is usually possible to protect the kidneys from damage, or slow down the progression of the disease by controlling the underlying conditions. For this persons at high risk of developing kidney failure should:

- Have regular check up of serum creatinine and ultrasound every 3-6 months.
- Make sure that diabetes, blood pressure & cholesterol are under control.
- Avoid taking painkillers on a long term basis.
- Avoid exposure to chemicals, & toxic substances as much as possible.
- Prompt urological advice for any urinary tract obstruction.



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