

فقيه.

اكاديمية فقيه الطبية
Fakeeh Care Academy

فقيه.

مجموعة فقيه للرعاية الصحية
Fakeeh Care Group



CHRONIC KIDNEY DISEASE

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Chronic kidney disease, or "CKD," is when the kidneys starting lose it is function. When they are working normally, the kidneys filter blood and remove waste and excess salt and water. In people with CKD, the kidneys slowly lose the ability to filter blood. In time, the kidneys can stop working completely. That is why it is so important to keep CKD from getting worse.

The symptoms of CKD

At first, CKD causes no symptoms. As the disease gets worse, it can:

- feet, ankles, or legs swelling.
- high blood pressure
- Tiredness
- At advanced stage can develop uremic symptoms like anorexia, nausea, vomiting.

You can protect your kidney by:

- Take all of your prescribed medicines every day, and follow all of your doctor's instructions for how to take them.
 - Keep your blood sugar and blood pressure within normal range.
 - Change your diet, if your doctor recommends to. They might suggest consulting a dietitian.
 - Quit smoking.
 - Lose weight, if you have excess body weight and regular exercise.
 - Drink good amount of water and fluids as directed by your physician.
 - Avoid medicines that can harm the kidneys – include ibuprofen, diclofenac.
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- Check with your doctor or kidney specialist before starting any new medicines or supplements including herbal.

I have to come to the clinic in case of

- On regular basis as directed by your physician.
 - Before starting any new medication.
 - If you noticed increase leg swelling.
 - If you have new symptoms.
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I should come to emergency room

If you have, new or worsening symptoms like:

- Feeling very tired and have no energy.
- Nausea or vomiting, not being hungry or losing weight without trying.
- Decrease urination.
- Difficulty of breathing.