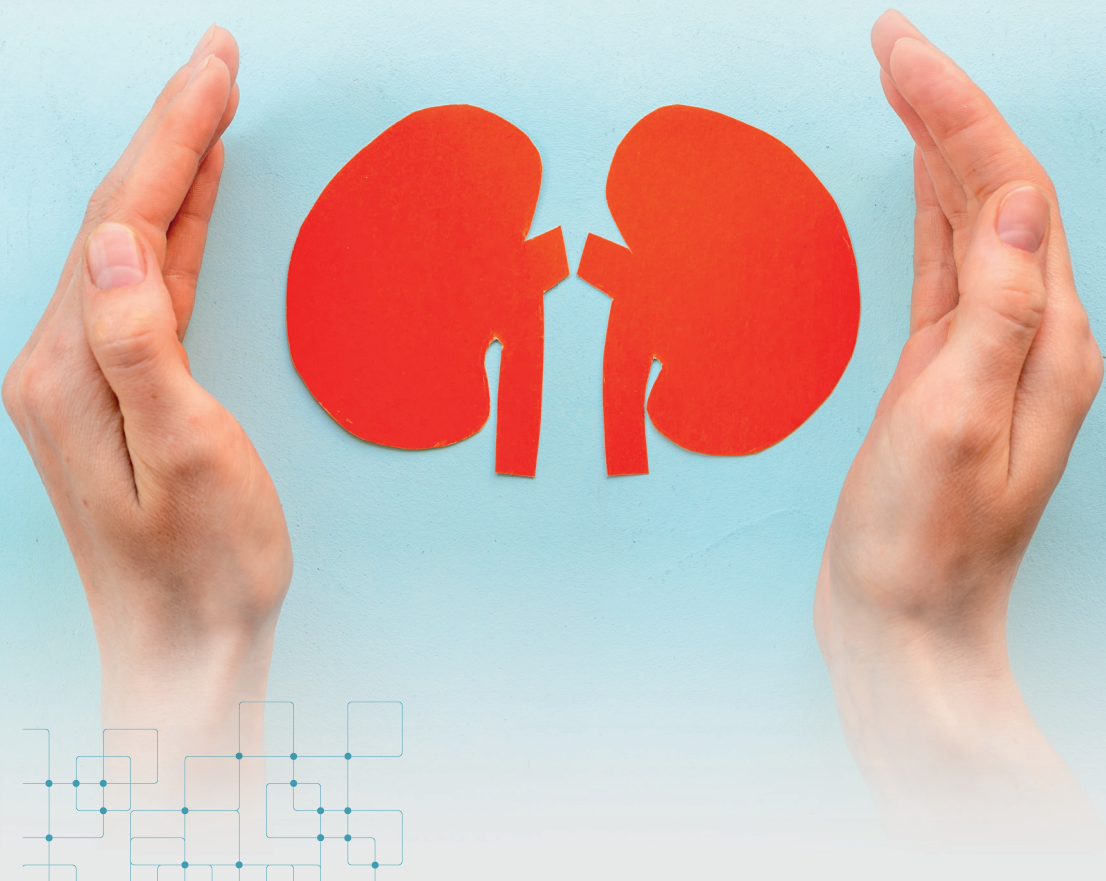


فقيه.

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## END STAGE KIDNEY DISEASE

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End-stage kidney disease when the kidneys mostly or completely stop working. It is also called "kidney failure."

### The symptoms of End-Stage Kidney Disease

Symptoms can include:

- Nausea, vomiting, or loss of appetite
- Swelling of the feet, ankles, or legs
- Difficulty in breathing due to fluid buildup around the heart
- Feeling very tired or having trouble concentrating
- Nerve problems, like weakness, numbness, or tingling
- Problems with sex

**Without treatment, end-stage kidney disease can cause seizures, coma, heart problems, and eventually death.**

### Treatment of end-Stage Kidney Disease

Once kidney damage has happened, it can't be reversed. Treatment for end-stage kidney disease involves

#### Kidney transplant

This is surgery in which a doctor puts a healthy kidney into your body. The new, healthy kidney then does the job of the diseased kidneys. (People need only one kidney to live.)

#### Dialysis

This treatment takes over the job of the kidneys. Some people get dialysis while they wait for a kidney transplant. Otherwise, dialysis must be continued for the rest of your life. **There are two types of dialysis:**

##### • Peritoneal dialysis

This is a procedure that you do at home every day. It involves putting a special fluid into your belly. This fluid collects waste & excess salt and water from your blood. Then, the used fluid drains out of your belly.

##### • Hemodialysis

This is a procedure in which a dialysis machine takes over the job of the kidneys. The machine pumps blood out of your body, filters it, and returns it to your body.

### Is there anything else I can do?

- See your nephrologist regularly.
  - Get treatment for any health problems that affect your kidneys. For example, if you have diabetes, it's important to keep your blood sugar in a healthy range. If you have high blood pressure, medicines and lifestyle changes can help with this.
  - Work with your doctor and dietitian to make changes to your diet. The best diet for you will depend on your situation and whether you are getting dialysis.
  - Get the vaccines that your doctor recommends.
  - Avoid smoking.
  - Try to get regular physical activity. Even gentle forms of exercise, like walking, are good for your health.
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### You should come to emergency room

#### Have new or worsening symptoms, like:

High temperature without any reason.

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