



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.