

*Dialysis Services now available at
Sengerema D. D Hospital*



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**KIDNEY CARE AND
DIALYSIS SERVICES
SENGEREMAD.D.HOSPITAL**





ABOUT KIDNEY DISEASE

What are your kidneys?

Most people have two kidneys, which are organs shaped like beans and are about the size of your fist. They are located either side of your spine, deep in your abdomen. Their main job is to clean the blood of toxins and transform waste into urine.

What is Kidney Disease?

Kidney Disease means that your kidneys are damaged and can no longer filter the blood as they should. There are two types of kidney disease - Acute Kidney Injury (AKI) and Chronic Kidney Disease (CKD).

Acute Kidney Injury (AKI) is the loss of kidney function over a short period of time. AKI is sometimes called Acute Kidney Failure, and is very serious and can be fatal if untreated. AKI is often reversible if found and treated quickly.

Chronic Kidney Disease (CKD) is the gradual loss of kidney function. When your kidneys stop working, dangerous levels of wastes and fluids build up in your body.

In the early stages of CKD, you may not notice any signs and symptoms. This means you may not notice that you have an issue with your kidneys until they are significantly impaired. Often those who have significant kidney function loss will require treatment with dialysis to filter their blood or a kidney transplant.

AM I AT RISK OF KIDNEY DISEASE?

There are factors that can contribute to your risk of chronic kidney disease. Some of these include:

- diabetes
- high blood pressure
- heart disease
- smoking
- obesity
- family history of kidney disease
- older age
- abnormal kidney structure

If you have any of these risk factors, it is important that you have regular check ups with your doctor and/or specialist.

Signs and Symptoms of Chronic Kidney Disease

- *Nausea and vomiting*
- *Loss of appetite*
- *Fatigue and weakness*
- *Changes in how much you urinate*
- *Decreased mental sharpness*
- *Muscle cramps*
- *Swelling of feet and ankles*
- *itching*
- *Chest pain (fluid building in lining of heart)*
- *Shortness of breath (fluid building up in lungs)*
- *High blood pressure*