

# RENAL FAILURE

## why do kidneys fail at times ?

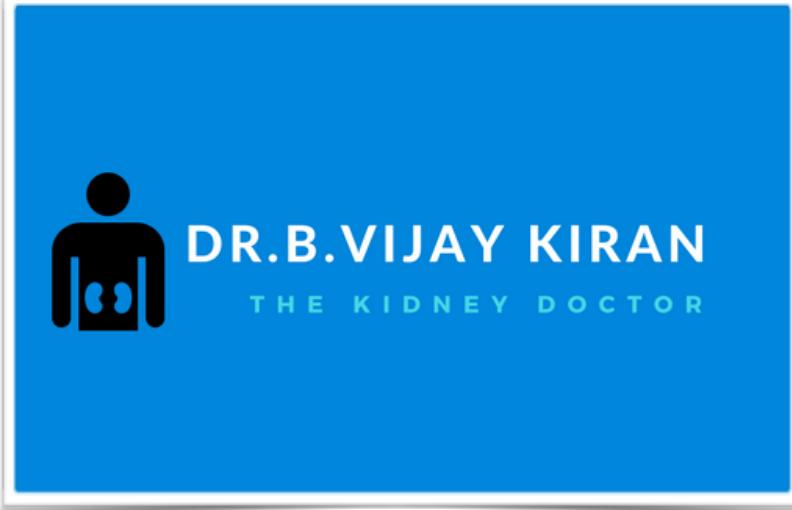
Uncontrolled and long standing diabetes, hypertension, morbid obesity, pain killer abuse, and some cystic disorders are the main reasons that our kidneys fail. It may also be related to your genes. Some times the cause is unknown.

## What is creatinine ?

It is a metabolic end product which gets normally excreted by the kidney. Hence its accumulation suggests renal failure. Normal values hang around 1.2mg/dl

## My creatinine is around 4. Will it reduce ?

Once there is irreversible kidney damage it is very unlikely that the creatinine will reduce. The main aim at this point will be to stabilise it with the help of medicines and lead a fairly normal life.



*I am absolutely normal. But blood tests show elevated creatinine. !!!*

Our body is so unique that any damage it takes can be buffered for a long time with out any signs or symptoms. For example , many people abuse their bodies with lots of sugar, salt. pain killers, drugs, smoking, alcohol etc. Body adjusts. But there is a limit for everything!!.

Then organs get damaged one by one. Still there is compensation to save life. When kidneys fail, body acclimatises to the new state. Bone get eroded to maintain homeostasis , blood levels go down, blood pressure goes up,





## **Some one suggested Ayurvedic medicines for renal failure. Can I try ?**

There is no solid evidence that these alternative medicines help. The anecdotal patient in which these worked are rare and not completely true.

In fact these may lead to chemical toxicities and further damage to kidneys. Also most of them will stop their prescribed medication which will further worsen kidney condition.

My suggestion is not to get lured by unrealistic promises and expectations.

Once your kidneys are damaged permanently your creatinine will increase and will not return to normal.

So the only realistic targets than is to control it and carry on a normal life.

appetite decreases and then it reaches a state when it can take no longer the stress and buckles. Only then we develop the signs and symptoms of renal failure. The whole process may take a long time in most of the patients may be a few years !!.

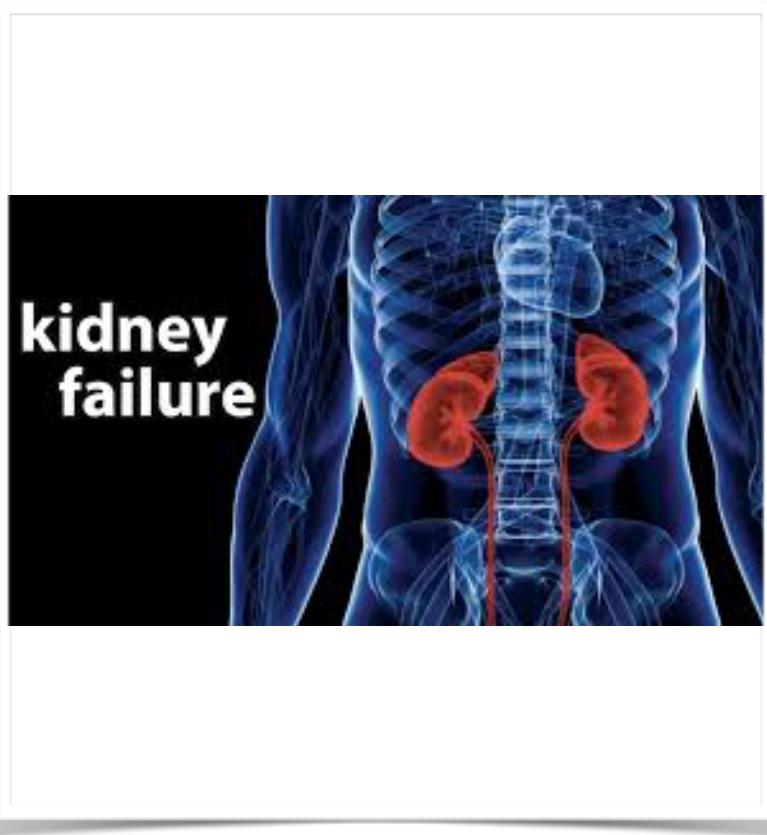
### *What are the signs and symptoms of kidney damage ?*

Symptoms are, decreased appetite, loss of normal sleep patters, early morning nausea, vomiting, decreased energy, itching, on and off headaches, body swelling , shortness of breath etc.

Hypertension , pedal edema, anaemia are recognised by your doctor. Routine lab tests will reveal elevated Blood Urea and serum creatinine. Ultrasound abdomen will show the sizes of the kidneys and their structure. Some may have small kidneys yet others even may have single kidney or other congenital malformations.

### *What are the stages of kidney failure ?*

International agencies have divide kidney failure in 5 stages. Stage 5 being the most severe and may require dialysis or renal transplantation.



*Can patients with kidney disease lead a normal life ?*

Yes, definitely. With proper medications and diligent diet a normal life is possible. You can exercise, do routine activities, drive vehicles, participate in normal sex with your partner etc. (Kindly consult your doctor for individual exercise plans and thresholds).

*What diet is advised ?*

Consult your doctor and a dietician for a diet chart.

What you eat depends upon your stage of kidney disease and the cause of kidney disease and your lab values. If your blood potassium is high then you have to restrict fruits, fruit juices, coconut water and take the help of 'double leeching' for vegetables.

Animal protein may be restricted. Read the labels of canned foods for their contents thoroughly. Low salt diet is advised.