



## ACUTE KIDNEY FAILURE

Acute Kidney Failure (AKF) typically develops quickly over few hours or days. Early signs and symptoms should be recognized and reported as soon as possible. Signs and symptoms might include:

- Urine output less than 2 liters a day - if you are drinking about 2 liters/day
- Edema (swelling in your legs, feet, or ankles)
- Drowsiness or being more tired than usual
- Being short of breath
- Having periods of confusion, seizures, or chest pain/pressure

Risk Factors for Acute Kidney Failure:

- Being hospitalized, especially for a serious condition that requires intensive care
- Advanced age
- Blockages in the blood vessels in your arms or legs (peripheral artery disease)
- Diabetes
- High blood pressure
- Heart failure
- Kidney diseases
- Liver diseases

## KIDNEY FAILURE

There are two different types of kidney failure that occurs within the body: acute kidney failure and chronic kidney failure.

Acute kidney failure occurs when the body suddenly loses the ability to filter waste products from your blood. Chronic kidney failure is a slow occurring problem that takes time to develop.

Chronic Kidney Failure may not show up or cause symptoms until your kidneys are severely damaged. Damage occurs to the kidneys because of decreased blood flow to the kidneys, direct damage to the kidneys, or the kidney's drainage tubes (ureters) become blocked and the wastes produced by the kidneys cannot leave the body. Dangerous levels of waste can accumulate within the blood. Excess waste and fluid will build up in your body because the kidneys are not properly filtering the blood and removing the waste through urinating.

### References

**Acute kidney failure. (2015, June 05).**  
<https://www.mayoclinic.org/diseases-conditions/kidney-failure/symptoms-causes/syc-20369048>

**Chronic kidney disease. (2017, August 04).**  
<https://www.mayoclinic.org/diseases-conditions/chronic-kidney-disease/symptoms-causes/syc-20354521>



## CHRONIC KIDNEY FAILURE

Chronic Kidney Failure develops over time and the kidneys become damaged slowly. Symptoms can be vague and nonspecific leading an individual to believe it's something else. Signs and symptoms could include:

- Changes in urine output
- Muscle twitches/cramps
- Edema (swelling in your legs, feet, or ankles)
- Changes in normal mental status
- Nausea and vomiting
- Weakness and tiredness
- Loss of appetite

There are three treatment options for chronic kidney failure that a doctor may use in addition to the same treatment used for AKF. Those treatments are: hemodialysis, peritoneal dialysis, and a kidney transplant.

The best treatment is prevention of injury to your kidneys. To protect your kidneys, take medications as prescribed and tell the doctor of any changes that occur after starting a new medication, maintain a healthy lifestyle, avoid smoking and avoid non-steroidal anti-inflammatory drugs such as ibuprofen. .

