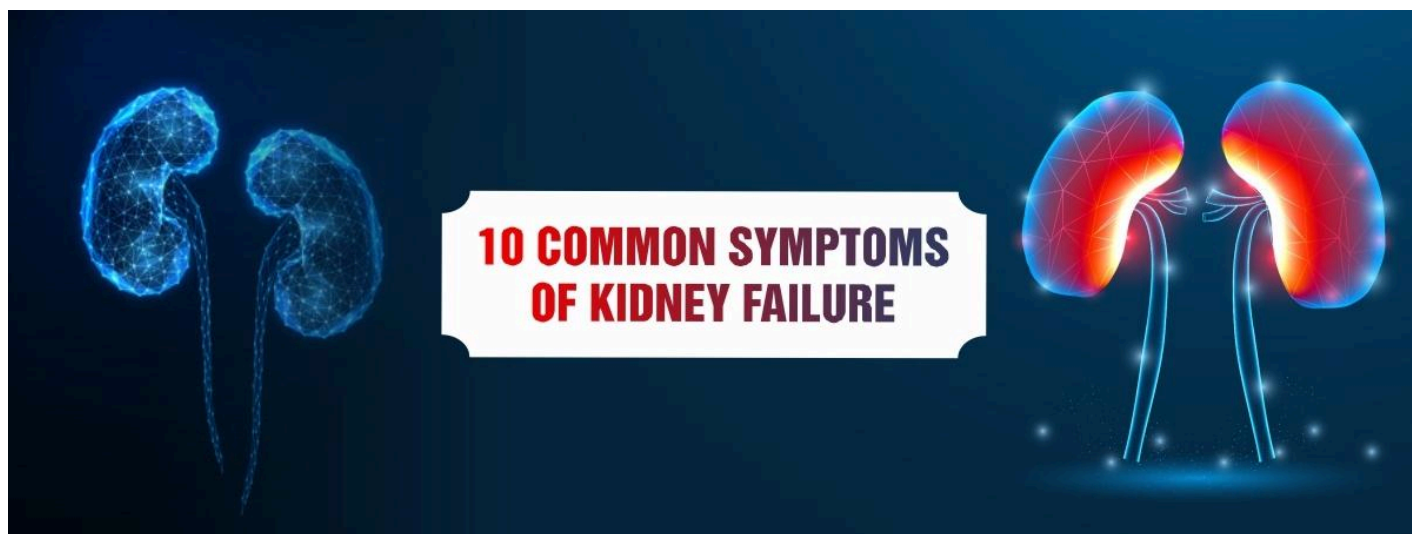




10 Common symptoms of kidney failure



The problem of kidney failure occurs when your kidneys lose the potential to filter toxins from your blood efficiently. Many reasons can disturb your kidney stability and function, such as:

- Sepsis, shock, severe infection
- Diabetes Mellitus
- Toxic exposure to certain medications
- Hypertension
- Huge dehydration
- Certain acute and chronic diseases

Your body becomes overloaded with toxins or waste if your kidneys can't do their regular job. This can lead to many problems, which can be life-threatening if left untreated. More than 37 million American adults have the problem of kidney disease, and most don't experience any symptom. There are lots of physical symptoms of kidney disease, but sometimes persons attribute them to other conditions.

Also, persons with kidney disease tend not to notice signs or symptoms until the very late stages, when the kidneys are not working properly or when there are lots of protein in the urine. This is one of the reasons why only 10% of persons with chronic kidney disease know that they have it.

While the only method to know for sure if you have [kidney failure](#) is to get tested, we share 10

possible symptoms you may have kidney failure or disease. If you're at risk for kidney disease due to diabetes, high blood pressure, a genetic problem of kidney failure, or if you're older than age 60, it's vital to get checked annually for kidney failure. Be sure to mention any signs you're noticing to your kidney doctor.

Tiredness or having trouble concentrating

A severe decrease in kidney function can lead to the collection of waste or garbage or impurities in the blood. This can cause persons to feel tired, weak, less energetic, and can make it hard to concentrate. Another problem of kidney disease is anaemia, which can cause weakness and fatigue.

Shortness of breath

Kidney failure is sometimes combined with asthma or heart disease because fluid can build up in the lungs. This problem can lead to inadequate respiratory function, and the body does not get enough oxygen.

Trouble sleeping

When the kidneys aren't working efficiently, waste stays in the blood rather than leaving the body through the urine. This can make it very tough to sleep. There is also a connection between obesity and [chronic kidney disease](#), and sleep apnea is normally present in those with chronic kidney disease, compared with the general crowd.

Dry and itchy skin

Healthy kidneys do many essential tasks. They remove toxins and extra fluid from your body, help make new red blood cells, help keep bones healthy, strong, and work to maintain the right amount of minerals in your blood. Dry and itchy skin can be a symptom of the mineral and bone disease that usually raises advanced kidney failure when the kidneys are no longer able to keep the right amount of minerals and nutrients in your body.

You feel the need to urinate more

If you feel the need to urinate more often, especially during the night, this can be a symptom of kidney failure. When the kidneys' filters are not working properly, it can cause an increase in the urge to urinate. Sometimes this can also be a sign of a urinary disease or enlarged prostate in males

Blood in urine

Healthy kidneys typically build the blood cells in the body when filtering toxins from the blood to create urine, but when the kidney's filters have been destroyed, these blood cells can begin to

"leak" out into the urine. In addition to signalling kidney failure, blood in the urine can be a symptom of tumours, kidney stones or an infection.

Swelling in ankles and feet

Inadequate kidney function can lead to sodium retention, causing inflammation in your feet and ankles. Swelling in the lower extremities can also be a symptom of heart failure, liver disease and chronic leg vein issues.

Poor appetite

This is a ubiquitous sign of kidney failure, but a buildup of toxins resulting from reduced kidney function can be one of the reasons.

Cramping in muscles

Electrolyte imbalances can result from abnormal kidney function. For example, low calcium volume and poorly controlled phosphorus may cause muscle cramping.

Persistent puffiness around your eyes

Protein in the urine is an early symptom that the kidneys' filters have been destroyed, allowing the protein to leak into the urine. This puffiness around your eyes can be due to a reason that your kidneys are leaking lots of protein in the urine, rather than keeping it in the body.

Closing comments

If you believe you have any of these signs or symptoms, come to [Amandeep Medicity](#) and talk to Dr Manmeet Singh (MD, Med DM Nephrology, HOD Department of Nephrology). This is especially essential if you have a close family member who has kidney disease, or if you have problems like diabetes, high blood pressure, which are the leading causes of kidney failure.

Our expert team of kidney doctors will perform an evaluation then suggest some medications or lifestyle changes to help slow the progression of kidney failure.