

Job of the kidney:

One of the main jobs of the kidneys is to filter the waste out of the blood.

Acute Kidney Failure

The disease you have is called Acute Kidney Failure which means your body can't remove the waste from your blood.

Symptoms:

Bloody stools
Breath odor and metallic taste in the mouth
Bruising easily
Changes in mental status or mood
Decreased appetite
Decreased sensation, especially in the hands or feet
Fatigue
Flank pain (between the ribs and hips)
Hand tremor
High blood pressure
Nausea or vomiting, may last for days
Nosebleeds
Persistent hiccups
Prolonged bleeding
Seizures
Shortness of breath
Slow, sluggish movements
Swelling due to the body keeping in fluid (may be seen in the legs, ankles, and feet)
Urination changes, such as little or no urine, excessive urination at night, or urination that stops completely

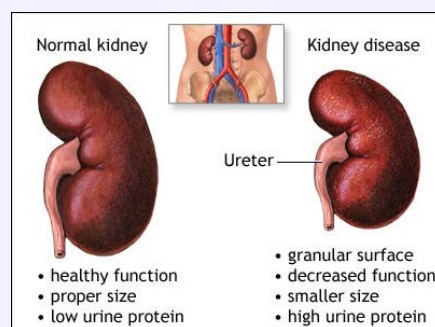
Dialysis

Dialysis is a treatment that will help purify the blood since your kidneys cant.

What does dialysis do?

Dialysis is the artificial process of eliminating waste from the blood. Most people's kidneys do this naturally. Some people, however, may have failed or damaged kidneys which cannot carry out the function properly.

Kidney



How might this affect your life?

You will probably experience sleep problems, weak bones, joint problems, depression, You will need to watch how much you eat and drink. Avoid eating foods with sodium, potassium, and phosphorus for it will add too much waste to your blood for your body to handle.

For you to stay fit while having a kidney disease you will need to exercise a little bit at a time. Stop if you start feeling tired, short of breath, having chest pain, rapid heart beats, stomach sickness, leg cramps, or feeling dizzy and light-headed

Do not exercise if you have a fever, changed your dialysis schedule, medicine schedule, physical condition changed, if you've eaten too much, or if the weather is too hot and humid.