NAME- AFABOR MARIAN OGHENERUME

MATRIC NO- 18/MHS07/002

DEPARTMENT- PHARMACOLOGY

ASSIGNMENT TITLE- RENAL PHYSIOLOGY

COURSE TITLE- RENAL PHYSIOLOGY, BODY FLUID & TEMPERATURE REGULATION AND AUTONOMIC NERVOUS SYSTEM

COURSE CODE- PHS 212

DATE- 28/06/2020

QUESTION

DISCUSS THE DISEASES OF THE RENAL SYSTEM

The term “chronic kidney disease” means lasting damage to the kidneys that can get worse over time. If the damage is very bad, your kidneys may stop working. This is called kidney failure, or end-stage renal disease (ESRD). If your kidneys fail, you will need dialysis or a kidney transplant in order to live.

Chronic kidney disease, also called chronic kidney failure, describes the gradual loss of kidney function. Your kidneys filter wastes and excess fluids from your blood, which are then excreted in your urine. When chronic kidney disease reaches an advanced stage, dangerous levels of fluid, electrolytes and wastes can build up in your body.

What are the symptoms of kidney failure?

You may notice one or more of the following symptoms if your kidneys are beginning to fail:

-Itching

-Muscle cramps

-Nausea and vomiting

-Not feeling hungry

-Swelling in your feet and ankles

-Too much urine (pee) or not enough urine

-Trouble catching your breath

-Trouble sleeping

If your kidneys stop working suddenly (acute kidney failure), you may notice one or more of the following symptoms:

-Abdominal (belly) pain

-Back pain

-Diarrhea

-Fever

-Nosebleeds

-Rash

-Vomiting

Having one or more of any of the symptoms above may be a sign of serious kidney problems. If you notice any of these symptoms, you should contact your doctor right away.

Complications of CKD

Your kidneys help your whole body work properly. When you have CKD, you can also have problems with how the rest of your body is working. Some of the common complications of CKD include anemia, bone disease, heart disease, high potassium, high calcium and fluid buildup. Learn more about the complications of CKD.

Stages of CKD

Chronic kidney disease (CKD) refers to all 5 stages of kidney damage, from very mild damage in Stage 1 to complete kidney failure in Stage 5. The stages of kidney disease are based on how well the kidneys can do their job to filter waste and extra fluid out of the blood. Learn more about the stages of CKD.

How can I prevent CKD?

Diabetes and high blood pressure are the most common causes of CKD. If you have diabetes or high blood pressure, working with your doctor to keep your blood sugar and blood pressure under control is the best way to prevent kidney disease.

Living a healthy lifestyle can help prevent diabetes, high blood pressure and kidney disease, or help keep them under control. Follow these tips to lower your risk for kidney disease and the problems that cause it: Follow a low-salt, low-fat diet

Exercise at least 30 minutes on most days of the week

Have regular check-ups with your doctor

Do not smoke or use tobacco

Limit alcohol

How do I know if I have CKD?

CKD usually does not have any symptoms until your kidneys are badly damaged. The only way to know how well your kidneys are working is to get tested. Being tested for kidney disease is simple. Ask your doctor about these tests for kidney health:

eGFR (estimated glomerular filtration rate)

The eGFR is a sign of how well your kidneys are cleaning your blood.

Your body makes waste all the time. This waste goes into your blood. Healthy kidneys take the waste out of your blood. One type of waste is called creatinine. If you have too much creatinine in your blood, it might be a sign that your kidneys are having trouble filtering your blood.

You will have a blood test to find out how much creatinine is in your blood. Your doctor will use this information to figure out your eGFR. If your eGFR is less than 60 for three months or more, you might have kidney disease.

Urine test

This test is done to see if there is blood or protein in your urine (pee). Your kidneys make your urine. If you have blood or protein in your urine, it may be a sign that your kidneys are not working well. Your doctor may ask you for a sample of your urine in the clinic or ask you to collect your urine at home and bring it to your appointment.

Blood pressure

This test is done to see how hard your heart is working to pump your blood. High blood pressure can cause kidney disease, but kidney disease can also cause high blood pressure. Sometimes high blood pressure is a sign that your kidneys are not working well. For most people a normal blood pressure is less than 120/80 (120 over 80). Ask your doctor what your blood pressure should be.

How is CKD treated?

Damage to your kidneys is usually permanent. Although the damage cannot be fixed, you can take steps to keep your kidneys as healthy as possible for as long as possible. You may even be able to stop the damage from getting worse.

Control your blood sugar if you have diabetes.

Keep a healthy blood pressure.

Follow a low-salt, low-fat diet.

Exercise at least 30 minutes on most days of the week.

Keep a healthy weight.

Do not smoke or use tobacco.

Limit alcohol.

Talk to your doctor about medicines that can help protect your kidneys.

If you catch kidney disease early, you may be able to prevent kidney failure. If your kidneys fail, you will need dialysis or a kidney transplant to survive.

Kidney-friendly diet for CKD

You need to have a kidney-friendly meal plan when you have chronic kidney disease (CKD). Watching what you eat and drink will help you stay healthier. A kidney-friendly diet may also help protect your kidney from further damage by limiting certain foods to prevent the minerals in those foods from building up in your body. Learn more about the kidney-friendly diet for CKD.

Find kidney-friendly recipes on Kidney Kitchen

In Kidney Kitchen, you can take a deep dive into what each nutrient means for people with kidney disease, and how much of these nutrients common foods contain. Learn what healthy eating means for people in every stage of kidney disease, including those on dialysis or living with a kidney transplant. Find recipes on Kidney Kitchen.

Diseases and conditions that cause chronic kidney disease include:

Type 1 or type 2 diabetes

High blood pressure

Glomerulonephritis (gloe-mer-u-low-nuh-FRY-tis), an inflammation of the kidney's filtering units (glomeruli)

Interstitial nephritis (in-tur-STISH-ul nuh-FRY-tis), an inflammation of the kidney's tubules and surrounding structures

Polycystic kidney disease

Prolonged obstruction of the urinary tract, from conditions such as enlarged prostate, kidney stones and some cancers

Vesicoureteral (ves-ih-koe-yoo-REE-tur-ul) reflux, a condition that causes urine to back up into your kidneys

Recurrent kidney infection, also called pyelonephritis (pie-uh-low-nuh-FRY-tis)