



## ORIGIN OF ACUTE KIDNEY FAILURE, TREATMENT PREVENTION

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### **Annotation:**

Acute kidney failure is when your kidneys stop working suddenly. Doctors sometimes call it acute renal failure. It can happen over just a few hours or days. Acute kidney failure isn't always permanent. If you get treatment right away and if you don't have other serious health problems your kidneys can go back to working normally. The main job of your kidneys is to filter waste out of your blood. They also remove extra fluid from your blood (this becomes urine) and control blood pressure. Kidneys help make red blood cells. They regulate electrolytes (a type of nutrient) and activate vitamin D, too. Kidneys don't work well when they're damaged. This could happen because of another health condition, like diabetes. A decrease in kidney function that happens over a longer period of time is called chronic kidney disease (CKD).

**Key words:** acute kidney failure, kidney , filter.

Often, treatment for acute kidney failure, especially if severe, requires hospitalization. If there aren't any other problems, the kidneys may heal themselves.

In most other cases, acute kidney failure can be treated if it's caught early. It may involve changes to your diet, the use of medications, intravenous fluids, relief of any obstruction that is blocking kidneys, or even dialysis.

**Diet.** Your doctor will limit the amount of salt and potassium you get until your kidneys heal. That's because both of these substances are removed from your body through your kidneys. Changing how and what you eat won't reverse acute kidney failure. But your doctor may change your diet while they treat the conditions that caused it. This may mean treating a health problem like heart failure, taking you off certain medications, or giving you fluids through an IV if you're dehydrated. If your doctor has put you on a low potassium diet, you'll need to cut back on high-potassium foods like bananas, spinach, oranges, potatoes, and tomatoes. On the other hand, you can eat more low-potassium foods like apples, strawberries, grapes, and cauliflower.

**Medications.** Your doctor may prescribe medicines that regulate the amount of phosphorus and potassium in your blood. When your kidneys fail, they can't remove these substances from your body. Medications won't help your kidneys, but they may reduce some of the problems kidney failure causes.

**Dialysis.** If your kidney damage is severe enough, you may require hemodialysis until your kidneys can heal. Dialysis does not help kidneys heal but takes over the work of kidneys until they do. If your kidneys don't heal, dialysis could be long-term.



## ***Acute Kidney Failure Complications***

Acute kidney failure can sometimes cause complications. These include:

**Fluid buildup.** Acute kidney failure can sometimes cause a buildup of fluid in your body. If fluid builds up in your lungs, this can cause shortness of breath.

**Chest pain.** If the lining that covers your heart becomes inflamed, you may have chest pain.

**Acidic blood** (metabolic acidosis). If your blood has too much acid due to acute kidney failure, you can end up with nausea, vomiting, drowsiness, and breathlessness.

**Muscle weakness.** When your body's fluids and electrolytes are out of balance, you can get muscle weakness. In serious cases, this can lead to paralysis and heart rhythm problems.

**Permanent kidney damage.** Acute kidney failure can become chronic and your kidneys will stop working almost entirely or completely. This is called end-stage renal disease. If this happens, you will need to go on permanent dialysis (to filter your blood and remove toxins) or get a kidney transplant.

**Death.** Acute kidney failure can lead to loss of kidney function that is so bad, it can cause death.

## **Acute Kidney Failure Prevention**

You can reduce your risk of getting acute kidney failure by practicing some healthy habits.

- **Be careful when taking over-the-counter (OTC) pain medications.** Whether you are taking NSAID medications like aspirin, ibuprofen, and naproxen or other types of OTC pain medications like acetaminophen, it's important to read and follow the recommended dosing instructions on the package. If you take too much of these meds, you could increase your chances of getting acute kidney failure.
- **Follow your doctor's advice.** If you have a higher risk of getting acute kidney failure because of pre-existing kidney disease or other conditions, make sure to follow your doctor's advice for treating and managing your condition.
- **Keep a healthy lifestyle.** Exercise, eating right, and drinking little or no alcohol can go a long way to preventing acute kidney failure.

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