

## AVOIDING THE ONSET AND PROGRESSION OF KIDNEY DISEASES



Kidneys are like water system filters, they sieve the blood and extract toxins and excess water from the bodies and dispose of them in the form of urine. This process may seem easy but a slight injury to the kidneys can throw the entire body systems into chaos, from uncontrolled blood pressure to inadequate blood cells production.

According to National Kidney Foundation, acute kidney injury (previously called acute kidney failure) is the sudden loss of kidney function, as a result of illness, drugs or injury. At this acute stage, the injury is commonly reversible, but when acute kidney disease progresses to chronic kidney disease most times within six months, it becomes irreversible. With chronic kidney disease, the kidneys are unable to adequately remove excess sodium, potassium and phosphorus and as a result, they are at higher risk of elevated blood levels of these minerals. The most common causes of chronic kidney disease are diabetes and hypertension.

The symptoms of kidney disease start with facial and around the eyes swelling, puffy ankles, reduced urine output despite adequate water intake and coke colored urine. Kidney injuries caused by infections especially in children, early treatment of sore throat and being very observant of the improper urination of children is essential, as it might be a case of blockage in the urinary system.

It is important to note that early presentation and treatment of kidney injury and sticking to medically approved diet can help to rest the kidneys, hence helping them recover and stop progression of kidney diseases.