

Brief Note on Treating Symptoms and Side Effects of Chronic Kidney Disease

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Description

Chronic Kidney Disease (CKD) is a slow, progressive disease that causes renal dysfunction. However, if one kidney fails, the other kidney will effect. The kidneys may or may not worsen to some degree of dysfunction. However, symptoms may progress to renal failure. Most people with CKD are unaware of their condition because their symptoms usually do not develop in the early stages of the disease. The condition is usually in an advanced stage by the time a person notices any symptoms. Damage to the kidneys at this stage is irreversible. As kidney disease progresses, dangerous levels of waste products can quickly build up in the body. Treatment aims to stop or slow the progression of renal dysfunction by controlling the underlying cause.

Treating Symptoms and Side Effects

Damage to a person's kidneys from CKD is usually permanent. However, some treatments help to control symptoms, reduce the risk of complications, and slow the progression of the disease. Medical conditions that cause CKD that require treatment include:

High blood pressure

High blood pressure can be the cause or a symptom of CKD. Lowering blood pressure is important to protect the kidneys and slow the progression of CKD. A person with high blood pressure may need to take certain medications. Additionally, making lifestyle changes such as eating healthily and getting regular exercise can help reduce a person's blood pressure.

Anemia

Hemoglobin is the substance in crimson blood cells that includes crucial oxygen across the body. If haemoglobin tiers are low, someone probably has anemia. Injections of erythropoiesis-stimulating agents (ESAs) are the most common and effective remedy for CKD and anemia.

Phosphate balance

The body of a person with kidney disease may not be able to properly remove phosphate. Treatment includes people who reduce their dietary phosphate intake. This usually means reducing the consumption of dairy products, lean meats, eggs and fish.

Skin itching

Itching is a common problem in people with advanced stages of CKD or with renal failure during dialysis. Itching is difficult to control and may interfere with sleep. One can consult a dermatologist about itching of the skin. A dermatologist can provide a person with medicines and moisturisers to relieve itching.

Vitamin D deficiency

People with CKD are at increased risk of vitamin D deficiency. Vitamin D is important for healthy bones. The kidneys activate vitamin D from the sun and food before the body uses it. Low levels of vitamin D reduce bone density and can lead to osteoporosis and fractures. People with vitamin D deficiency may need supplements. However, because of the limited evidence of its effectiveness, doctors usually make decisions based on their individual needs and health.

Fluid retention

People with CKD need to be aware of their fluid intake and limit the amount of salt they eat. If the kidneys are not functioning properly, a person is prone to fluid retention and congestion. Higher salt intake can also help the body to retain more water. Fluid retention with sodium can lead to high blood pressure, which can lead to the progression of kidney disease and serious heart problems.