

KIDNEY DISEASE SYMPTOMS AND TREATMENT OF ULTRA-HEALTH

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Abstract: Kidney diseases in men and women include various pathologies that prevent the normal functioning of these organs of the urinary system. Each of the kidney diseases has its own characteristics, different clinical manifestations and treatment methods. In fact, many kidney diseases are asymptomatic, that is, they occur without symptoms, and patients are not aware of the existing problems with their health. Therefore, it is important to understand what the main kidney diseases are, know their symptoms and treatment.

Keywords: Importance of elimination, Pyelonephritis, Glomerulonephritis, Urolithiasis, Nephrolithiasis, Hydronephrosis, Nephron.

Often, a patient accidentally discovers that he has a neglected stage of kidney disease, having come to the doctor complaining of a completely different problem. Doctors even call the kidneys “silent organs” among themselves, because in some cases the first signs of the disease appear only when the kidney fails. Of course, doctors can suspect the presence of the disease when taking a blood test, but for this this analysis must fall into the hands of a nephrologist, which happens very rarely. In most cases, patients learn about the presence of such a doctor when they are first hospitalized with a diagnosis of myocardial infarction. The fact is that when the kidneys stop working normally, the amount of calcium in the blood increases sharply, and calcium tends to settle on the walls of blood vessels and accumulate. As a result, the vascular lumen narrows. Therefore, most patients with kidney failure die at the age of 30-40. In this case, the cause of death is cardiovascular disease.

The treatment of patients with kidney disease is very expensive for the budget of any country. For example, the cost of hemodialysis varies from place to place, ranging from 50 to 100 US dollars, and the patient must undergo this procedure three times a week. Therefore, not every patient can afford the treatment. Thus, only 212 out of every million people are provided with reliable hemodialysis. In addition, the procedure is available only in regions with a sufficient budget. The same is true for kidney transplantation. If the disease is detected in a timely manner in patients with kidney pathology, the treatment will be both effective and cheaper, therefore it is recommended to conduct an ultrasound examination of the kidneys once a year and take appropriate tests. This is especially important for people at risk, in particular hypertensive patients, diabetics, obese people and those suffering from atherosclerosis.

It should be remembered that the following factors can trigger the onset of kidney disease:

- A sharp decrease in body weight, which is caused by a decrease in the fatty capsule that surrounds the kidney.
- Obesity. Excess fat puts pressure on the kidney and impairs its function. In addition, the tone of blood vessels deteriorates during sleep.
- Diabetes.
- Bad habits (smoking and alcohol abuse). Alcohol causes dehydration, which thickens the blood, and tobacco smoke is the strongest carcinogen. All this negatively affects the functioning of the kidneys.
- High blood pressure damages the renal vessels and leads to impaired functioning.

If you are aware of your health, you can suspect the presence of kidney disease by the following common signs. So, symptoms of impaired kidney function:

- Swelling of the face, accompanied by the appearance of bags under the eyes, swelling of the legs. By evening, the swelling returns. The skin becomes dry, pale, and perhaps yellow.
- Pyelonephritis and hydronephrosis may be indicated by pain in the lumbar region.
- Rapid fatigue, weakness, fever, headache - all these symptoms suggest kidney disease.
- A reason to see a doctor is a violation of the smell, color, and quantity of urine.

Pyelonephritis is an infectious disease of the kidneys that develops due to various bacteria. Patients with acute and chronic pyelonephritis make up almost 2/3 of all urological patients. Pyelonephritis can occur in an acute or chronic form, affecting one or both kidneys. In chronic pyelonephritis, the asymptomatic or mild course of the disease often leads to indifference of patients to this disease, they cannot adequately assess the severity of the disease and do not take treatment seriously. Diagnosis and treatment of pyelonephritis are carried out by a nephrologist. If pyelonephritis is not treated in a timely manner, it can lead to serious complications such as renal failure, carbuncle or renal abscess, sepsis and bacterial shock. Glomerulonephritis is an immunoinflammatory disease that is mainly accompanied by damage to the renal glomeruli. The renal tubules and interstitium are also involved in the pathological process. Pathology can be both primary and develop against the background of other systemic diseases. Children often suffer from glomerulonephritis, this disease is second only to infectious diseases of the urinary system. In addition, glomerulonephritis causes more disability than other urological diseases, as it provokes the early development of renal failure.

- Prerenal. This is due to impaired renal blood flow. The kidney does not receive enough blood. As a result, the process of urine formation is disrupted, pathological changes occur in the kidney tissue. It occurs in about half of patients (55%).

- Renal. Associated with pathology of the kidney tissue. The kidney is adequately supplied with blood, but cannot produce urine. It occurs in 40% of patients.

- Postrenal. Urine is formed in the kidney, but cannot exit due to an obstruction in the urinary tract. If the obstruction is only in the urinary tract, a healthy kidney takes over the function of the damaged kidney - renal failure does not occur. This condition occurs in 5% of patients.

In conclusion, acute renal failure requires immediate hospitalization of the patient in a nephrological hospital. If the patient's condition is serious, he is admitted to the intensive care unit. Treatment depends on the causes of renal dysfunction. Treatment of chronic renal failure depends on its stage. At the initial stage, the underlying disease is treated, which helps to prevent serious renal dysfunction, and later it will be easier to eliminate them. When a decrease in urine output and the appearance of signs of renal failure are observed, it is necessary to begin to combat pathological changes in the body. During the recovery period, it is necessary to eliminate the consequences and follow the instructions

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