

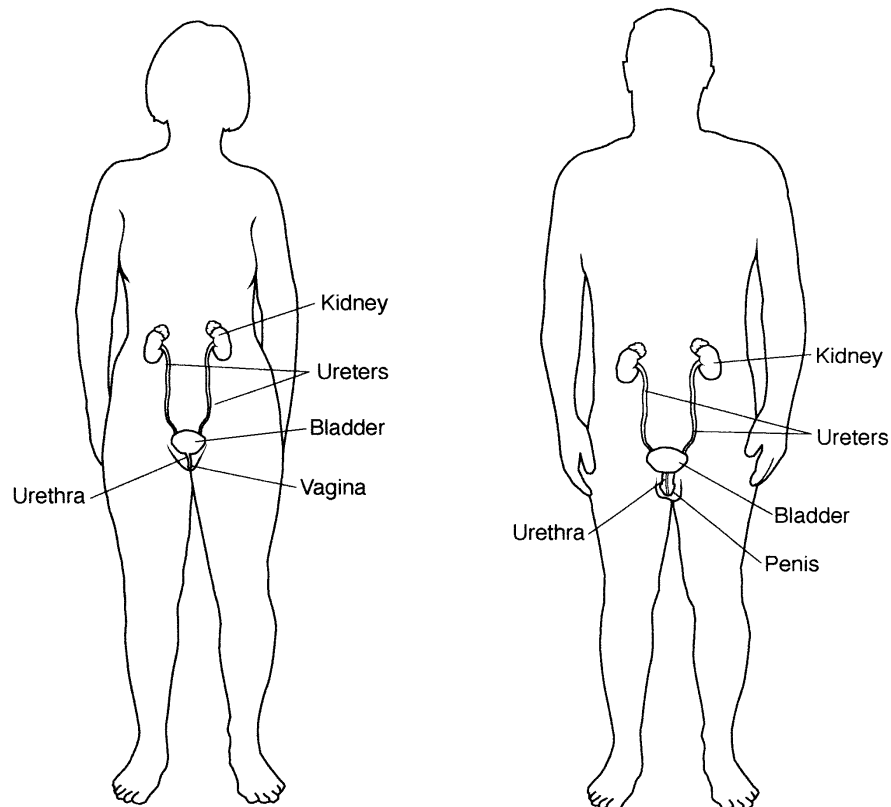
# Kidney Failure

Kidney failure is also called renal failure. With kidney failure, the kidneys cannot get rid of the body's extra fluid and waste. This can happen because of disease or damage from an injury.

The kidneys:

- Get rid of excess water and waste products
- Adjust the fluid and chemicals needed by the body
- Control blood pressure
- Control the hormones in the body that make new red blood cells

The kidneys take excess water and waste products from the blood and turn it into urine. Urine is then passed out of the body. Most people have 2 kidneys. A person can live a healthy life with one kidney.



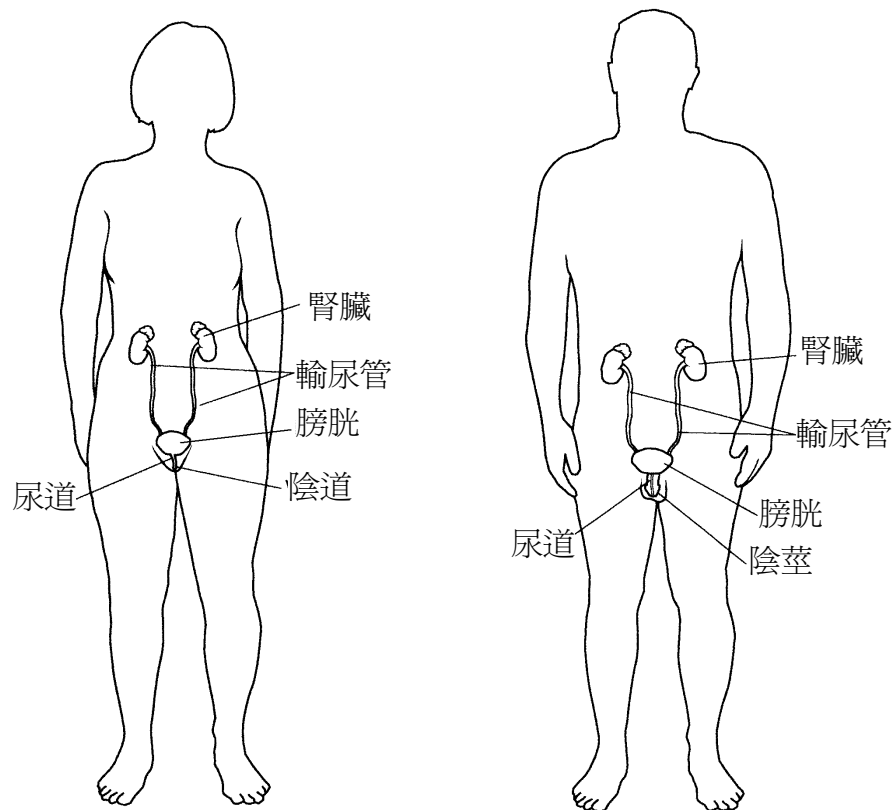
# 腎衰竭

腎衰竭亦稱腎臟衰竭。發生腎衰竭後，腎臟無法清除人體多餘的液體和廢棄物。疾病或外傷均可導致腎衰竭。

腎臟的功能：

- 清除多餘的水和代謝廢棄物
- 調節人體需要的液體和化學物質
- 控制血壓
- 控制體內製造新紅血球的荷爾蒙

腎臟從血液中清除多餘的水和代謝廢棄物，轉化為尿液。尿液則排出體外。大多數人都有兩個腎臟。僅有一個腎臟亦可保持健康。



There are 2 kinds of kidney failure called acute and chronic.

### **Acute Kidney Failure**

Acute kidney failure is a sudden loss of kidney function that happens within hours or days. Causes may include:

- Severe infections
- Severe burns
- Injury to or blockage of the blood flow to the kidneys
- Low blood pressure
- Blockage in the urinary tract
- Heart failure
- Chemical or drug poisoning

The kidneys can often get better when the cause of the problem is found and treated.

### **Chronic Kidney Failure**

Chronic kidney failure occurs when the kidneys slowly lose their function. It is a lifelong disease that does not get better. Causes may include:

- Diseases such as diabetes, high blood pressure and heart disease
- Kidney stones
- Blockage or problems in the urinary tract
- Lupus, an autoimmune disease

腎衰竭分急性和慢性兩種。

## **急性腎衰竭**

急性腎衰竭是指在幾個小時或幾天內喪失腎臟功能。原因可包括：

- 嚴重感染
- 嚴重燒傷
- 腎臟受傷或流向腎臟的血液受阻
- 低血壓
- 尿道堵塞
- 心臟衰竭
- 化學中毒或藥物中毒

若能發現致病原因並採取治療措施，腎臟往往可以好轉。

## **慢性腎衰竭**

慢性腎衰竭是指腎臟慢慢喪失功能。慢性腎衰竭伴隨患者終生，無法好轉。原因可包括：

- 糖尿病、高血壓和心臟病等疾病
- 腎結石
- 尿道堵塞或問題
- 狼瘡（自體免疫疾病）

- Scleroderma, a skin and connective tissue disorder
- Chronic infections
- Drug abuse
- Poisons

**Signs of Chronic Kidney Failure include:**

- Swelling in the hands, face or feet
- Changes in how often you need to urinate
- Feeling very tired or weak
- Headache and confusion
- Nausea or vomiting
- Loss of appetite
- Feeling short of breath
- Itchy skin

There is no cure for chronic kidney failure. It is treated with diet changes and medicines. When the kidneys lose most of their function, called end-stage renal failure, dialysis is needed several days a week. A kidney transplant may also be a treatment option.

**Talk to your doctor or nurse if you have any questions or concerns.**

- 硬皮症，一種皮膚和結締組織疾病
- 慢性感染
- 濫用藥物
- 有毒物質

慢性腎衰的症狀包括：

- 手、臉、腳浮腫
- 排尿頻率發生變化
- 感覺非常疲勞或虛弱
- 頭痛和意識混亂
- 噁心或嘔吐
- 食慾不振
- 呼吸短促
- 皮膚搔癢

慢性腎衰竭無法治癒。可透過改變飲食和藥物進行緩解治療。腎臟喪失大部分功能後，即進入末期腎臟衰竭，此階段須每週進行數次洗腎。此外，腎移植也是一個治療選擇。

**如果有任何疑問或擔心，請詢問醫生或護士。**

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Kidney Failure. Traditional Chinese