

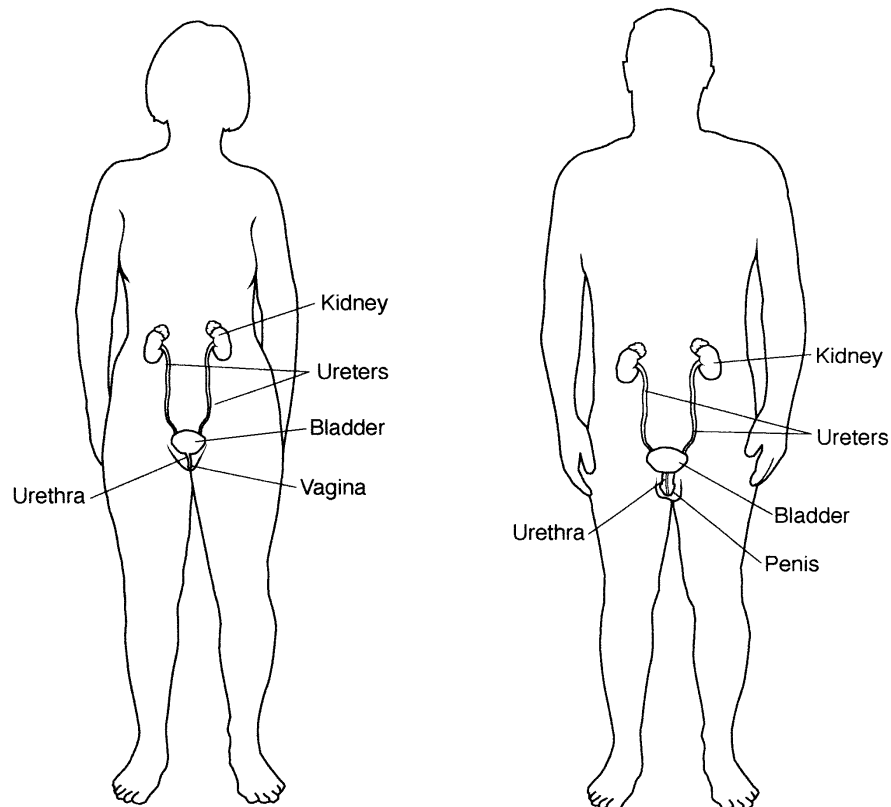
# Kidney Failure

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.



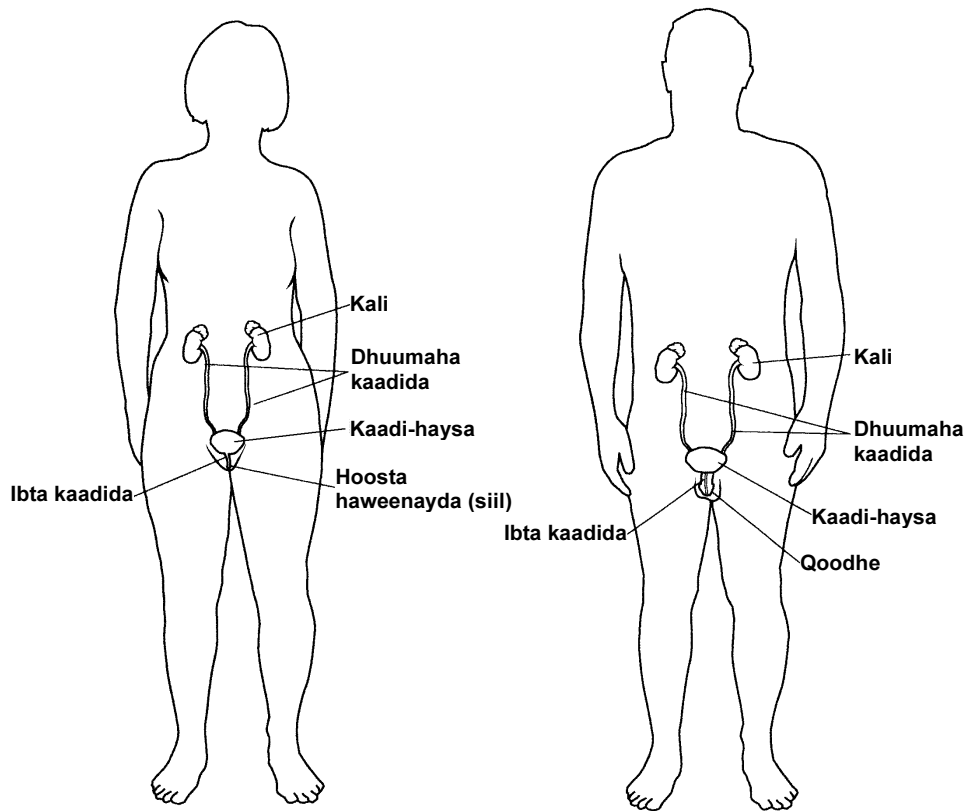
# Hawlgabka Kelyaha

Hawlgabka kelyaha (kidney failure) oo Ingiriisiga loogu yaqaano “renal failure.” Marka kelyuhu hawlgabaan, jirka kama saari karaan dheecaanka dheeraadka ah iyo qashinka. Waxay tani dhici kartaa sababta oo ah cudur ama waxyeelo ka timi dhaawac.

Kalyuhu:

- Waxay saaraan biyaha siyaadada ah iyo qashinka
- Waxay dheelitiraan dheecaanada iyo kiimikooyinka jirku u baahan yahay
- Waxay xukumaan cadaadiska dhiigga
- Waxay xukumaan dheecaanada jirka (hormones) ee sameeya unugyo dhiig oo cusub

Kelyuhu waxay biyaha siyaadada ah iyo qashinka ka saaraan dhiigga oo u bedelaan kaadi. Ka dibna kaadida ayaa laga saaraa jirka. Dadka badidoodu waxay leeyihiin 2 kelyood. Qofku waxa uu nolol caafimaad leh ku noolaan karaa isaga oo leh hal kali.



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

Waxa jira 2 nooc oo ah hawlgab kelyo oo loo yaqaano mid daran (acute) iyo mid soo-jireen ah (chronic).

### **Hawlgabka Kelyaha ee Daran**

Hawlgabka kelyaha ee daran waa kelyaha oo si kadis ah u lumiya hawl qabadkooda oo dhacda saacado ama maalmo gudohood. Sababaha waxa ka mid ah:

- Caabuq/fashfsh daran
- Gubasho daran
- Waxyeelo ama joogsi ku dhaca dhiigga ku qulqula kelyaha
- Cadaadiska dhiigga oo hooseeya
- Joogsi ku dhaca marinka kaadida
- Hawlgab wadne
- Sumow kiimiko ama maandooriye

Badanaa kelyuhu way soo fiicnaan karaan marka sababta keentay dhibaataada la helo ee la daweeyo.

### **Hawlgabka Kelyaha ee Soo-jireenka ah**

Hawlgabka kelyaha ee soo-jireenka ahi waxa uu dhacaa marka kelyuhu si tartiib ah u lumiyaan shaqadooda. Waa cudur nolosha qofka oo dhan jira oo aan laga fiicnaan. Sababaha waxa ka mid noqon kara:

- Cudurada sida sonkorta/sokorowga, cadaadiska dhiigga ee sareeya iyo cudurka wadnaha
- Dhagxaanta kelyaha
- Gufeysan ama dhibaatooyin ku dhaca marinka kaadida
- Lubus (lupus), oo ah cudur isdifaac jir

- 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.**

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- Scleroderma, oo ah cudur maqaarka iyo seedaha
- Caabuqa/fashfashka soo-jireenka ah
- Icticmaal-xumida maandooriye
- Sun

Calaamadaha Hawlgabka Kelyaha ee Soo-jireenka waxa ka mid ah:

- Gacmaha, wajiga ama cagaha oo barara
- Isbeddelo ah inta jeer ee aad kaadisid
- Dareen ah daal badan ama tabar-dari
- Madax xanuun iyo wareer
- Lallabo ama matag
- Rabitaanka cuntada oo luma
- Dareen ah neefsashada oo dhib kugu ah
- Maqaarka oo cuncuna

Hawlgabka kelyaha ee soo-jireenka ah ma laga bogsado. Waxa lagu daweyyaa cuntada oo la beddelo iyo dawooyin. Marka kelyaha uu ka lumo badi hawlgalkoodu, taasoo la yidhaahdo dhamaadka hawlgabka kelyaha (end-stage renal failure), kaadi-saaris (dialysis) ayaa loo baahan yahay dhawr maalmood tobobaadkii. Waxa kale oo doorasho daweyn noqon kara in kelyo lagugu talaalo.

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid su'aalo ama walaac.**

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Kidney Failure. Somali