

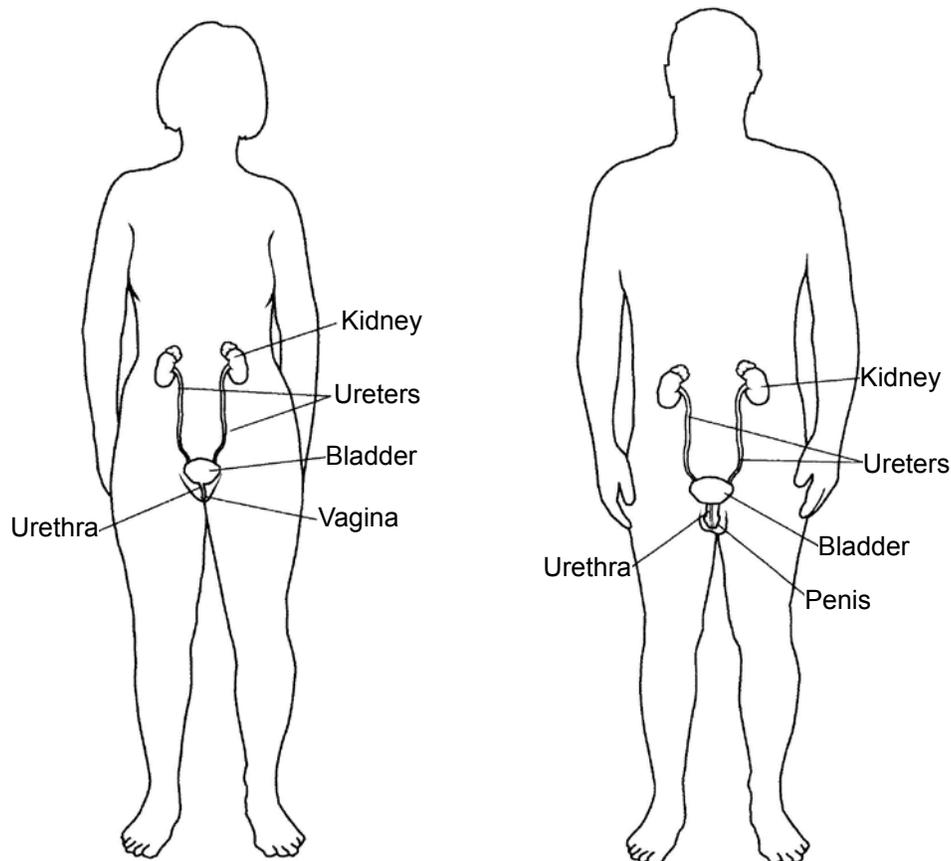
# Kidney Failure

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.



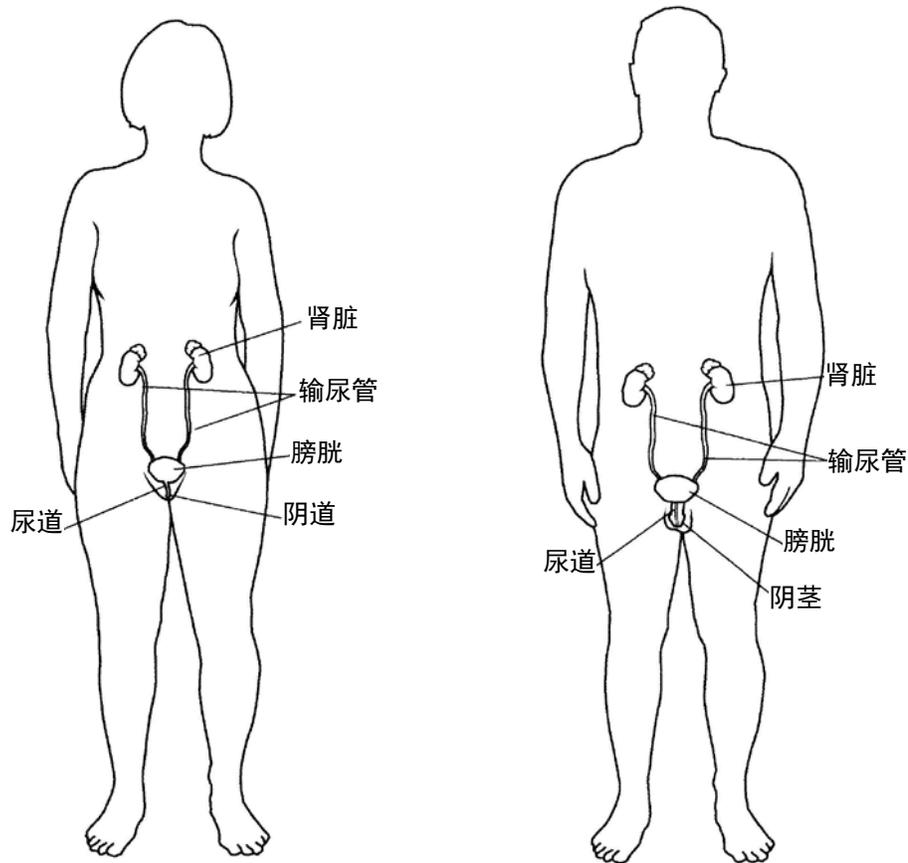
# 肾衰

肾衰亦称肾脏衰竭。发生肾衰后，肾脏无法清除人体多余的液体和废弃物。疾病或外伤均可导致肾衰。

肾脏的功能：

- 清除多余的水和代谢废弃物
- 调节人体需要的液体和化学物质
- 控制血压
- 控制体内制造新红血球的荷尔蒙

肾脏从血液中清除多余的水和代谢废弃物，转化为尿液。尿液则排出体外。大多数人都有两个肾脏。仅有一个肾脏也可保持健康。



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
- Some medicines, and alcohol or drug abuse
- Low blood pressure
- Blockage in the urinary tract
- Heart failure

The kidneys can often get better when the cause of the problem is found and treated. Dialysis may be needed to help remove waste from the body until the kidneys are working.

### **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

肾衰分急性和慢性两种。

## 急性肾衰

急性肾衰是指几个小时或几天内丧失肾脏功能。原因可包括：

- 严重感染
- 严重烧伤
- 肾脏受伤或流向肾脏的血液受阻
- 部分药物以及酗酒或滥用毒品的行为
- 低血压
- 尿道堵塞
- 心衰

若能发现致病原因并采取治疗措施，肾脏往往可以好转。在肾功能恢复正常之前，为了协助从体内清除废物，可能需要进行透析治疗。

## 慢性肾衰

慢性肾衰是指肾脏慢慢丧失功能。慢性肾衰伴随患者终生，无法好转。原因可包括：

- 糖尿病、高血压和心脏病等疾病
- 肾结石
- 尿道堵塞或问题

- Lupus, an autoimmune disease
- Scleroderma, a skin and connective tissue disorder
- Chronic infections
- Some medicines taken over time for other conditions, and alcohol or drug abuse

Signs of Chronic Kidney Failure include:

- Swelling in the body, such as 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.**

- 狼疮（自体免疫疾病）
- 硬皮症，一种皮肤和结蒂组织疾病
- 慢性感染
- 为治疗其他疾病而长期服用部分药物以及酗酒或滥用毒品的行为

慢性肾衰的症状包括：

- 身体浮肿，例如手、脸或脚浮肿
- 排尿频率发生变化
- 感觉非常疲劳或虚弱
- 头痛和意识混乱
- 恶心或呕吐
- 食欲不振
- 气短
- 皮肤搔痒

慢性肾衰无法治愈。可通过改变饮食和药物进行缓解治疗。肾脏丧失大部分功能后，即进入末期肾脏衰竭，此阶段须每周进行数次洗肾。此外，肾移植也是一个治疗选择。

**如果有任何疑问或担心，请询问医生或护士。**

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Kidney Failure. Simplified Chinese.