Kidney Disease and Renal Failure: Causes, Symptoms and Treatment

What is Kidney Disease or Renal Failure?

While perhaps not the most famous of our internal organs, having healthy kidneys is nonetheless every bit as vital to our continued good health as most any other organ you could name. Kidneys perform the vital job of filtering toxins and waste products out of your blood, and having their normal function interrupted by Kidney Disease and Renal failure leaves one at the mercy of these toxins, which can lead to sickness and eventually death if left untreated.

The prospect of Kidney disease can be scary, to be sure, and for the uninformed, the onset may seem very sudden. Luckily, with the right know-how, you can catch the early signs of kidney malfunction and start treatment before the kidneys shut down and unregulated toxins do too much damage.

Symptoms:

A major reason that kidney can stop functioning is damage to the Nephrons, which are tiny filters (numbering in the millions) within the kidneys. As you would expect, nephrons stop working when damaged, but because healthy nephrons often take up the slack when this happens, the cause of the damage can continue to damage nephrons until there aren't enough left to filter your blood, and you only experience the first symptoms quite late in the disease, making treatment more difficult.

If you're experiencing symptoms of kidney failure, it’s vital that you seek medical treatment immediately, so recognising the following symptoms quickly and easily is an important skill to have:

- Urinating less frequently and in smaller amounts than normal.
- Experiencing unusual Swelling and subsequent weight gain as a result of fluid build-up in your tissues. This swelling is called “Edema”.
- Feeling very tired and drowsy even when one is getting enough sleep (6-9 hours every night.
- An unusual lack of hunger and difficulty adhering to one’s usual eating schedule.
- Nausea, queasiness and other forms of chronic stomach discomfort that can’t be attributed to other causes.
- Insomnia – Difficulty getting to sleep and staying asleep according to a normal sleep-schedule.
- Headaches, migraines and your thoughts feeling ‘foggy’, even without using other medications/drugs that have that effect.
Anaemia

Treatment

While damage to one’s kidney can be slowed and stopped by the right lifestyle changes and other preventative measures; past a certain point, kidney damage becomes irreversible and progresses to the point of total Renal Failure. At this advanced stage, illness and possibly even death become much more common, and urgent treatment becomes necessary.

If one is in the early stages of kidney disease, one’s doctor can prescribe a variety of medications to slow or counteract the damage and harmful effects. They can also assess whether other medications a patient may be taking are made dangerous by the lack of a fully functional kidney to safely filter their toxins.

Someone suffering from severe Renal Failure generally has two options available to them: start undergoing dialysis or get a kidney transplant to replace the damaged kidney with a healthy one. Both of these treatments have inherent risks and benefits.

- Dialysis is a medical process that manually filters your blood, performing the function your kidneys would do automatically if they were. This process is only a cure for the symptoms of renal failure, and do not fix the damaged kidneys. Undergoing dialysis regularly will certainly make those whose kidneys have failed feel better and live longer, but the cost and inconvenience of committing to regular dialysis sessions is far from ideal for most people.

- A kidney transplant can be a permanent solution to your kidney problem, returning your body to a state where it can filter toxins by itself, and only requiring you to take prescription medication to ensure your body continues to accept the organ. A transplant comes with its own set of drawbacks, however. Aside from the extremely high cost of the procedure and the need to wait for a viable kidney from a donor with a tissue and blood type matching your own, there are the usual significant risks associated with undergoing anaesthesia and surgery. The procedure and one’s subsequent life with their new kidney are also subject to complications by other medical conditions, and patients in their autumn years are at particular risk, especially if the underlying cause of the initial kidney’s failure remains unchecked.

Speaking of underlying causes:
Causes and Prevention

As you would expect, direct physical damage to one’s torso and/or abdomen is a sure-fire cause of damage to one’s kidneys and other internal organs. If one receives a heavy blow to the stomach, especially the area directly below the ribcage, getting a physical check-up is a prudent way of catching acute kidney damage and preventing renal failure in the future.

Aside from direct physical harm, our kidneys are vulnerable to damage from many other seemingly unrelated maladies, which can eventually lead to kidney disease if left unchecked. Conditions to watch out for include:

- Having high blood pressure over many years without treatment.
- High levels of blood sugar over long periods. Since many diabetics face this issue, sufferers of Type 1 or 2 diabetes should be sure to consult their doctor about their risk of kidney disease.
- Diseases and infections that specifically target the kidneys. These include polycystic kidney disease, pyelonephritis, and glomerulonephritis. Birth defects in the kidneys may also lead to a greater susceptibility to disease and renal failure.
- Narrowing and/or blockage of the renal artery, which carries blood, oxygen and other nutrients to the cells in the kidney.
- Long-term use of medication which are known to damage the kidneys. Examples include nonsteroidal anti-inflammatory drugs (NSAIDs), such as celecoxib and ibuprofen.

Of course, prevention is always better than cure, especially when life-threatening renal failure is concerned, and the key component of preventing prolonged disease in and damage to the kidneys is catching any abnormalities early.

A reliable and relatively simple method for assessing your kidneys' health is to test their “Glomerular Filtration Rate (GFR)”. Using simple blood and urine tests that if you have unusually high levels of Urea and Creatinine in your blood, your doctor can determine your GFR, and from that, see if you are suffering from kidney damage and/or disease. Having blood and urine tests included in your regular medical check-up is probably the best method of catching kidney diseases (among countless others) early and in a state where they can be easily treated.

A more involved but non-invasive step in diagnosing kidney disease is an ultrasound or CT scan that allows your doctor(s) to get a picture of your kidneys, from which they can determine if their size and/or blood-flow is abnormal, which would impede their functioning and lead to damage and eventual renal failure.
Of course, catching kidney disease as soon as you have it is still far less appealing than simply never getting the disease in the first place. Luckily, since chronic kidney disease is usually caused by the presence of other chronic diseases (such as the aforementioned high-blood-pressure and diabetes), one can be reasonably assured that taking on the lifestyle changes that lead to those diseases will also protect against kidney disease and renal failure.

A Healthier Lifestyle, and the Healing Power of Super Oxygen Therapy

Lifestyle changes are the most important part of preventing kidney disease or treating its early stages. Improving your general wellbeing with exercise, a balanced diet and by increasing the oxygen levels in your system all help slow down kidney disease and reduce your symptoms. As a bonus, these lifestyle changes will help curb one’s risk of high blood pressure and diabetes, and other chronic diseases that are associated with kidney disease.

Here are a few more examples of helpful lifestyle changes that improve your general wellbeing and help defend against kidney disease.

- Follow a diet that is easy on your kidneys. Having an eating plan with enough sodium (such as in salt) and proteins is important. Ensuring you drink enough water (about two litres) each day is also important.
- Do not smoke or use tobacco.
- Cut down or abstain completely from drinking alcohol. There’s a reason

Always talk to your doctor before you take any new medicine, including over-the-counter remedies, prescription drugs, vitamins, or herbs. Some of these can hurt your kidneys.

Finally, your feeling of health and wellbeing can be vastly improved by taking Super Oxygen on a regular basis, a unique, all-natural health supplement that combines the healing might of a special blend of South African herbs, together with the Oxygen-infusing rocket-power of Magnesium Peroxide. When combined with water on an empty stomach, Super Oxygen capsules release vast quantities of oxygen into the system. With your body’s oxygen levels blowing straight back to normal and beyond, your body can go right back to fighting diseases and supplying every one of your billions of cells with the oxygen they need to survive, thrive, and grow. With your immune system bolstered, and your blood sugar levels regulated by the herbal
content of Super Oxygen Therapy, your kidneys will be able to fight off infections and diseases, and you will have a stronger natural resistance to diabetes and by extension, kidney disease.

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