



RENAL HEALTH CARE – THE MOST IGNORED UNTIL IT REMINDS US; CAUSES, CONSEQUENCES AND RESULTS

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ABSTRACT

The paper is an effort to emphasize the importance of the renal health care. Although health is of utmost importance in a person's life, he continues to ignore it until he encounters any chronic disease. In this mad race for money and luxury, people fail to understand that if they do not have a healthy life in spite of being rich, they will not be able to make use of the resources available to them in the fullest capacity. However, they ignore the fact that keeping a regular check on one's health can improve their overall quality of life. It highlights the importance of renal health. It shows the reasons that lead to renal diseases, what are the consequences of such health issues and what will be the end result of such health issues. It tells what can the ignorance of renal health lead to and what are the precautionary measures that can be taken to prevent any health issue. It also states various measures that can be taken to improve one's renal health.

Key Words: Renal Health, Chronic diseases, Health care, precautionary measures.

INTRODUCTION

The term "renal" means related to the kidney. Thus every related to the kidney can be classified under this category. Kidney forms one of the most important organs of the human body. They are an essential to have a healthy body. It is a pair of organs located in the abdomen. The functions of kidney are to remove waste and excess water from the body in the form of urine. It also helps the body to keep balance of chemicals such as sodium, potassium and calcium. They also keep a check on the fluid and electrolyte balance in the body. The kidneys generate the hormones that are helpful in keeping the blood pressure under control. It also stimulates

the bone marrow to produce red blood cells. The kidneys also play a very important role of activating a type of vitamin D in the body that helps in absorbing calcium.

Many people across the globe suffer from renal diseases. It happens when the kidneys suffer any sort of damage and they fail to perform their designated function. Kidneys can suffer damage due to various other ailments such as diabetes, high blood pressure and various other fatal long-term conditions. Kidneys can lead to other health problems such as weakening of bones, damage to the nervous system and malnutrition. If the disease worsens over time, it may permanently stop the working of the kidneys. In such a situation, dialysis will be necessary in order to take over the functions of the kidneys. Dialysis performs the same functions as the kidney does i.e., purifies blood and helps in removing impurities from the body. Dialysis is a procedure that filters and purifies the blood using a machine. It cannot overcome the kidney disease but it can prolong the patient's life.

RENAL DISEASES

Chronic Kidney Disease: It is the most commonly found kidney disease. It is usually caused due to high blood pressure. High blood pressure will in turn increase the pressure on the glomeruli. These are the tiny blood vessels that form a part of the kidney where the blood is purified. This is a long-term ailment where the patient's condition keeps on deteriorating over time. There are very chances of improvement. It can become so aggressive that the functioning of the kidney can stop permanently. In such situations dialysis has to be performed in order to purify the blood. However, dialysis can help in the treatment of the kidney but I cannot cure the kidney. Transplanting of kidney can be an alternative option depending upon the severity of the circumstance.

Diabetes: Diabetes is an ailment that increases the sugar level in the blood. It can also cause a severe damage to the kidneys. Increase in the blood sugar level causes damage to the blood vessels located in the kidney. Once the vessels are damaged, the kidney will not be able to clean the blood efficiently and this will lead to accumulation of toxins in the body. This will eventually lead to failure of the kidneys.

Kidney Stones: This is also one of the common kidney diseases. It is a situation where the minerals and various other substances present in the blood will crystallize in the kidneys. They form solid masses in the kidney like a stone. They usually pass out of the body during urination. Although these do not cause any severe damage to the kidneys however passing out the kidneys stones through urination might be very painful.

Glomerulonephritis: It is a condition where the glomerulus (the tiny blood vessels in the kidney that purifies blood) gets inflamed. This can be caused due to consumption of drugs, or due to certain infections or due to some congenital disorders. There is no treatment as such for this, it gets better with time.

Polycystic Kidney Disease: It is a genetic disorder where various small sacs of fluid known as cysts are seen growing in the kidney. They can interrupt the working of the kidney and eventually lead to failure of kidney.

Urinary Tract Infections; these are most commonly bacterial infections in bladder or urethra of the urinary system. Their treatment is fairly easy. However, if left untreated the infection may spread to the kidneys and may lead to kidney failure.

CAUSES THAT LEAD TO RENAL FAILURE

CAUSES THAT LEAD TO ACUTE KIDNEY DISEASES-

1. When the kidneys stop functioning suddenly, it is known as acute kidney/renal failure. This mainly happens if the kidney does not have enough blood flow, or when urine is not passing out and gets accumulated in the kidney, this leads to a direct damage to kidneys.
2. When a person suffers a distressing injury which leads to a lot of blood loss, it can have a severe negative impact on the kidneys.
3. When more than required amount of protein is sent to the bloodstream either due to dehydration or due to break down of any muscle tissue, it can lead to kidney failure.
4. When a person suffers severe infection, he might slip down into a shock which may heavily affect the kidneys.
5. Having an enlarged prostate can lead to difficulty in urine flow, which will lead to urine accumulation which will further become the cause of kidney failure.
6. Consumption of certain drugs or certain toxic substances or even overconsumption of prescribed drugs can lead to severe renal diseases.
7. Having complications during pregnancy or an immune system attack on your body, or severe heart failure or failure of any other vital organ might as well affect the functioning of the kidneys.

CAUSES THAT LEAD TO CHRONIC KIDNEY DISEASES

1. When the kidneys do not function for a longer duration i.e. more than three months, it is known as a chronic kidney/renal disease. Although it is much easier to cure it at an earlier stage, both the symptoms are not that clearly identifiable at that stage.
2. Diabetes of type one and two and high blood pressure are the most significant causes of chronic kidney failure. Due to high pressure on the blood vessels, they are not able to purify the blood efficiently which leads to malfunctioning of the kidneys.
3. Immune system diseases for a long duration can affect one's kidneys adversely,
4. Long term viral diseases such as HIV, AIDS or Hepatitis etc. can also cause kidney failure due to consumption of heavy dosage medicine.

5. Scarring in the kidneys due to urinary tract infections in the kidney, if happened regularly can lead to kidney damage.
6. Inflammation in the glomeruli and polycystic kidney disease can also lead to kidney damage.

SYMPTOMS THAT PEOPLE SUFFERING FROM RENAL DISEASES SHOW:

Although kidneys are very adaptable organs and some of the problems that occur in the form of kidney diseases are dealt within the kidney itself. Thus at an earlier stage the symptoms are not clearly visible. So, when the disease gets advanced slowly, the symptoms get revealed eventually. Few symptoms are:

- High blood pressure
- Nausea and vomiting
- Loss of appetite
- A metallic taste in the mouth
- Fatigue
- Weakness
- Weakens the thinking ability
- Sleeplessness
- Muscle twitches and cramps
- Feet and ankle are relatively swollen
- Severe itching
- If the disease gets advance, experience of a severe chest pain
- Breathlessness

CONCLUSION

The most important factor health when ignored can prove to be very disastrous. The renal health care which is often ignored can have a consequence as fatal as taking away one's life. Although the symptoms are not clearly visible at an early stage, we can still try to conquer these diseases by leading a healthy lifestyle. This will ensure that we do not have to cross paths with such fatal ailments. Having healthy eating habits, regular hydration, staying away from consumption of toxic substances and exercising regularly will ensure that all our vital organs and our body as a whole stays healthy. However, if we encounter any such illness we must immediately visit a doctor and get all the necessary tests done. After which we must take all the necessary measures as prescribed by the doctors. I would like to conclude saying that it is only when we give importance to our health will our health give us back equally in terms of our lifestyle and efficiency.

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