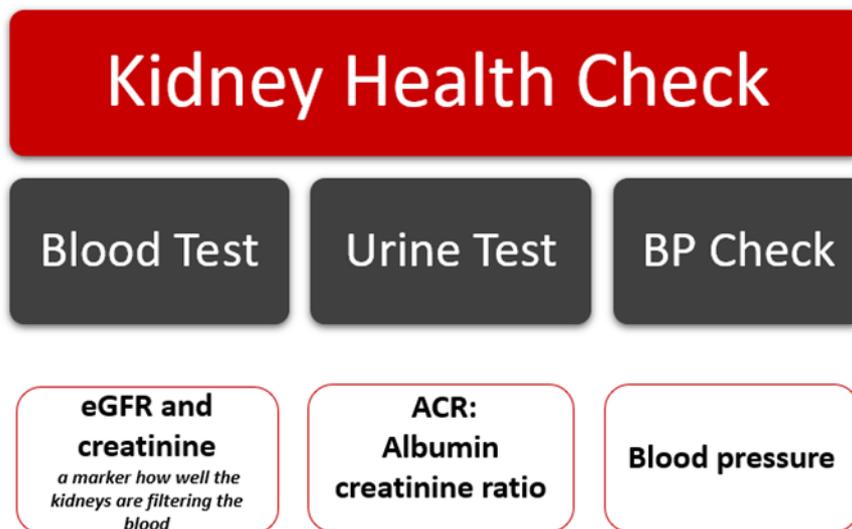


Signs and symptoms of kidney disease

1 in 10 adults are living with kidney disease and most don't know they have it.

There are several physical signs of kidney disease, but those with kidney disease tend not to experience symptoms until the very late stages, when the kidneys are failing or when there are large amounts of protein in the urine. This is one of the reasons why only 10% of people with chronic kidney disease know that they have it.

The way to know if you have issues with your kidneys. Ask your doctor for a kidney health check.



Some signs of kidney disease:

You're having **trouble sleeping**. When the kidneys aren't filtering properly, toxins stay in the blood rather than leaving the body through the urine. This can make it difficult to sleep.

You have **dry and itchy skin**. Healthy kidneys do many important jobs. They remove wastes and extra fluid from your body, help make red blood cells, help keep bones strong and work to maintain the right amount of minerals in your blood. Dry and itchy skin can be a sign of the mineral and bone disease that often accompanies advanced kidney disease when the kidneys are no longer able to keep the right balance of minerals and nutrients in your blood.

You have a **poor appetite**. This is a very general symptom, but a build-up of toxins resulting from reduced kidney function can be one of the causes.

You're **more tired**, have less energy and/or are having trouble concentrating. A severe decrease in kidney function can lead to a build-up of toxins in the blood. This can cause people to feel tired, weak and can make it hard to concentrate. Another complication of kidney disease is anaemia (low red blood cells), which can cause weakness and fatigue

You feel **the need to urinate more often**. If you feel the need to urinate more often, especially at night, this can be a sign of kidney disease. When the kidneys filters are damaged, it can cause an increase in the urge to urinate. Sometimes this can also be a sign of a urinary infection.

You experience discomfort or **burning when passing urine**. This can be a sign of urinary infection.

Your **urine is foamy**. Seeing foam in the toilet bowl on a regular basis may be a warning sign of kidney disease Excessive bubbles in the urine indicate protein in the urine.

You see **blood in your urine**. Healthy kidneys typically keep the blood cells in the body when filtering wastes from the blood to create urine, but when the kidney's filters have been damaged, these blood cells can start to "leak" out into the urine. In addition to signalling kidney disease, blood in the urine can be indicative of tumours, kidney stones or an infection.

You're experiencing **persistent puffiness around your eyes**. Protein in the urine is an early sign that the kidneys' filters have been damaged, allowing protein to leak into the urine. This puffiness around your eyes can be because your kidneys are leaking a large amount of protein in the urine, rather than keeping it in the body.

Your ankles and feet are swollen. Decreased kidney function can lead to sodium retention, causing swelling in your feet and ankles. Swelling in the lower extremities can also be a sign of liver disease, heart disease, and chronic leg vein problems.

Your **muscles are cramping**. Electrolyte imbalances can result from impaired kidney function. For example, low calcium levels and poorly controlled phosphorus may contribute to muscle cramps.

You feel very **nauseated**, and something feel like vomiting. Nausea and vomiting is very common in kidney patients and has many causes. These causes include the build-up of toxins, medications, gastroparesis, and ulcers.