

肾衰竭

Kidney Failure

Your kidneys have an important job. They remove wastes and extra fluid from the blood in your body. This waste and extra fluid is removed from your body through your urine.

If your kidneys are not working as they should, or the waste builds up in your body, it can make you sick. This can also be called kidney 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.

There are 2 kinds of kidney failure, often called acute and chronic when referring to kidney disease.

肾脏是人体的重要器官，它们可以清除体内血液中的废弃物和多余液体。这些废弃物和多余的液体通过尿液排出体外。

如果肾脏不能正常工作，或者废弃物堆积在体内，会导致人体生病。这种情况也叫肾衰竭。

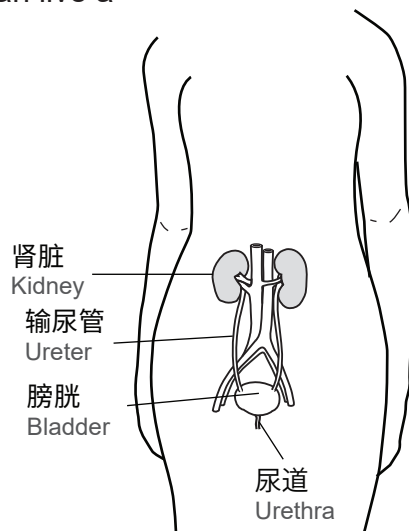
发生肾衰竭后，肾脏无法清除人体内多余的液体和废弃物。疾病或外伤均可导致肾衰竭。

肾脏的功能：

- 清除多余的水和代谢废弃物
- 调节人体所需的液体和化学物质
- 控制血压
- 控制体内生成红血球的激素

肾脏可清除血液中多余的水和代谢废弃物，将其转化为尿液，然后排出体外。大多数人都有两个肾脏。仅有一个肾脏也可保持健康。

肾衰竭分急性和慢性两种。



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 again.

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 of kidney failure 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
- Scleroderma, a skin and connective tissue disorder
- Chronic infections, which is infection that is ongoing or keeps coming back
- Some medicines taken over time for other conditions, and alcohol or drug abuse

急性肾衰竭

急性肾衰竭是指几个小时或几天内丧失肾脏功能。病因可能包括：

- 严重感染
- 严重烧伤
- 肾脏受伤或流向肾脏的血液受阻
- 部分药物滥用、酗酒或吸毒
- 低血压
- 尿道堵塞
- 心脏衰竭

若能发现致病原因并采取治疗措施，肾脏功能往往能得到改善。可能需要通过透析来帮助清除体内废弃物，直到肾脏恢复工作。

慢性肾衰竭

慢性肾衰竭是指肾脏慢慢丧失功能。慢性肾衰竭伴随患者终生，无法好转。

病因可能包括：

- 糖尿病、高血压和心脏病等疾病
- 肾结石
- 尿道堵塞或出现问题
- 狼疮，一种自体免疫疾病
- 硬皮症，一种皮肤和结蒂组织疾病
- 慢性感染，即持续性感染或持续复发的感染
- 因其他症状而长期服用某些药物、酗酒或吸毒

Signs of chronic kidney failure include:

- Swelling in the body, such as hands, face, legs, and/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, fluid limitations, medicines, and lifestyle changes. When the kidneys lose most of their function, called end-stage renal failure, dialysis is needed several days a week. End-stage renal failure or disease affects your whole body. It can cause serious heart, bone, lung, blood, and brain problems. A kidney transplant may also be a treatment option.

Talk to your doctor or nurse if you have any questions or concerns.

慢性肾衰竭的体征包括：

- 身体如手、脸、腿和/或脚肿胀
- 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
- 皮肤发痒

慢性肾衰竭无法治愈。治疗方法包括改变饮食、限制流质的摄取、服药和改变生活方式。肾脏丧失大部分功能后，即进入终末期肾脏衰竭，此阶段须每周进行数次透析。终末期肾衰竭或肾脏疾病会对全身造成影响，导致心脏、骨骼、肺、血液和大脑出现严重问题。此外，肾移植也是一种治疗选择。

如有任何疑虑，请咨询医生或护士。