

# Shaqeyn La'aanta Kelyaha

## 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.

Kelyahaagu waxay hayaan shaqo muhiim ah. Waxay ka soo saaraan qashinka iyo dareeraha dheeraadka ah dhiigga ku jira jidhkaada. Qashinkan iyo dareerahan dheeraadka ah ayaa looga soo saaraa jidhkaaga si kaadi ahaan ah.

Haddii kelyahaagu aysan u shaqayn sidii la rabay, ama qashinka uu ku soo uruursamo jidhkaada, waxay kugu keeni kartaa xanuun. Tan waxa sidoo kale lagu magacaabi karaa shaqeyn la'aanta kelyaha.

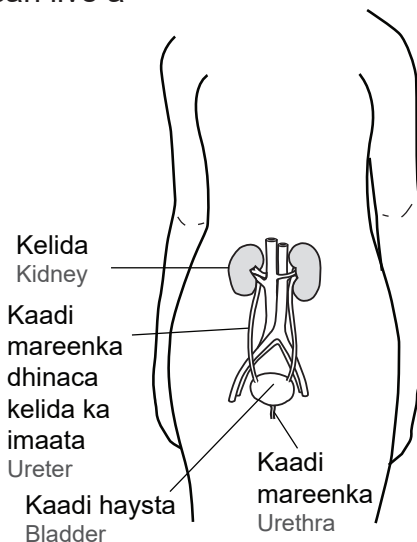
Marka ay kelyuhu shaqayn waayaan, kelyuhu banaan uma soo saari karaan dareeraha dheeraadka ah iyo qashinka ee jidhka. Tani waxay ku dhici kartaa cudur ama waxyeello kaa soo gaaray dhaawac.

Kelyaha:

- Waxey banaanka u soo saaraan biyaha dheeraadka ah iyo qashinka
- Hagaajiyaan/Isku-dheelititaan dareeraha iyo kiimikooyinka jidhku u baahan yahay
- Xakameeyaan dhiig karka
- Xakameeyaan hormoonnada jirka ee sameeya unugyada cusub ee dhiigga cas

Kelyuhu waxay dhiigga ka soo qaadaan biyaha dheeraadka ah iyo qashinka waxayna u beddelaan kaadi. Kadibna kaadida ayaa markaa dibada looga soo bixiyaa jidhka. Dadka badankoodu waxay leeyihiin 2 kelyood. Qofku wuxuu ku noolaan karaa nolol caafimaad leh isagoo leh hal kelli.

Waxaa jira 2 nooc oo shaqeyn la'aanta kelyaha ah, oo badanaa loo yaqaan xanuunada "acute"/degdegga ah iyo "chronic"/daba-dheeraada marka la tixraacayo cudurrada kelyaha.



## 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

## Shaqeyn La'aanta Degdegga ah ee Kelyaha

Shaqeyn la'aanta degdegga ah ee kelyuhu waa luminta degdegga ah ee shaqeynta kelyaha ee ku dhaca saacado ama maalmo gudahood. Waxyaabaha sababa waxaa ka mid noqon kara:

- Caabuqyo daran
- Gubashooyin daran
- Dhaawac soo gaara ama xannibaadda ku immaada xiddidada qulqulka dhiigga ee kelyaha
- Daawooyinka qaarkood, iyo khamriga ama isticmaalka daroogada
- Dhiig karka hooseeya
- Xannibaadda ku imaada kaadi mareenka
- Shaqeyn la'aanta wadnaha

Kelyuhu inta badan way fiicnaan karaan marka la helo sababta dhibaataada keentay oona la daweeyo. Kelyo sifeynta ayaa laga yaabaa in loo baahdo si looga caawiyo ka soo saarida qashinka jidhka ilaa kelyuhu ay mar kale dib u billaabaan iney shaqeeyaan.

## Shaqeyn La'aanta Daba-dheeraada ee Kelyaha

Shaqeyn la'aanta joogtada ah ee kelyuhu waxey imaataa marka kelyuhu si tartiib ah u lumiyaan shaqeyntooda. Waa cudur qofka la sii jooga noloshiisa/sheeda oo dhan oo uusan ka soo roonaaneynin.

Sababaha keena shaqeyn la'aanta kelyaha ayaa waxaa ka mid noqon kara:

- Cudurada sida sonkorowga, dhiig karka aadka u sareeya, iyo cudurka wadnaha
- Dhagxaanta kelyaha
- Xannibaadda ama dhibaatooyin ka qabka kaadi mareenka
- Lupus, cudur uu difaaca jidhku weeraro unugyada jidhka ee caafimaadka qaba
- Scleroderma, cillad ku imaada maqaarka iyo unugyada isku xiran
- Caabuqyada daba-dheeraada, kaas oo ah caabuq socda ama soo noqnoqda

- 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, 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.**

- Daawooyinka qaar ee loo qaato muddo qeexan xaalado caafimaadeed oo kale, iyo khamriga ama isticmaalka daroogada

Calaamadaha shaqeyn la'aanta daba-dheeraada ee kelyaha waxaa ka mid ah:

- Bararka jidhka, sida gacmaha, wejiga, lugaha, iyo/ama cagaha
- Isbeddel ku imaada inta jeer ee aad u baahan tahay inaad kaadido
- Dareemida daal badan ama daciifnimo
- Madax xanuun iyo wareer
- Lalabo ama matag
- Beelida xiisaha cunto cunista
- Dareemidda dhib ku qabida neefsashada
- Maqaar cuncun

Ma jirto wax daawo ah oo lagu daweyn karo shaqeyn la'aanta daba-dheeraada ee kelyaha. Waxaa lagu daweeeyaa bedditaanka cuntada, xaddidnaanta dareeraha, daawooyinka, iyo isbeddellooyinka lagu sameeyo qaab nololeedka. Marka kelyuhu lumiyaan shaqooyinka intooda badan, oo loo yaqaan marxallada dhamaadka ee shaqeyn la'aanta kelyaha, kelyo sifaynta ayaa loo baahan yahay dhowr maalmood asbuucii. Marxallada dhamaadka ee shaqeyn la'aanta kelyahu ama cudurku wuxuu saameeyaa jidhkaaga oo dhan. Waxay keeni kartaa dhibaatoyinka wadnaha, lafaha, sambabada, dhiiga, iyo maskaxda oo halis ah. Kelli ku-tallaalitaan ayaa sidoo kale noqon kartaa ikhtiyaar kale oo daawayneed.

**La hadal dhakhtarkaaga ama kalkaalisadaada haddii aad qabto wax su'aalo ah ama walaacyo.**