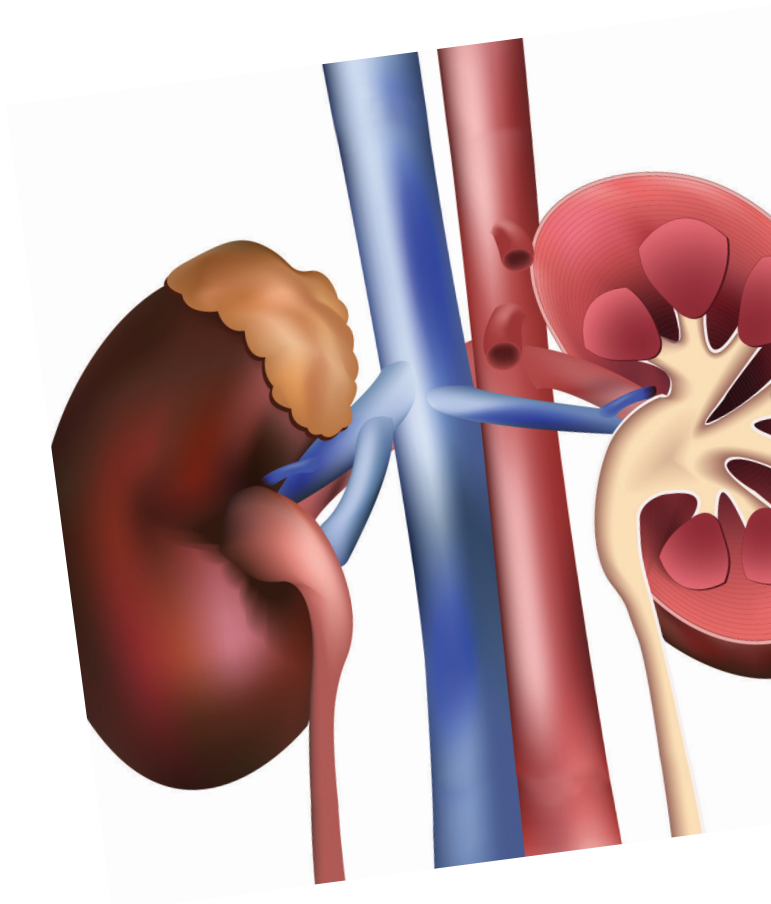


Acute Kidney Injury



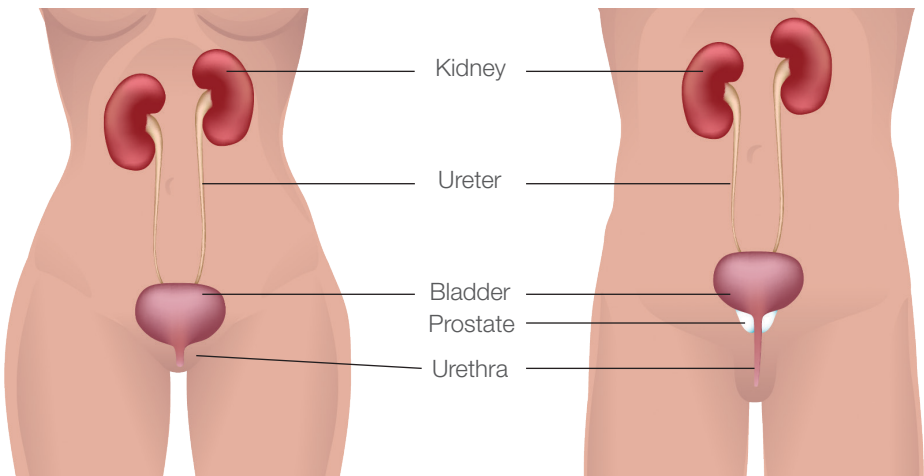
The Renal Medicine service offers screening to help patients detect kidney problems early. Our team of specially-trained clinical coordinators, nurses, educators/counsellors, dietitians, medical social workers and specialist doctors offer one-stop, seamless and coordinated care to manage a patient's well-being. We offer personalised clinical care, education and counselling to stop kidney diseases from progressing/complications from worsening, and treat various kidney inflammatory conditions, such as glomerulonephritis and tubulo-interstitial nephritides and kidney problems associated with familial, urological, rheumatological, various cancers and multi-system conditions.

What is Acute Kidney Injury (AKI)?

Acute Kidney Injury (AKI) occurs when your kidneys cannot function and the body is unable to purge itself of waste substances, toxins and excess water.

Anatomy of our urinary tract

Most people are born with two kidneys about the size of an adult fist. Our kidneys are located at the sides of our backbone just under our rib cage. They help us to produce urine, which passes through the kidneys and into the bladder via two tubes known as the ureters. After passing through the kidneys, urine leaves our bladder through another tube known as the urethra.



The role of our kidneys

- Controls blood pressure
- Filters and removes waste and excess water from blood
- Keeps our body's internal water balance
- Maintains strong and healthy bones while keeping mineral balance
- Produces red blood cells to maintain blood composition and pH levels

Symptoms of Acute Kidney Injury

- Blood in the urine or urine that is red or brown
- Confused or not behaving normally
- Feeling weak or tired easily
- Swelling in the feet or legs
- Urinating less or not urinating at all
- Vomiting or not feeling hungry

If you suspect you have AKI, seek medical help early. AKI can be treated and is reversible in most cases. However, prevention and early treatment is still the best way to maintain a healthy pair of kidneys.

Each episode can cause a loss of the kidneys' reserve.



Causes of Acute Kidney Injury

Acute Kidney Injury may occur in three areas of the human kidney:

Pre-kidney

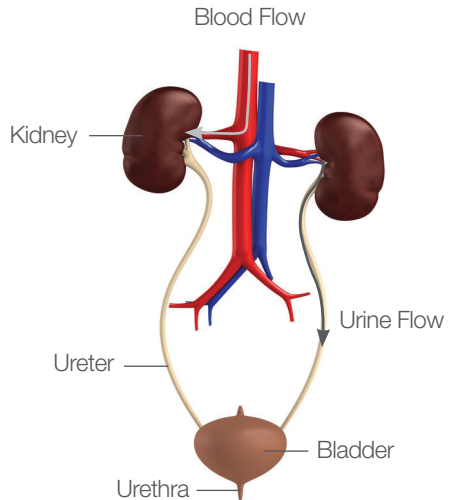
When there is a sudden and severe drop in blood pressure or an obstruction in blood flow to the kidneys, dehydration, severe vomiting, diarrhoea or bleeding happens.

Intra-kidney

The kidneys become damaged due to inflammation, toxins, drugs (e.g. NSAIDs & traditional medications/herbs), infection or reduction in blood supply.

Post-kidney

Urine cannot flow naturally due to enlarged prostate, kidney stones, bladder tumour or injury.



Am I at risk of developing Acute Kidney Injury?

Elderly people are at higher risk, especially if they have the following conditions:

- Congestive Heart Failure
- Diabetes
- Hypertension
- Pre-existing kidney impairment

Prevention

- **Avoid** eating strong painkillers like NSAIDs (over the counter drugs)
- **Be careful** with traditional medications and herbs you take
- **Drink more water** if you have diarrhoea/vomiting
- **Lead** a healthy lifestyle
- **See a doctor** if you feel unwell



Treatment

- Dialysis (very severe cases)
- Diet modification
- ICU admissions
- IV Hydration (severe cases)
- Radiological scans
- Regular blood tests



Coping with Acute Kidney Injury

AKI can happen to anybody. Below are some of the common feelings and behaviours associated with someone who has AKI. Such feelings are normal.

Behaviour	Thoughts	Feelings and Emotions
<ul style="list-style-type: none">• Avoids talking about the illness and insist that all is well even though there are symptoms of AKI.	“I feel fine and do not need a doctor.”	Denial
<ul style="list-style-type: none">• Entertains negative thoughts about when the kidneys might fail again. Breaks down when informed of the diagnosis.	“When the doctor says I have lost some kidney reserve, does this mean I will die?”	Fear
<ul style="list-style-type: none">• Angry that it was the over-the-counter painkillers and herbal treatment that caused AKI.	“Why am I so stupid to listen to my friend and take this herbal treatment?!”	Anger
<ul style="list-style-type: none">• Regrets not taking better care of health.	“I should have been more mindful about my high blood pressure. Now I have caused my family to worry.”	Guilt

Tips to overcome such negative feelings:

- Talk to your family and friends about it. Do not bottle up your feelings and communicate directly, **openly and honestly in a respectful manner**. Withholding thoughts and feelings creates distance between you and your family.
- Talk to your doctor to **learn more about the illness**. Doing research can equip you with more information and think less negatively.
- Do not be afraid to ask for help. It is not a sign of weakness!
- Maintain a **positive outlook**. Be **optimistic** and have the **willpower** to cope with challenges.
- **Seek professional help** if you continue to feel distressed after four to six weeks.

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

General enquiries: 6716 2000 Fax: 6716 5500

www.ntfgh.com.sg

Clinical and appointment line hours (closed on Sundays and public holidays)

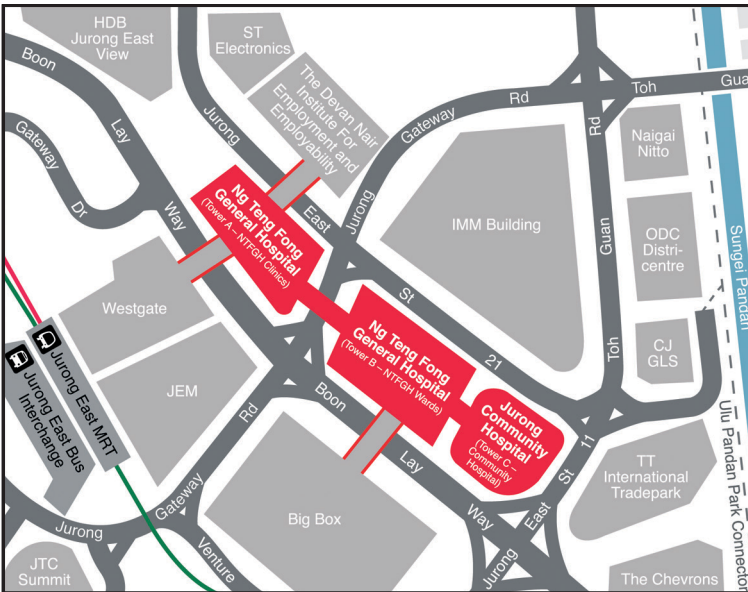
For appointments, please call 6716 2222

Monday - Friday 8.00am - 5.30pm, Saturday 8.00am - 12.30pm

For dental appointments, please call 6716 2233

Monday - Thursday 8.00am - 5.30pm, Friday 8.00am - 5.00pm

Getting there



By train

Jurong East MRT Station

By bus

From Jurong East Bus Interchange

SBS 49, 51, 52, 66, 78, 79, 97, 97e, 98, 98M, 105, 143, 143M,

160, 183, 197, 333, 334, 335, 506

Along Boon Lay Way

SBS 99, Private bus service 625

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.