

腎衰竭

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.

腎臟是人體的重要器官。它們可以清除體內血液中的廢物和多餘液體。這些廢物和多餘的液體通過尿液排出體外。

如果腎臟不能正常工作，或者廢物堆積在體內，會導致人體生病。這種情況也叫腎衰竭。

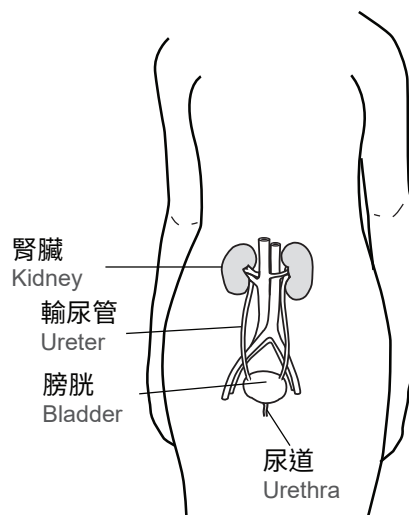
發生腎衰竭後，腎臟無法清除人體多餘的液體和廢物。疾病或外傷均可導致腎衰竭。

腎臟的功能：

- 清除多餘的水和代謝廢物
- 調節人體需要的液體和化學物質
- 控制血壓
- 控制體內製造新紅血球的荷爾蒙

腎臟從血液中清除多餘的水和代謝廢物，並將其轉化為尿液。尿液則排出體外。大多數人都有兩個腎臟。僅有一個腎臟亦可保持健康。

腎衰竭分急性和慢性兩種。



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

急性腎衰竭

急性腎衰竭是指在幾個小時或幾天內喪失腎臟功能。原因可包括：

- 嚴重感染
- 嚴重燒傷
- 腎臟受傷或流向腎臟的血液受阻
- 部份藥物以及酗酒或濫用毒品的行為
- 低血壓
- 尿道堵塞
- 心臟衰竭

若能發現致病原因並採取治療措施，腎臟往往可以好轉。在腎功能恢復正常之前，為了協助從體內清除廢物，可能需要進行透析治療。

慢性腎衰竭

慢性腎衰竭是指腎臟慢慢喪失功能。慢性腎衰竭伴隨患者終生，無法好轉。

原因可包括：

- 糖尿病、高血壓和心臟病等疾病
- 腎結石
- 尿道堵塞或尿道問題
- 狼瘡（自體免疫疾病）
- 硬皮症，一種皮膚和結締組織疾病
- 慢性感染，即持續性感染或持續復發的感染
- 為治療其他疾病而長期服用部份藥物以及酗酒或濫用毒品的行為

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.

慢性腎衰的症狀包括：

- 身體浮腫，例如手、臉、腿和/或腳浮腫
- 排尿頻率發生變化
- 感覺非常疲勞或虛弱
- 頭痛和意識混亂
- 噁心或嘔吐
- 食欲不振
- 氣短
- 皮膚搔癢

慢性腎衰竭無法治癒。可透過改變飲食、限制流質的攝取、藥物和改變生活方式進行緩解治療。腎臟喪失大部分功能後，即進入末期腎臟衰竭，此階段須每週進行數次透析。末期腎衰竭或腎臟疾病會對全身造成影響。導致心臟、骨骼、肺、血液和大腦出現嚴重問題。此外，腎移植也是一個治療選擇。

如果您有任何疑問或顧慮，請諮詢您的醫生或護士。