

PREVENTIVE MEASURES



DRINK
ADEQUATE
WATER



TAKE MEDICINE AS
PER PRESCRIPTION
BY YOUR DOCTOR



AVOID TAKING
TRADITIONAL
MEDICINE /
SUPPLEMENT



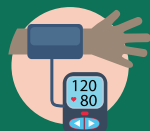
REDUCE BODY
WEIGHT



CONTROL
SUGAR
INTAKE



AVOID
PROLONGED
INTAKE OF
PAINKILLERS

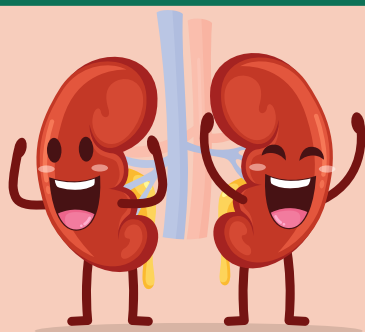


CONTROL
BLOOD PRESSURE

Long term effects

Acute kidney injury may reoccur and increases the risk of getting other diseases such as kidney disease, stroke and heart disease. The risk of getting kidney disease and kidney failure also increases every time acute kidney injury occurs.

Please see your doctor for follow-up treatment to protect your kidneys!



Reference:

1. <https://www.kidney.org/atoz/content/AcuteKidneyInjury>

Kidney disease is a silent killer! Signs and symptoms occur late in kidney disease.

Screening tests are vital, especially if you are at high risk. The progression of kidney disease can be slowed or stopped if detected earlier.

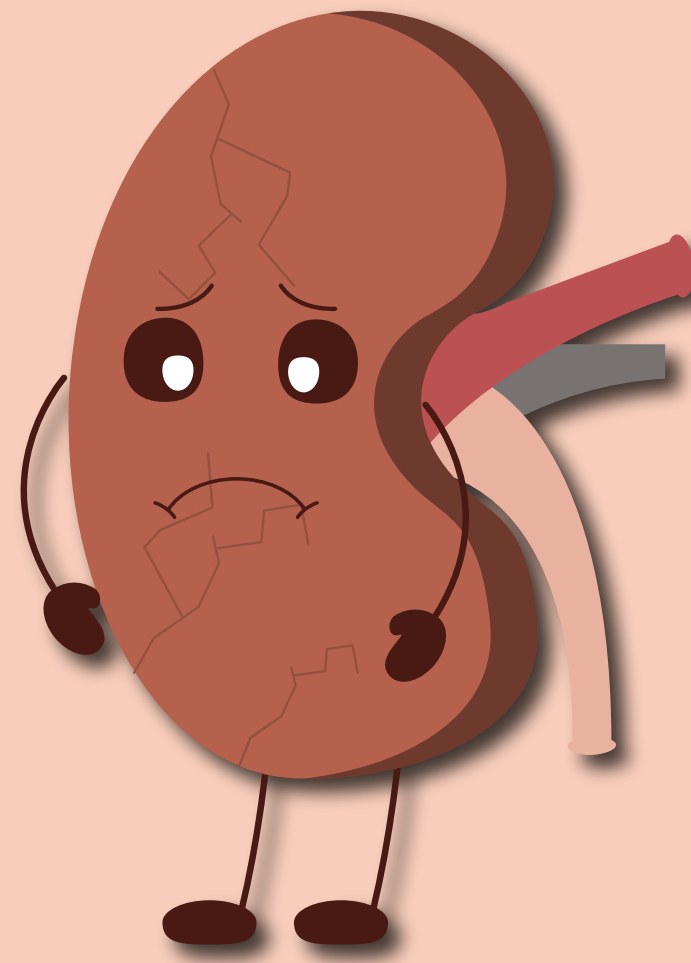
This is public service provided by the National Kidney Foundation of Malaysia in collaboration with UKM Medical Centre. All information is intended for educational purposes only. Please consult your doctor or dietitian for further information.



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ACUTE KIDNEY INJURY (AKI)

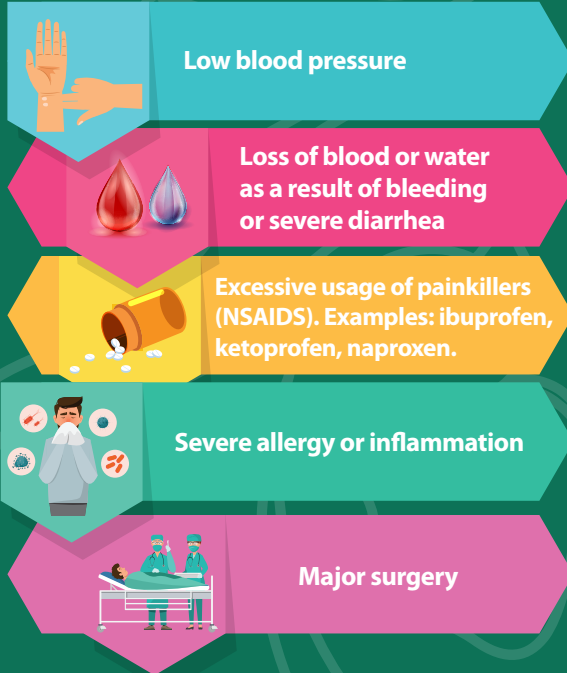


ACUTE KIDNEY INJURY (AKI)

'Temporary' or Acute kidney injury (AKI) occurs when kidney function deteriorates within a few hours or days and in most cases it is reversible. AKI usually occurs in an unwell person or is caused by another condition or disease.

CAUSES OF ACUTE KIDNEY INJURY

1. Less blood flow to the kidneys due to diseases or certain conditions such as:



2. Direct damage to the kidneys caused by certain diseases or conditions like bacterial infection, cancer or inflammation of the kidney.

3. Blocked urinary tract due to certain diseases such as:

- bladder, prostate or cervix cancer
- enlarged prostate
- kidney stones
- blood clots in the urinary tract

SYMPTOMS OF ACUTE KIDNEY INJURY INCLUDE:



AT-RISK PATIENTS TO GET ACUTE KIDNEY INJURY ARE:

- Elderly
- Patient with diabetes
- Patient with high blood pressure
- Heart disease patient
- Kidney stone patient
- Bacterial infection (sepsis) / undergoing a surgery
- Low blood pressure
- Chronic kidney disease patient
- Receiving IV contrast during CT scan or angiogram
- Those who are on painkillers
- Individuals who are taking supplements / traditional medicine without a doctor's advice

DIAGNOSIS

The causes of acute kidney injury can be diagnosed by:

1. Urine test
2. Blood test
3. KUB (kidneys, ureters, bladder) ultrasound
4. Kidney biopsy

TREATMENT

Acute kidney injury treatments depend on the original cause of the problem. Some of the common treatments given are:

- Intravenous hydration / drink plenty of water
- Antibiotics to treat bacterial infection
- To ensure blood sugar level and blood pressure are stable

However, some patients may need temporary dialysis treatment support.

