

I require a check-up, if:

- ◆ Bad taste in the mouth
 Yes No
- ◆ Feeling tired
 Yes No
- ◆ Feeling itchy all over your body
 Yes No
- ◆ Need to go to the bathroom more or less often
 Yes No
- ◆ There is loss of appetite
 Yes No
- ◆ There is nausea and vomiting
 Yes No
- ◆ There is drowsiness or trouble concentrating
 Yes No
- ◆ There are muscle cramps
 Yes No
- ◆ There is skin darkening
 Yes No
- ◆ There is breathlessness on excretion
 Yes No
- ◆ There is swelling in the face, legs (or) puffy eyes
 Yes No

If '**Yes**' to any of the above
**consult your trusted nephrologist
immediately.**



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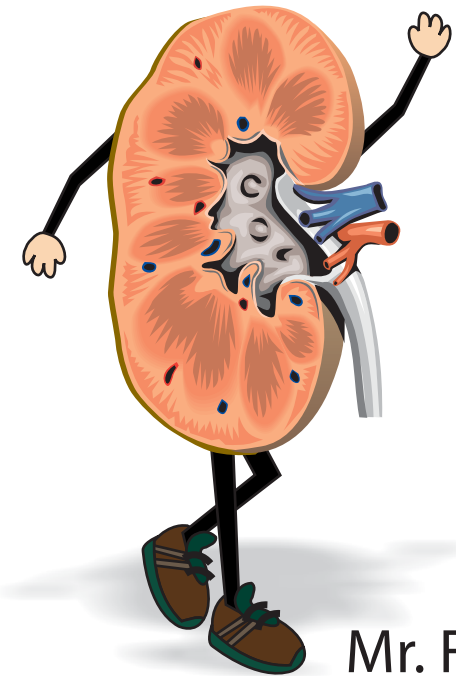
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Special Interest in:

- Intervention Nephrology
- Kidney Transplantation
- CAPD (Peritoneal Dialysis)
- Paediatric Nephrology
- Preventive Nephrology



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Mr. Filter



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I am

bean- shaped, each about the size of your fist.

I am located near the middle of your back, just below the rib cage.

I clean out the waste and extra water in your body.

The waste and extra water become urine, which is stored in your bladder until you go to the bathroom.



I also

release hormones that help make red blood cells, control blood pressure and keep calcium balanced in the body.



The work

my job is called renal function.

Some people are born with only one kidney and these people are able to lead normal and healthy lives.



Many people

donate me for transplantation to a family member or a friend.

In fact, you can be healthy with 50 percent of your renal function, if it remains stable.

You will have serious health problems, if you have less than 20 percent of your renal function.

If your renal function drops below 10 to 15 percent, you cannot live long without medical treatment.



I fail

to function because of injury or poisoning.

But most diseases destroy me slowly and silently.

It may take years before you have symptoms.



The two

Most common causes of my illness health are diabetes and high blood pressure.



If I

fail completely then your body fills with extra water and waste products.

Your hands or feet may swell. you will feel tired and weak because your body needs clean blood to function properly.



If I

stop working completely, you will need:

- ◆ Dialysis(my twin)- machine that cleans the wastes from your body
- ◆ Kidney transplant- with a kidney transplant, the damaged me (kidney) is replaced with a donated, healthy brother/cousin of mine (kidney) who takes over the cleaning work of your body. Sometimes, your body may reject my new brother/cousin (kidney) as "foreign"



My health

is checked by the doctor in three ways-

- ◆ Blood tests
- ◆ Urine tests
- ◆ Creatinine clearance tests

If you neglect my health, it will result on ARF (acute renal failure) or chronic renal failure.