

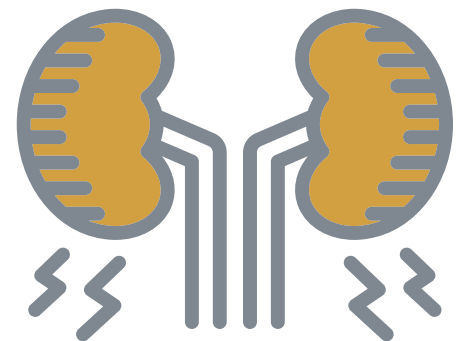
End-stage renal disease occurs when your kidneys are no longer able to work as they should to meet your body's needs. With end-stage renal disease, you need dialysis or a kidney transplant to stay alive. But you may also choose to forgo dialysis or transplant and opt for conservative care to manage your symptoms — aiming for the best quality of life possible during your remaining time.

## Causes

Kidney disease occurs when a disease or condition impairs kidney function, causing kidney damage to worsen over several months or years.

Diseases and conditions that can lead to kidney disease include:

- Type 1 or type 2 diabetes
- High blood pressure
- Inflammation of the kidney's filtering units
- Inflammation of the kidney's tubules and surrounding structures
- Polycystic kidney disease
- Prolonged obstruction of the urinary tract
- Recurrent kidney infection, also called pyelonephritis



## Symptoms

Early in chronic kidney disease, you may have no signs or symptoms. As chronic kidney disease progresses to end-stage renal disease, signs and symptoms might include:

- Changes in how much you urinate
- Fatigue and weakness
- Muscle twitches and cramps
- Persistent itching
- Swelling of feet and ankles
- Chest pain, if fluid builds up around the lining of the heart
- Shortness of breath, if fluid builds up in the lungs
- Decreased mental sharpness
- Loss of appetite
- Nausea
- Sleep problems
- Vomiting
- High blood pressure (hypertension) that's difficult to control

## Risk Factors

Certain factors increase the risk that chronic kidney disease will progress more quickly to end-stage renal disease, including:

- Diabetes with poor blood sugar control
- Kidney disease after a kidney transplant
- Tobacco use
- Lower level of kidney function when your doctor first begins regular measurements of kidney function
- High blood pressure
- Polycystic kidney disease
- Kidney disease that affects the glomeruli, the structures in the kidneys that filter wastes from the blood