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Kidney Disease



SAFETY
HEALTH
SATISFACTION

The pillars defining our quality care

We Care Together!

S | **M**
M | **C**

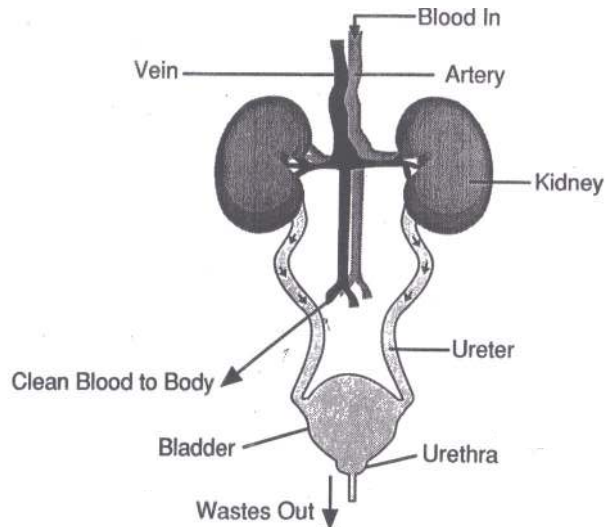
St. Maarten Medical Center

Kidney Disease can happen to anyone

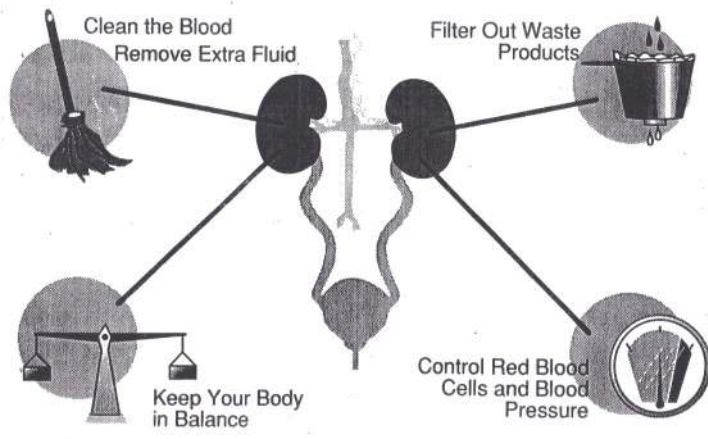
Anyone at any age, of any race and walk of life, can have kidney failure. Worldwide, there are more than 400,000 people treated with dialysis.

In St. Maarten, approximately 58 persons use dialysis treatment to stay alive because of kidney failure. Dialysis patients from Saba, St. Eustatius and tourists to the island also receive treatment in the St. Maarten Medical Center Dialysis Unit.

Where are the kidneys and how does the kidneys work?



What are the functions of the kidneys?



What is Kidney Failure?

Less than 10% kidney function. There are two types of kidney failure:

- ◆ Acute - Sudden Condition
- Often Temporary
- ◆ Chronic - Slower Onset
- Not Reversible

What are the symptoms of Kidney failure?

- ◆ Feeling more tired
- ◆ Loss of appetite
- ◆ Swelling, especially legs and feet
- ◆ Muscle cramping at night
- ◆ Urinate more or less frequent in greater or smaller amounts
- ◆ Dry, itchy skin
- ◆ Pain in back, below rib cage or side
- ◆ Unpleasant taste in mouth, urine like breath
- ◆ Increasingly higher blood pressure
- ◆ Shortness of breath

What causes Kidney Failure?

- ◆ Diabetes
- ◆ Hypertension
- ◆ Inflammation
- ◆ Blockage
- ◆ Chronic Infection
- ◆ Hereditary
- ◆ Other

What are the treatments for Kidney Failure?

- ◆ Diet and fluid management
- ◆ Medication
- ◆ Hemodialysis
- ◆ Peritoneal Dialysis
- ◆ Kidney transplant

Some patients are able to maintain a regular job while on hemodialysis treatment. These patients adjust their schedule according to the time for their dialysis treatment.

During hemodialysis patients are able to:

- ◆ Watch TV (each patient has their individual TV attached to the chair with internet access)
- ◆ Use their personal computer
- ◆ Interact with one another
- ◆ Read or play games
- ◆ Have a snack or drink (this is guided by the dialysis nurse)