

Symptoms ^[1]

Early symptoms include:

- Changes in your urination (more or less frequent and changes in color)
- Fatigue/tiredness (healthy kidneys produce a hormone that helps produce red blood cells)
- High blood pressure (can cause kidney disease or vice versa by weakening arteries that supply the kidneys)
- Inflammation/swelling (weak kidneys have a problem removing excess waste; this waste can cause your body to swell)

Click [here](#) ^[2] and [here](#) ^[3] to check out early kidney disease detection tips.

Later stage symptoms include:

- Increased changes in urination patterns (blood in the urine, foamy appearance, producing much more or less and frequency issues)
- Increased fatigue (muscle soreness, lightheaded, dizziness, shortness of breath, headaches)
- Increased swelling or inflammation
- Pain in the lower back around your kidneys
- Poor growth (seen in children since kidneys control many metabolites growth is impacted)
- Toxin build up (bad breath, itching, nausea, metallic taste or rashes)

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Links

[1] <http://www.dpcedcenter.org/symptoms>

[2] http://dpcedcenter.org/sites/default/files/sites/dpc/files/Detection%20Tips_Version%201.pdf

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