

# The Danger Of Renal Enlargement And Its Causes

There are a number of causes behind an [enlarged kidney](#), from infection and cancer to alcoholism and polycystic kidney disease & more. Studies have shown that patients usually last for years, regardless of the increase in kidney size.

Kidneys of a normal size cannot be felt during a physical examination. Dilated kidneys can only be found when doctors treat symptoms or during a pelvic or prostate exam and these are few and far between for many people today.

## Complicated ADPKD

### Bleeding



Echogenic cyst  
Aspiration reveals blood

### Infection



Echogenic cyst  
Patient pyrexial  
Aspiration reveals pus

### Malignant tumor



Solid renal masses  
Papillary RCC

McGahan J et al. Diagnostic ultrasound, Informa Healthcare, 2<sup>nd</sup> edition, 2008.

Weber TM. Ultrasound Clin 2006 ; 1 : 15 – 24.

## The Cause of Renal Dilation

Burning when urinating or pain or pressure in the bladder can be a sign of a urinary tract infection that can cause enlargement of the kidney. The pain may be near the lower abdomen, above the bladder, or near the pelvis.

Men who have an infection may feel pain in the urethra, while a woman feels pain near the opening of the vagina. The pain that is in the lower part of the abdomen is usually associated with a rapidly swollen kidney.

The pain may also begin in the lower back, radiating from the stomach as soon as the kidney hypertrophies. When the outer layer of the kidney begins to swell, it causes severe pain and can cause vomiting or nausea.

Kidney stones can also be a cause of severe back pain. When a stone is passed, it causes a hypertrophy of this type of organ and will create a pain that can occur in the waves, which last between thirty and sixty minutes.

When a patient experiences a rapid weight gain that can not be attributed to other causes, swelling is sometimes observed. When the kidney fails and enlarges, the fluid cannot be treated properly and begins to accumulate in the face, lower back, abdomen, and ankles. According to experts in this field, renal failure will occur by the filtration of fluid to the tissues of the body.

Heart failure can also cause inflammation of this type of organ since poor pumping of the heart will tell the kidneys to retain fluids. Advanced liver disease will also swell the liver because it contains fluid and salt. A doctor can get rid of kidney disease if the inflammation is localized because the entire body is affected by water retention.

## How is this type of kidney diagnosed?

Any change that occurs in the pattern of urination will direct the doctor to verify the growth of the kidney. If the kidneys can not control an increase in fluid retention or fluid intake caused by alcohol or caffeine, they can swell and the patient needs to urinate more often than usual.

The different types of diabetes can cause an increase in urination, unlike the kidneys. While the urge to urinate frequently at night is quite common in the elderly, it usually indicates the early stages of kidney problems.

An **enlarged kidney** is a side effect of a condition known as nocturia, which is a frequent urge to urinate at night. Symptoms such as blood in the urine will direct the doctor to look for signs of the increased kidney.

Do you need a renal ultrasound?

There's a complete safe and painless test you can take called a [renal ultrasound](#) that uses sound waves to draw an image of your organs like your kidneys, the ureters and bladder.

The kidneys are located in the back part of your abdominal cavity which is round about your waist. These organs work by removing waste products, toxins etc from your blood as urine.

It's a good idea to get a **renal ultrasound** if you have any of the symptoms in this document. Such renal ultrasound tests can detect things like abscesses, cysts, tumors, foreign objects and obstructions, kidney stones and fluid pockets can all be seen with an renal ultrasound test.