

[Almost] everything you need to know about your kidneys

What do your kidneys do?

Make urine



Regulate salt and water in your body, making about 3-4 pints of urine each day



Remove waste products from your blood into your urine

Produce hormones



Regulate your blood pressure



Create erythropoietin to control the production of red blood cells

Clean your blood

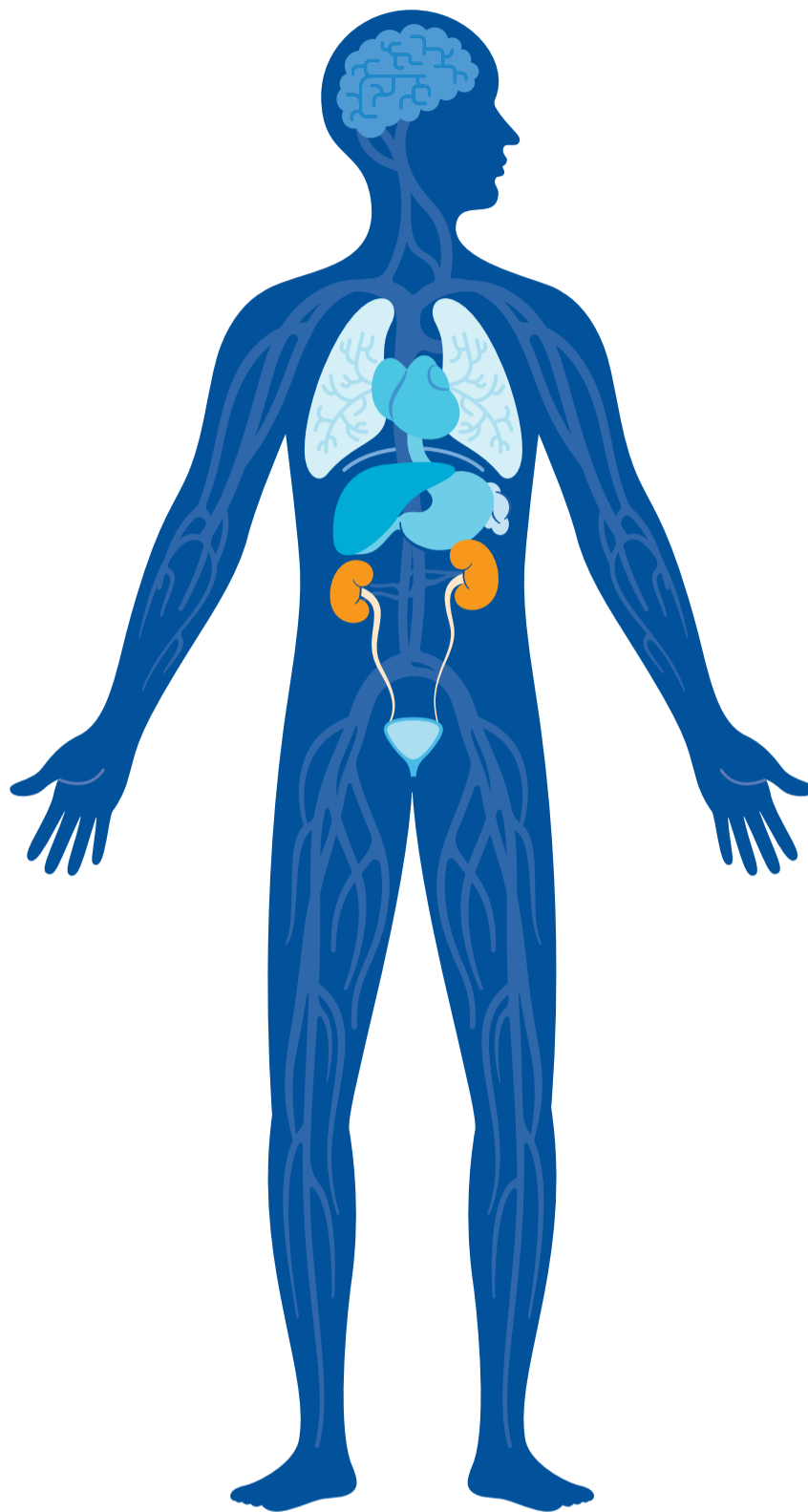


Keep bones healthy

Activate Vitamin D



Remove many drugs that some people take for other conditions



How to keep your kidneys healthy

Lead a healthy lifestyle



Keep hydrated



Don't smoke



Keep your weight down



Exercise regularly



Eat a healthy diet including fresh fruit, vegetables and fish



Reduce your intake of salt, processed foods and high sugar drinks

If you take regular medication ask your pharmacist how it may affect your kidneys



Most people have two kidneys

They are about the size of your clenched fist, they each weigh around 150g and are shaped like kidney beans



They sit in your lower back under the bottom ribs

Only 50% of the population know that kidneys produce urine



They filter your blood every minute of the day

Your blood goes through the kidneys 40 times in 24 hours. There are 140 miles of tubes and a million filters in your kidneys



They are the hardest working organs in your body

They use 25% of the blood from every heartbeat

THINK KIDNEYS

THINK KIDNEYS

NHS



Think Kidneys is a national programme led by NHS England in partnership with UK Renal Registry

Kidney disease has many causes and consequences. The most common recognised cause is diabetes and there is a strong link with high blood pressure. If you are worried about your kidneys speak to your pharmacist, GP or practice nurse.

Kidney disease is serious. It's harmful and changes lives. Protect your kidneys as if your life depended on it: because it does! Find out how to keep your kidneys healthy and safe www.thinkkidneys.nhs.uk

You can become a donor and help save a life by signing up at: www.organdonation.nhs.uk

Your kidneys are amazing. They work so hard for you. Look after them and Think Kidneys