



Are you taking the piss?

Do you know how hard your kidneys work?

They use a quarter of your energy to remove toxins and make urine. And they have to work even harder if you don't drink enough to stay hydrated. It's no laughing matter.

Find out more about keeping them healthy at thinkkidneys.nhs.uk or nhschoices.nhs.uk

‘THINK KIDNEYS’

Visit www.thinkkidneys.nhs.uk
Or talk to your GP or pharmacist to find out more

‘THINK KIDNEYS’

NHS



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