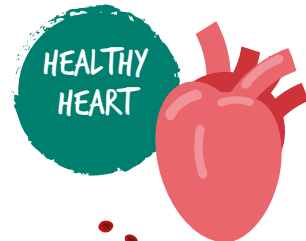
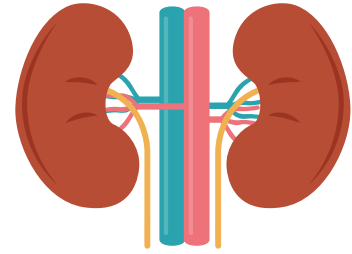


WHAT DO THE KIDNEYS DO?

Did you know that your kidneys...

- Remove waste products and extra fluid that our bodies don't need.
- Help to make sure that the body has just the right amount of nutrients that it needs - like potassium and sodium and other minerals.
- Keep the right amount of acid in our bodies (the body makes acid when we eat food).
- Make hormones that help other organs in the body work correctly.

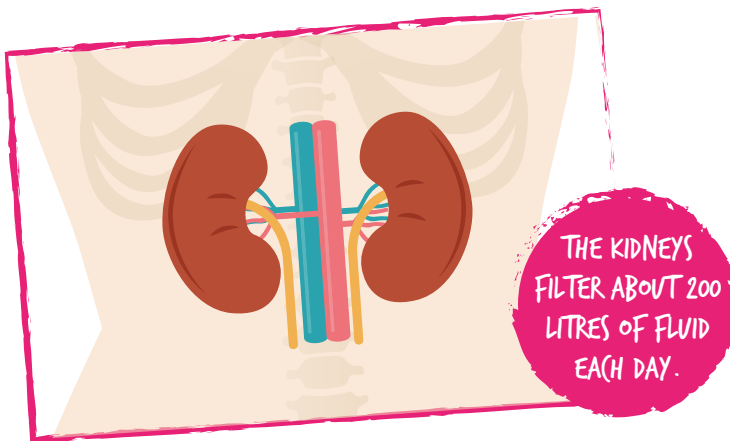


These hormones help:

- the heart pump blood at the right rate and pressure;
- bones develop and grow;
- make blood cells which take oxygen all over your body and gives you energy.

Where are the kidneys?

The kidneys are next to your backbone, below your bottom-most ribs, and are closer to the back than the front of your body. They are each about the size of your fist.



The kidneys have about a million little 'power-houses' that do all the work called **nephrons**.

The nephrons filter water and waste products which means that anything that our bodies don't need is removed. The waste is removed in the urine.

Sources:

National Kidney Foundation. How Kidneys Work [Internet] New York, National Kidney Foundation Inc [updated 2020; cited 6th April 2020] available from: www.kidney.org/kidneydisease/howkidneyswork

National Institute of Diabetes and Digestive and Kidney Diseases. Your Kidneys and How They Work. [Internet] The National Institute of Diabetes and Digestive and Kidney Diseases Health Information Center [Updated June 2018, cited 6th April 2020] available from: <https://www.niddk.nih.gov/health-information/kidney-disease/kidneys-how-they-work>