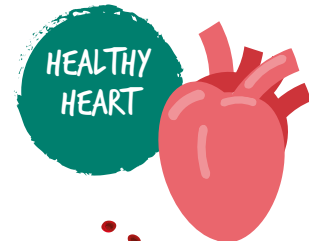
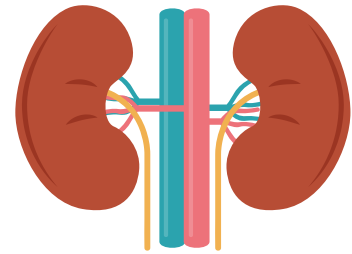


WHAT DO THE KIDNEYS DO?

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.

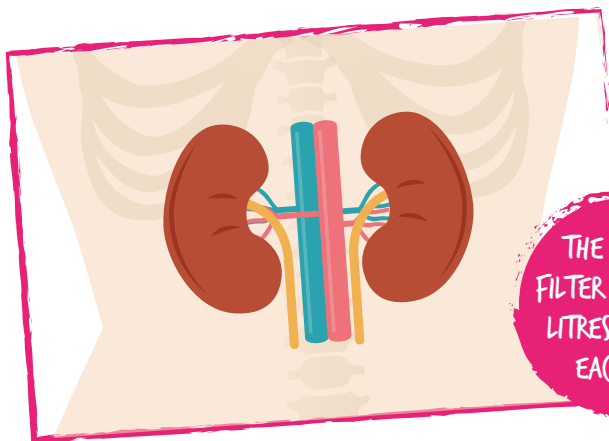


These hormones help:

- 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
FILTER ABOUT 200
LITRES OF FLUID
EACH DAY.

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>