Small, but mighty, your kidneys play a major role in processing waste in your body. In turn, they regulate blood pressure, make red blood cells, control pH levels and keep your bones healthy. So be kind to your kidneys — they’re counting on you.

**How they work**

Your kidneys filter your blood, removing waste and forming urine.

1. Waste enters the blood
2. Blood enters the kidneys
3. Nephrons (units of vessels and tubes) filter the blood
4. Needed chemicals go back into the bloodstream
5. Unneeded chemicals and waste become urine
6. Urine flows to your bladder

**Fast facts**

6 sensational stats about two of your most hard-working organs:

- **200** Quarts of blood your kidneys process daily
- **1 to 2** Quarts of urine the kidneys filter from your blood each day
Kidneys are also referred to as ‘Chemist of the Body’ and as vascular organs, like the heart, they suffer from diseases of the arteries; so be sure to monitor your blood pressure and cholesterol carefully, and manage diabetes closely.”

— Dr. John Videen, a board-certified nephrologist affiliated with Sharp Chula Vista Medical Center

Do your part

If your kidneys don’t work properly, waste can build up in your blood. This could cause many problems, from renal failure to kidney disease. Keep your kidneys healthy and happy by:

- Managing your blood pressure
- Drinking water
- Cutting back on salt
- Choosing heart-healthy foods
- Limiting your alcohol
- Maintaining a healthy weight

From the expert

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