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