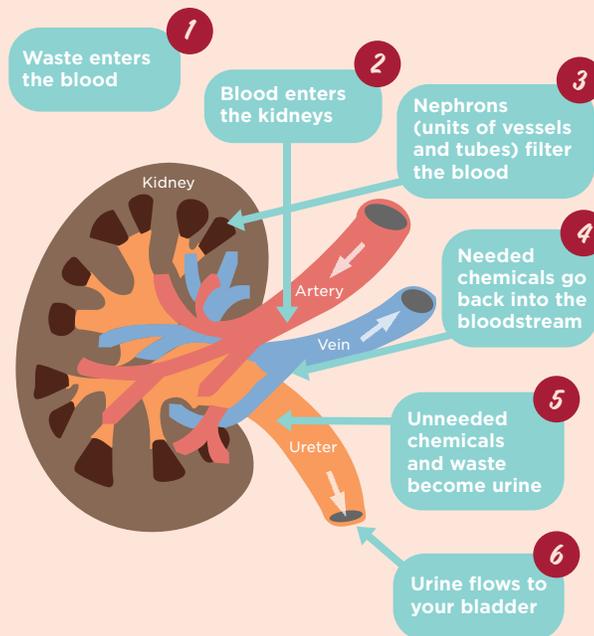


## Anatomy 101: your kidneys

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.



### Fast facts

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



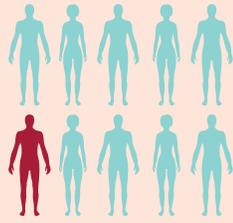
200

Quarts of  
blood your  
kidneys  
process daily



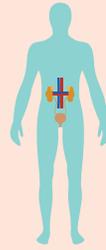
1 to 2

Quarts of urine  
the kidneys filter  
from your blood  
each day



1 in 10

Number of people who will have a kidney stone at some point in their life



400

Times the blood in your body is filtered by the kidneys per day



1 million

Number of nephrons (blood-filtering vessels and tubes) each kidney has



31 million

Number of American adults with chronic kidney disease

## 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

"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