

SUPER KIDNEY FACTS

KIDNEYS

are very important organs, which filter and clean 'waste' from your blood while the body processes the foods you eat.

INCREDIBLE

functions of the kidneys include: cleaning the blood, regulating blood pressure, balancing minerals (for strong bones) and regulating the production of red blood cells.

DIALYSIS

is a treatment for people whose kidneys do not work anymore. Most often, a machine cleans the blood instead of the kidneys.

NEPHRONS

are tiny little working units in the kidneys that act like guards 24 hours a day, 7 days a week against things that do not belong in your blood and body. The nephrons also control the formation of urine.

EACH KIDNEY

has about 1 million nephrons. The kidney also detects if there is too much or not enough water/fluid in your body.

YOUR KIDNEYS

are amazing and very powerful organs, which you always need to take good care of.

A-MAZE-ING KIDNEYS!

Find your way through the kidney!

