

Fast Facts

Kidneys

- Two kidneys
- Bean-shaped organs located just below your rib cage on each side of your spine
 - Three main parts are the renal cortex, renal medulla and renal pelvis
- Makes hormones to control blood pressure, produce red blood cells & keep your bones strong
 - Makes urine by filtering acid (produced by cells), toxins, waste and extra fluid from blood
 - Can filter about a half of cup of blood a minute (about 150 quarts day)
 - Makes 1-2 quarts of urine every day
- Process helps body to maintain a balance between water, salts and minerals, which is what allows your nerves, muscles and other tissues to function properly

<i>Problems</i>	<i>Symptoms</i>	<i>Tips for Health</i>
<ul style="list-style-type: none"> -Kidney stones -Urinary tract infections -Azotemia -Acute nephritis -Glomerulonephritis -Pyelonephritis -Caliectasis -Uremia -Hydronephrosis -Acidosis -Kidney cysts -Polycystic kidney disease -Nephrotic syndrome -Kidney failure -Chronic kidney disease 	<ul style="list-style-type: none"> -Blood in urine -Foamy urine -Painful urination -Increased or decreased urination -Dry/itchy skin -Foot/ankle swelling -Trouble sleeping -Fatigue -Inability to concentrate -Puffiness around your eyes -Reduced appetite -Muscle cramps 	<ul style="list-style-type: none"> -Avoid conditions that increase risk for kidney problems (diabetes, obesity and high blood pressure) -Eat a healthy diet that is low in salt -Stay hydrated with plenty of water -Exercise (even 20 minutes a day) -Be careful with medications that can damage kidney function, like nonsteroidal anti-inflammatory (ibuprofen)

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