

How kidneys work



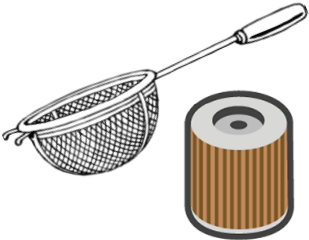


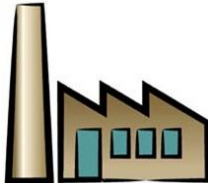
Your kidneys clean (filter) your blood, removing waste products & extra water as urine while balancing chemicals



Information for newly diagnosed CKD patients

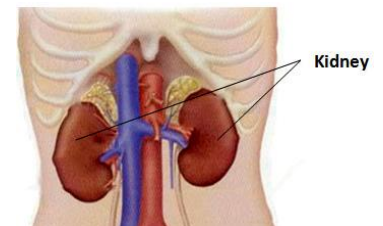
▶ Kidneys filter blood

▶ Four of the healthy kidneys' most important jobs are:

<p>To remove wastes like urea from your blood</p>	<p>To balance chemicals like sodium, potassium, phosphate, acids</p>	<p>To form urine to carry wastes & extra chemicals out of your body</p>	<p>To produce hormones to control blood pressure, to form red blood cells, to ensure strong bones</p>
			

When filtering the blood, **healthy kidneys adjust** the amounts of water & chemicals while removing wastes.

Wastes & extra chemicals mix with water in your kidneys to form urine. Urine then carries these wastes, extra chemicals & water out of your body. Kidneys **produce important hormones** for strong bones, blood pressure control and to form red blood cells to prevent anemia



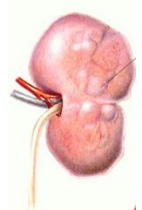
▶ When Kidneys Don't Work Normally

Damaged or diseased kidneys are not able to remove enough waste from the blood or to adjust the amounts of chemicals & water in the body.

Wastes, extra chemicals & water then build up in the blood & act like poison.

Less or no urine is formed to carry these wastes out of your body.

Hormones to control blood pressure, form strong bones & prevent anemia are not sufficiently manufactured by kidneys & you may therefore need to take medication instead



▶ Common Causes and Symptoms of Kidney Disease

The most **common causes** of kidney disease are

- uncontrolled diabetes
- uncontrolled high blood pressure
- obesity
- kidney infections / inflammation



Some of the **symptoms** of kidney disease include

- nausea, vomiting, loss of appetite
- tiredness, shortness of breath
- swelling of the feet, legs & face
- itching
- bone pain



▶ **To help prevent the buildup of wastes, extra chemicals & water in your blood you will need to adjust & limit your intake of certain foods.**