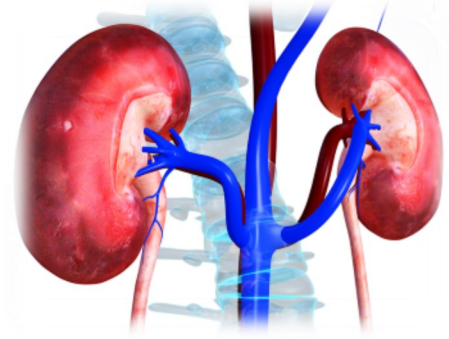


# Your Kidneys

## Why are my kidneys important?

Every day, your kidneys process about 200 quarts of blood to sift out about 2 quarts of waste products and extra water. These waste products and extra fluid are removed through the urine. Your kidneys regulate the amount of salt, potassium and acid in the body. Hormones are also produced by the kidneys to help regulate other organs.



## What if my kidneys fail?

Kidney failure, also called End Stage Renal Disease, happens over time. There are treatment options, however, there is no cure for End Stage Renal Disease.

Two types of treatments for kidney failure include dialysis or transplantation. Talk to your physician about which option is best for you.



## How can I keep my kidneys healthy?

- Hydrate
- Exercise regularly
- Choose healthy foods
- Maintain a healthy blood pressure



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