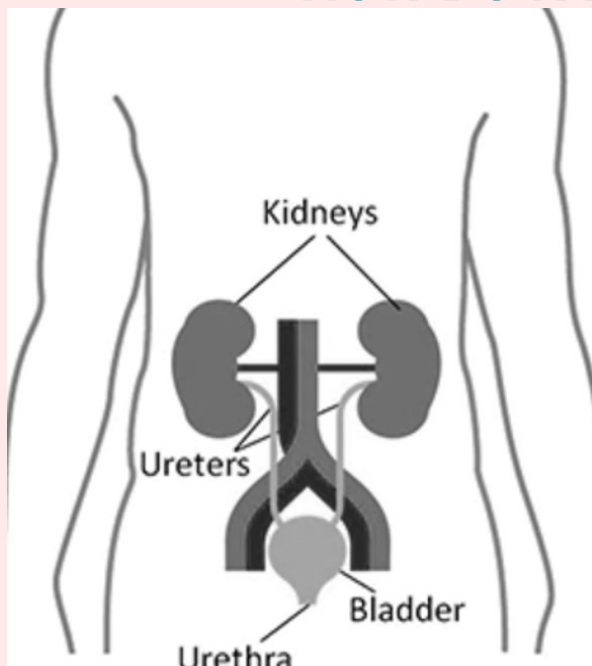


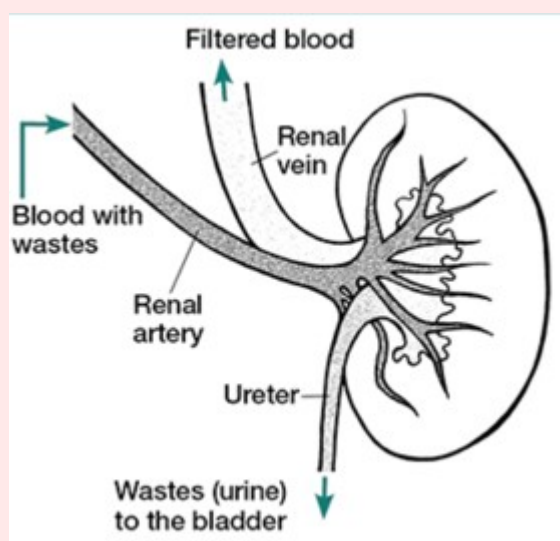
What do kidneys do?

And what happens if you only have one?

HOW DO KIDNEYS WORK?

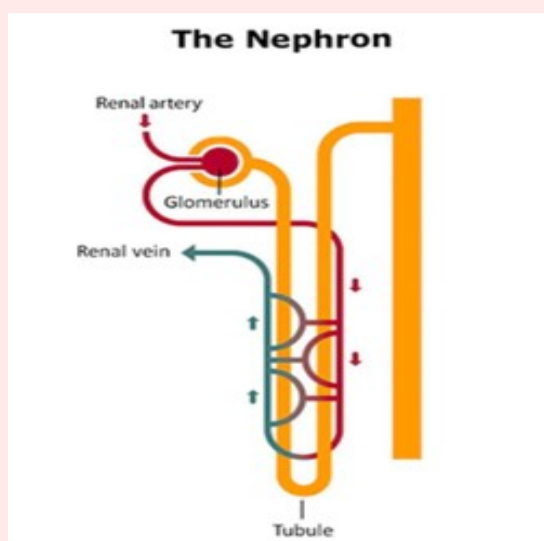


Kidneys are fist-sized organs located just below the rib cage, near the back of the body. Most people are born with two, one on either side of the spine.



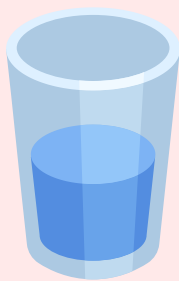
Blood enters the kidney through the renal artery, is filtered through **nephrons**, and exits through the renal vein.

Urine is also produced in the kidney and exits through the ureter.



Nephrons are the small, functional units of the kidneys. Blood enters through a cluster of veins called the glomerulus, is filtered and passed to the tubule, where additional waste and liquid is removed and passed through urine.

WHAT DO KIDNEYS DO FOR MY BODY?



filters your blood

kidneys filter up to 1/2 cup of blood per minute, removing waste and excess water



balances electrolytes

and maintains proper pH levels



controls hormones

that impact blood pressure, red blood cell production, and makes Vitamin D

Symptoms of poor kidney function include:

feeling tired/low energy | puffy eyes | swollen hands/feet | trouble sleeping | loss of appetite | confusion | trouble focusing | muscle spasms

Source: **National Kidney Foundation** <https://www.kidney.org/kidneydisease/howkidneyswrk>

WHAT HAPPENS WHEN YOU DONATE A KIDNEY?



When you donate a kidney, the remaining kidney typically increases in size and output in order to maintain all necessary function.

In fact, your remaining kidney can achieve 70% or more pre-donation function, and long-term health outcomes for donors are generally as good or better than an average non-donor!

Potential risks of living kidney donation:

increased blood pressure | increased protein in urine (proteinuria) | reduced kidney function

Source: **National Kidney Foundation** <https://www.kidney.org/transplantation/livingdonors/making-decision-to-donate>