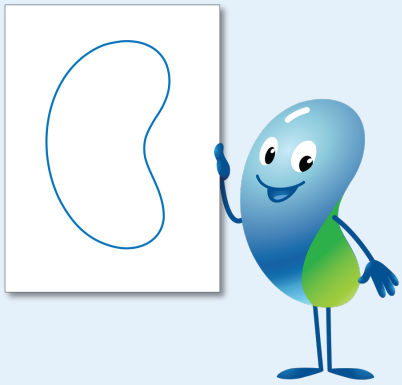
THE KIDNEY EXPERTS

# More than a filter: what your kidneys do



## Your kidneys do many jobs.

You have two kidneys. Each one is about the size of a fist. They sit just below your rib cage, one on each side of your spine.

## What your kidneys do:

- Clean waste and extra water out of your blood. That makes urine.
- Keep the right balance of water, salts, and minerals in your blood.
- Make hormones that help control your blood pressure.
- Help your body make red blood cells.
- Help keep your bones strong.

## When your kidneys are hurt

It's not just the filter. Kidney disease can also lead to high blood pressure, low red blood cells, or bone problems.

## You can feel fine.

Many people with kidney disease feel fine at first. So we check with a blood test and a urine test.

## Ask us about your tests, and what they mean for you.

## Bring your questions to every visit.

From Neff Roligée and The Kidney Experts

**The Kidney Experts**
This handout is for learning only. It does not replace advice from your care team.
Neff is The Kidney Experts' mascot.
Reviewed by Shree Mulay, MD.

Scan to watch Neff's video.