

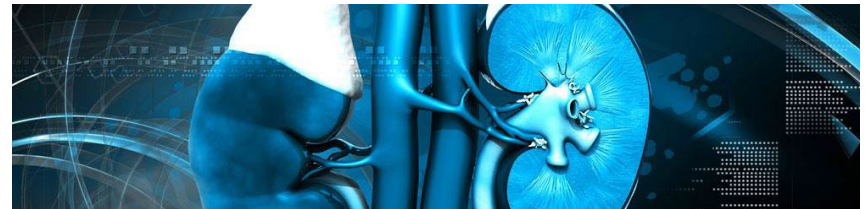
Kidneys – What do they do?

- Produce urine – 1500ml per day
- 25% of blood volume through 1 million filters.. On each breath
- Concentrate fluid that comes out as urine
- Help to regulate blood pressure
- Activate Vitamin D – important for healthy teeth and bones
- Release chemical that makes bone marrow produce red blood cells



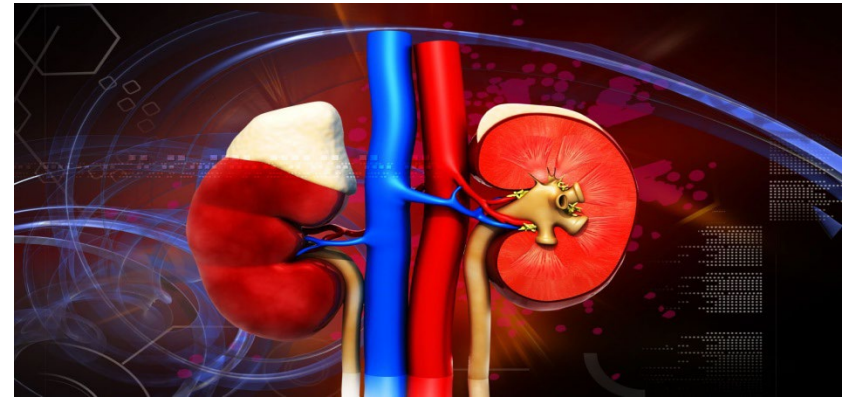
How to keep kidneys healthy

- Simple steps to keep kidneys healthy
- Keep hydrated – drink plenty of water
- Do not smoke
- Keep your weight down
- Exercise regularly
- Eat a healthy diet – rich in fruit, vegetables and fish
- Reduce intake of salt, processed food and high sugar drinks



Kidney Facts

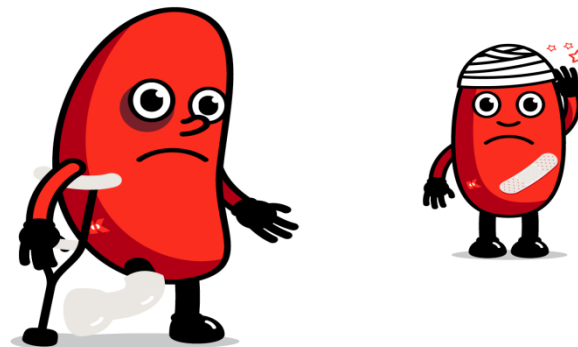
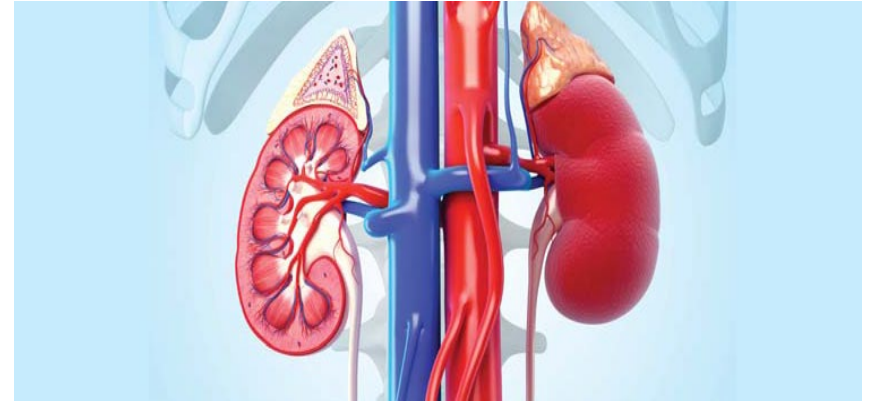
- Your kidneys are vital organs that filter your blood up to 30 times a day. They keep what is needed and get rid of what is not needed through urine.
- Each of your two kidneys is about the size and weight of a mobile phone.
- Your kidneys use one quarter of your body's energy. They work 24-hours-a-day, seven-days-a-week for the whole of your life. They have a higher blood flow rate than your heart, brain or liver.
- Kidneys keep on working until they have lost up to 90% of their function.
- Your body can work with just one kidney so a kidney can be donated to someone who needs it with no detriment to the donor.



Symptoms of Acute Kidney Injury

Sometimes there are no real symptoms or signs. A blood test is needed to detect it. Acute kidney injury can have the following symptoms:

- Changes to urine output, particularly a major reduction in the amount of urine passed
- Nausea, vomiting
- Abdominal pains and feeling generally unwell, similar to a hangover
- Dehydration or thirst
- Confusion and drowsiness



Acute Kidney Injury – Chart Check

- In the UK, up to 100,000 deaths each year in hospital are associated with acute kidney injury.
- Up to 30% could be prevented with the right care and treatment.
- Use the chart to the right and check your urine today.



Does your urine look like this?



If so, you need to drink more to keep your kidneys safe.
Healthy pee is 1 to 3, 4 to 8 you must hydrate.

Acute Kidney Injury – **THINK**



Wa**T**er

Hydration

ACE **I**nhibitors

INfections

Kidneys

Sidney the Kidney

Don't make Sidney the Kidney cry by having an AKI..



How to make Sidney feel better:

- Hydration
- Avoid medicines that harm kidneys e.g. Ibuprofen
 - Look after yourself

Look after your Kidneys!



Always drink plenty of water..



You may need to pause certain medicines if unwell