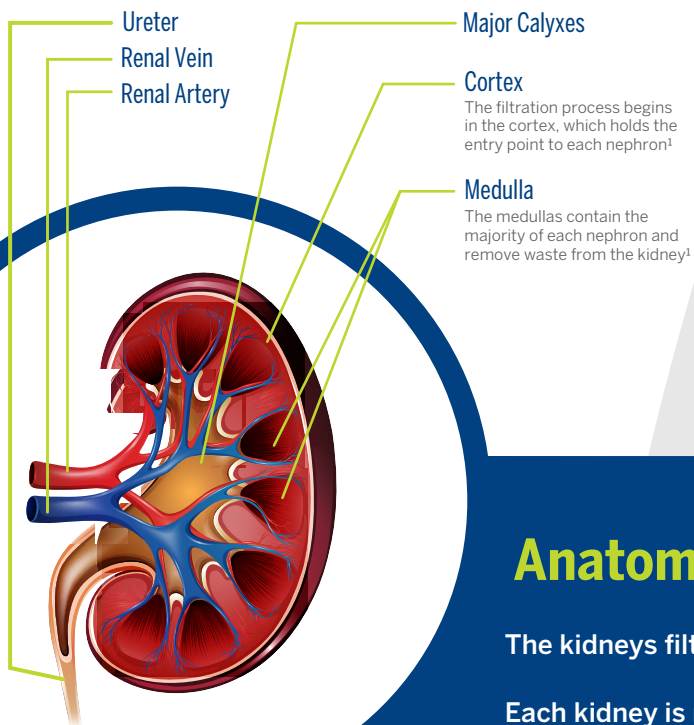


# HOW MUCH DO YOU KNOW ABOUT THE KIDNEYS?



## Anatomy Lesson

The kidneys filter waste and extra fluid from the body.<sup>2</sup>

Each kidney is made up of about a million filtering units called nephrons. Nephrons filter blood by pulling out waste and extra fluid which then becomes urine.<sup>2</sup>

## Our Kidneys Are Important

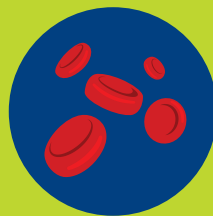
In addition to removing waste from the body our kidneys help...<sup>3</sup>



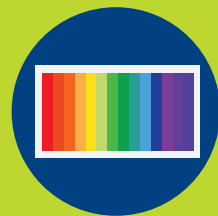
Create  
Vitamin D



Control Blood  
Pressure



Make Red  
Blood Cells



Control  
Ph Levels

## By the Numbers

### 150-200 QUARTS

Blood circulates through your kidneys many times each day. In a single day, your kidneys filter about 150 - 200 quarts of blood.<sup>2</sup>

### 1-2 QUARTS

About 1-2 quarts become urine.<sup>2</sup>



#### References:

1. 24.2B Internal Anatomy of the Kidneys. Medical Libre Texts. Sep. 9 2020. [https://med.libretexts.org/Bookshelves/Anatomy\\_and\\_Physiology/Book%3A\\_Anatomy\\_and\\_Physiology\\_\(Boundless\)/24%3A\\_Urinary\\_System/24.2%3A\\_The\\_Kidneys/24.2B%3A\\_Internal\\_Anatomy\\_of\\_the\\_Kidneys](https://med.libretexts.org/Bookshelves/Anatomy_and_Physiology/Book%3A_Anatomy_and_Physiology_(Boundless)/24%3A_Urinary_System/24.2%3A_The_Kidneys/24.2B%3A_Internal_Anatomy_of_the_Kidneys)
2. Your Kidney's & How They Work. National Institute of Diabetes and Digestive and Kidney Diseases. June 2018. <https://www.niddk.nih.gov/health-information/kidney-disease/kidneys-how-they-work>
3. 5 Jobs You Didn't Know Kidneys Have. National Kidney Foundation. Accessed Feb. 25, 2020. <https://www.kidney.org/content/5-jobs-you-didn%E2%80%99t-know-kidneys-had>