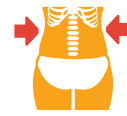


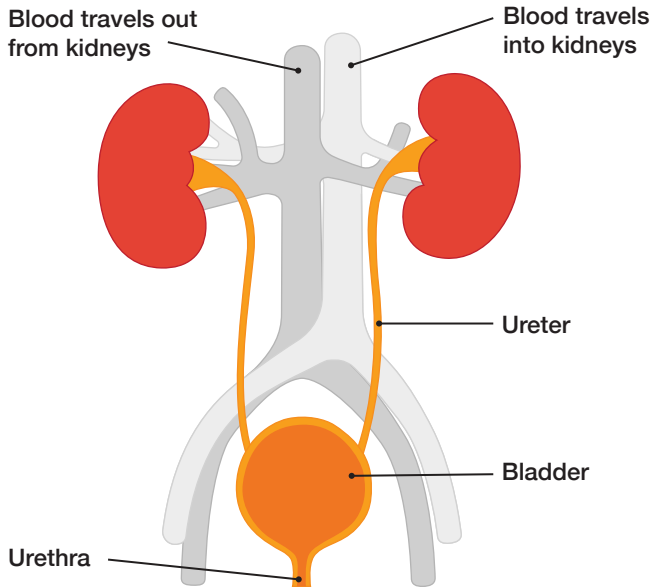
KIDNEY

FACT SHEET

Kidneys are bean-shaped organs, each about the size of your fist.



They are located on either side of the spine, just below the rib cage.



Every 30 minutes

kidneys filter all the blood in your body.

Kidney functions



Regulates blood pressure



Filters waste and toxins



Excretes waste via urine

Kidney stones

are small, hard mineral deposits which form when urine contains more crystal-forming substances than the fluid in urine can dilute.

1 in 10

people will have a kidney stone during their lifetime.

Symptoms



Blood in your urine



Nausea and vomiting



Frequent and painful urination

Treatment



Drink plenty of water



Pain relievers



Surgery

Sources:
WebMd (www.webmd.com)
National Kidney Foundation, based on US population (www.kidney.org)

Kidney Health Australia (www.kidney.org.au)
American Kidney Fund (www.kidneyfund.org)
Mayo Clinic (www.mayoclinic.org)

Disclaimer: This document is for information purpose only and is neither medical advice nor meant to substitute you consulting your doctor.