



## REGULATE FLUID LEVELS

The kidneys perform their main job of filtering and returning about 200 quarts of fluid back to the bloodstream every 24 hours. About two quarts are removed from the body in the form of urine, and about 198 quarts are recovered.



## ACTIVATE VITAMIN D FOR HEALTHY BONES

Studies show those who are deficient in vitamin D are more than twice as likely to develop albuminuria (a type of protein in the urine) over a period of five years. Albuminuria is an early indication of kidney damage.

## FILTER WASTE FROM THE BLOOD



The kidneys are important because they keep the composition of the blood stable, which lets the body function.

NKFM.ORG

# 6 WAYS KIDNEYS KEEP YOU HEALTHY



National **Kidney** Foundation®  
of Michigan

## DIRECTS PRODUCTION OF RED BLOOD CELLS



Red blood cells carry oxygen to tissues and organs throughout the body and enable them to use energy from food.



## REGULATE BLOOD PRESSURE

Blood pressure normally rises and falls throughout the day, but it can cause health problems if it stays high for a long time.

## KEEP BLOOD MINERALS IN BALANCE



Kidneys help to keep the right amount of minerals in your blood. Minerals are nutrients that your body needs to stay healthy.