



## GET TO KNOW YOUR KIDNEYS

DID YOU KNOW YOUR KIDNEYS CAN FILTER YOUR BLOOD UP TO TWENTY-FIVE TIMES A DAY? YOUR KIDNEYS ALSO MAKE URINE AND REMOVE WASTE AND EXTRA FLUID FROM YOUR BODY.

IF YOUR KIDNEYS ARE STRUGGLING, THEY WILL WORK HARDER TO KEEP UP. YOU COULD LOSE UP TO SIXTY PERCENT OF YOUR KIDNEY FUNCTION BEFORE YOU NOTICE ANY PROBLEMS. PEOPLE CAN GET KIDNEY DISEASE AT ANY AGE. EVEN CHILDREN.

BUT YOU CAN TAKE STEPS TO HELP PROTECT YOUR KIDNEYS TODAY. VISIT A HEALTH CARE PROFESSIONAL AND GET TO KNOW YOUR KIDNEYS.

LEARN MORE AT [N-I-D-D-K--DOT--N-I-H--DOT--GOV](http://N-I-D-D-K--DOT--N-I-H--DOT--GOV).