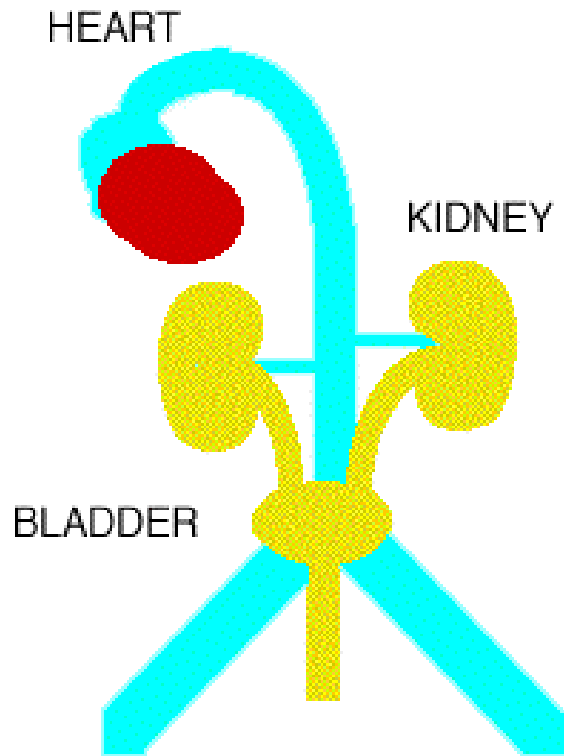


Do You Know about
your Kidney ?

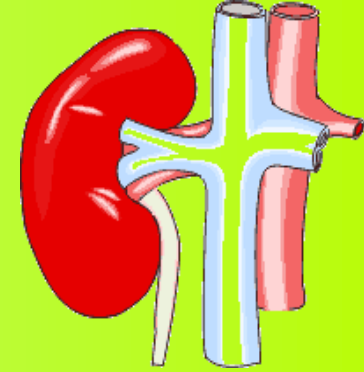


Functions of Your Kidneys



1. Excretion of metabolic wastes
2. Balance Water in Body
3. Regulation of extra cellular fluid volume
4. Regulation of extra cellular electrolytes
5. Regulation of blood pressure
6. Regulation of red blood cell production
7. Keep Bones Healthy

Did You Know ?



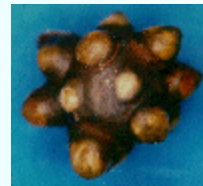
- Size of your Kidney is equivalent to your Fist
- Kidneys Filter, blood of our body (approx. 5 liters) 300 times everyday, which is equivalent to 100 Bathing Buckets !
- Each Kidney has 10 lakh Nephrons (Nephron is the functional unit of Kidney)
- If joined in series, Nephrons form a 100 km chain, which is equivalent to distance between Ahmedabad and Vadodara

Did You Know ?

- Normal person utilises only 30% of his Kidney's capacity
- A person can live a normal life with only one Kidney !

Reasons For Kidney Failure

- High Blood Pressure
- Diabetes
- Infection of the Nephron
- Kidney Stones
- Accidents



Some facts ...

- 1 out of 10,000 people in India suffer from Kidney failure.
- Out of 5 lakh kidney failure patients, only 12,000 patients get treated.
- Dialysis costs Rs. 15,000 per month

Prevent Kidney Failure By...



- ✓ Drinking 8–10 glasses of good quality water everyday
- ✓ Avoiding overdose of drugs
- ✓ Taking appropriate treatment of kidney stones
- ✓ Controlling High Blood Pressure and Diabetes
- ✓ Avoiding Sedentary life
- ✓ Avoiding Alcoholic drinks

Prevention, through awareness and early detection, is the key to avoiding kidney failure.

References: Indian Renal Foundation, Ahmedabad
Campbell's Urology, Vol.3, 7th Edition , U.S.A.