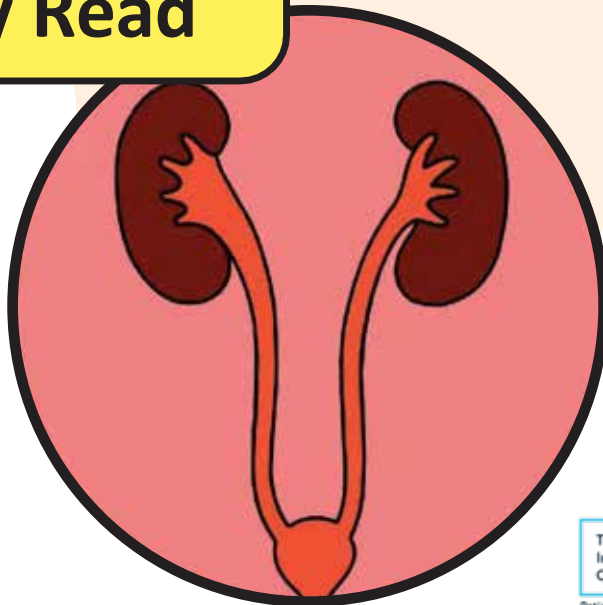


Kidneys - How do they work, what do they do? Information for patients

Easy Read



RUN BY PATIENTS FOR THE BENEFIT OF PATIENTS



HELPLINE 0800 169 09 36

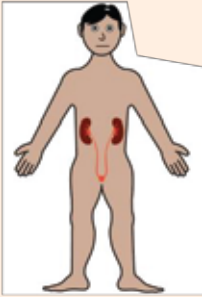
www.kidney.org.uk

HELPLINE **0800 169 09 36**

easy read



kidney



kidney care



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

Most people have 2 kidneys,

Kidneys look shaped like a bean.

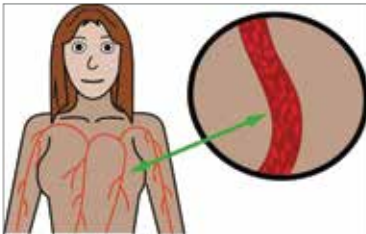
They are positioned under the lower ribs at the back of your body.

what do your kidneys do



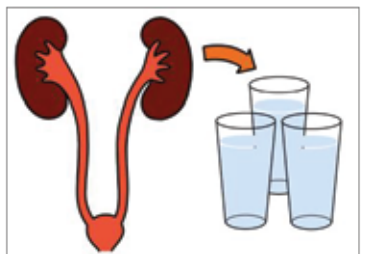
A healthy kidney works like a filter

clean blood



Clean the blood of any waste products.

fluids



Remove extra fluid to keep the body in balance.

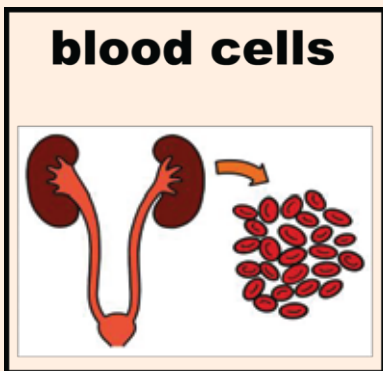


They do this by making urine.



blood pressure

They help to control Blood Pressure



blood cells

They help make red blood cells

vitamin



And process Vitamin D. This helps keep your bones healthy

easy read



We have other easy reads available to help you understand.

Health passport



If you have a Learning Disability it might be useful to complete a Health Passport.

Ask your local team for one.

ask



If you have any question
please speak to the staff
team on 0113 206 6719

Monday - Friday,
8am - 4pm



Find more in this series online



The National Kidney Federation
The Point, Coach Road
Shireoaks
Worksop
Notts
S81 8BW

Email: helpline@kidney.org.uk

HELPLINE: 0800 169 09 36
(free from UK landlines and mobiles)

Monday – Thursday
08:30 am – 5:00 pm
Friday
08:30 am – 12:30 pm



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A FEDERATION OF MORE THAN FIFTY PATIENT CHARITIES, SUPPORTING KIDNEY PATIENTS & CARERS

Registered Office: **The Point, Coach Road, Shireoaks, Worksop, Nottinghamshire, S81 8BW**

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