

# Kidney health & the importance of dialysis

## Did you know?



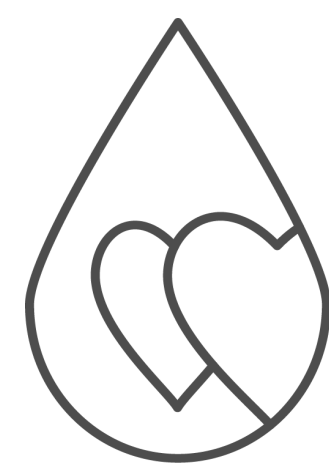
Each kidney is roughly the size of your fist. It is located deep in the abdomen, beneath the ribcage.



Your kidneys control bloodstream levels of key minerals and molecules, like sodium and potassium.



Your kidneys control the salt & water in your body, keeping your blood pressure steady.



Your kidneys make hormones that help make red blood cells and strengthen your bones.

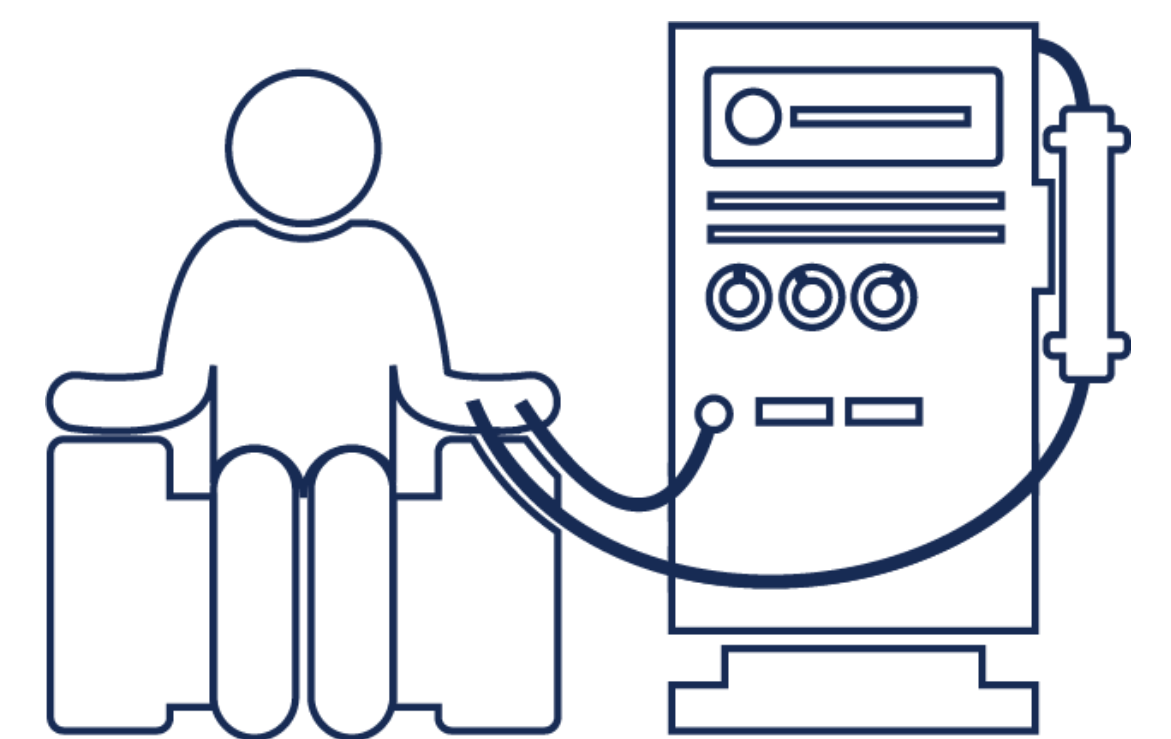
**1 in 3 adults** in the the United States are at risk for kidney disease



## Hemodialysis and peritoneal dialysis treatment

Hemodialysis and peritoneal dialysis treatment, more commonly known as **dialysis**, is needed if an **acute kidney injury** occurs or if **end-stage renal disease**, or **end-stage kidney failure**, is developed.

Your kidneys play an important part in purifying your blood and removing waste. Once they are unable to do so on their own, dialysis is used to take over these key functions and make additional substances to keep your body health.



**Hemodialysis** involves removing your blood and cleaning it outside your body. **Peritoneal dialysis** involves cleaning your blood while it remains inside your body.



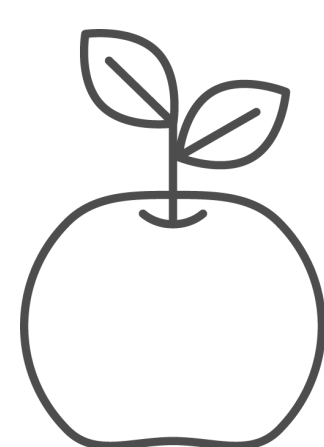
### Dialysis involves

- removing waste, salt, and excess water to prevent a build up in your body.
- keeping certain chemicals in your blood, such as potassium, sodium, and bicarbonate, at a safe level.
- helping to control blood pressure.

## Keep your kidneys healthy



Stay active



Eat healthy



Monitor & maintain blood sugar



No smoking



Stay hydrated