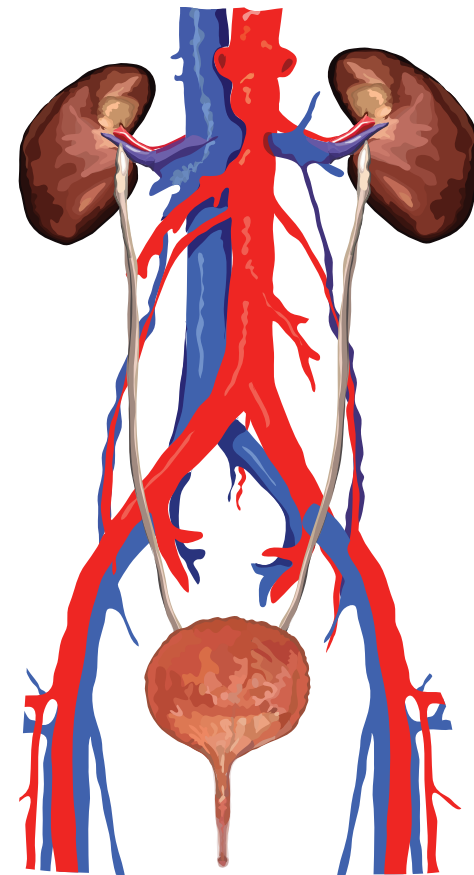
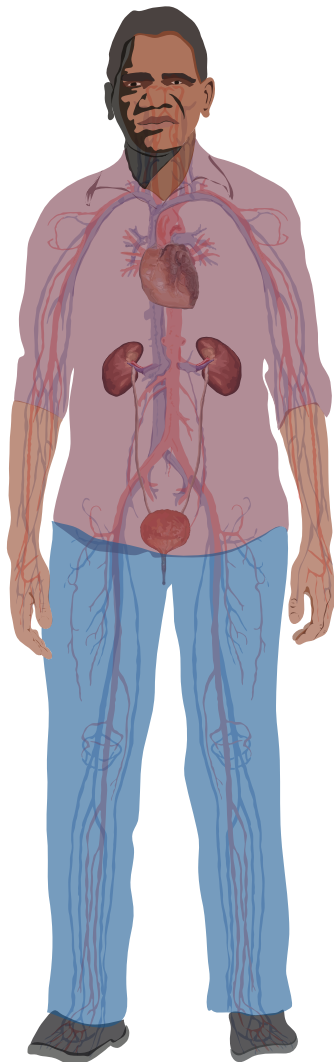


# THE WORK OF YOUR KIDNEYS - TEXT VERSION



## IMPORTANT MESSAGES

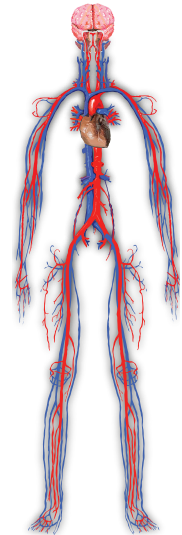
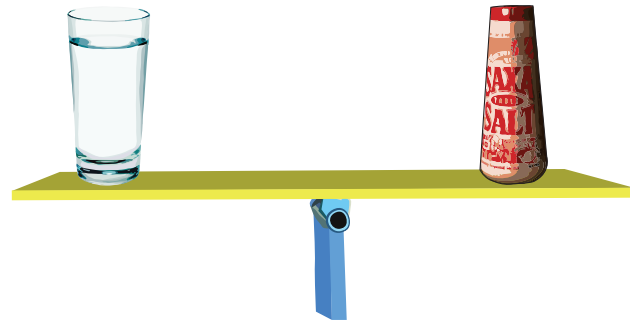
- Blood goes around your body; blood goes through your kidneys
- Kidneys have 5 jobs that keep you well
  1. keep water and salt level in your blood
  2. take waste out of your blood
  3. keep blood strong and healthy
  4. keep bones strong
  5. keep blood pressure right

## TOPICS

- Kidneys have 5 jobs
- microscopes
- Kidneys and blood
- What is waste in your blood?
- Kidneys work like a filter
- Kidneys and hormones

Your kidneys have 5 jobs that keep you healthy:

1. Balance the water and salt in your blood.



2. Remove the waste from your blood through your urine.



3. Help keep blood strong and healthy.

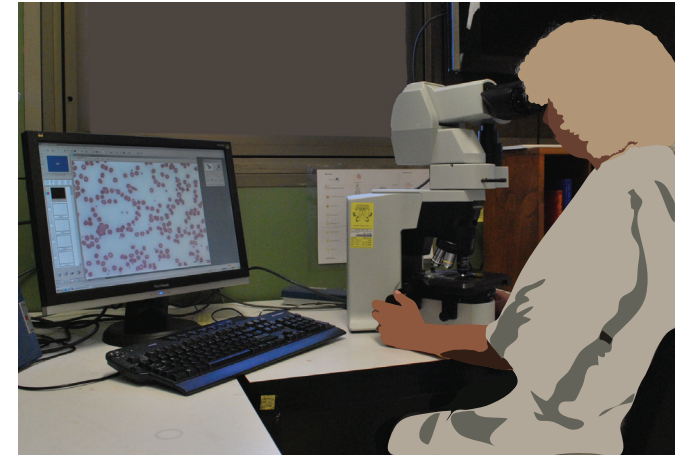


4. Help keep bones strong and healthy.

5. Help keep blood pressure right.

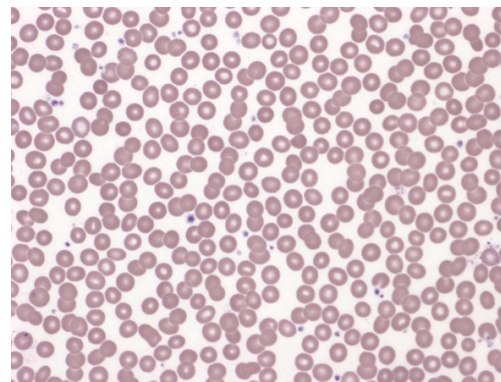


Doctors have learned about the work of the kidneys by studying the body and using a microscope. A microscope can see things that can not be seen by our eyes.

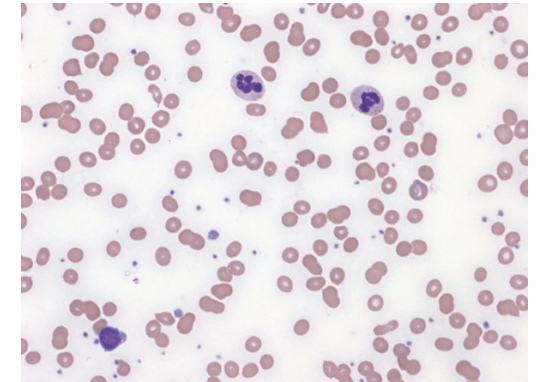


If you look at a sample of blood under a microscope you can see how blood is made up of different parts.

You can see the difference between healthy blood and blood that is affected by kidney disease.



Healthy blood



Kidney disease blood

This is the medical story about how the kidneys work.



Most people have two kidneys.

Your kidneys are connected to other parts of your body through your blood vessels.

Your heart pumps all your blood around your body and through your kidneys many times every day.



Breathing and eating gives your body the energy that it needs to live.

Like a car, which makes energy to drive from a mixture of petrol and air.

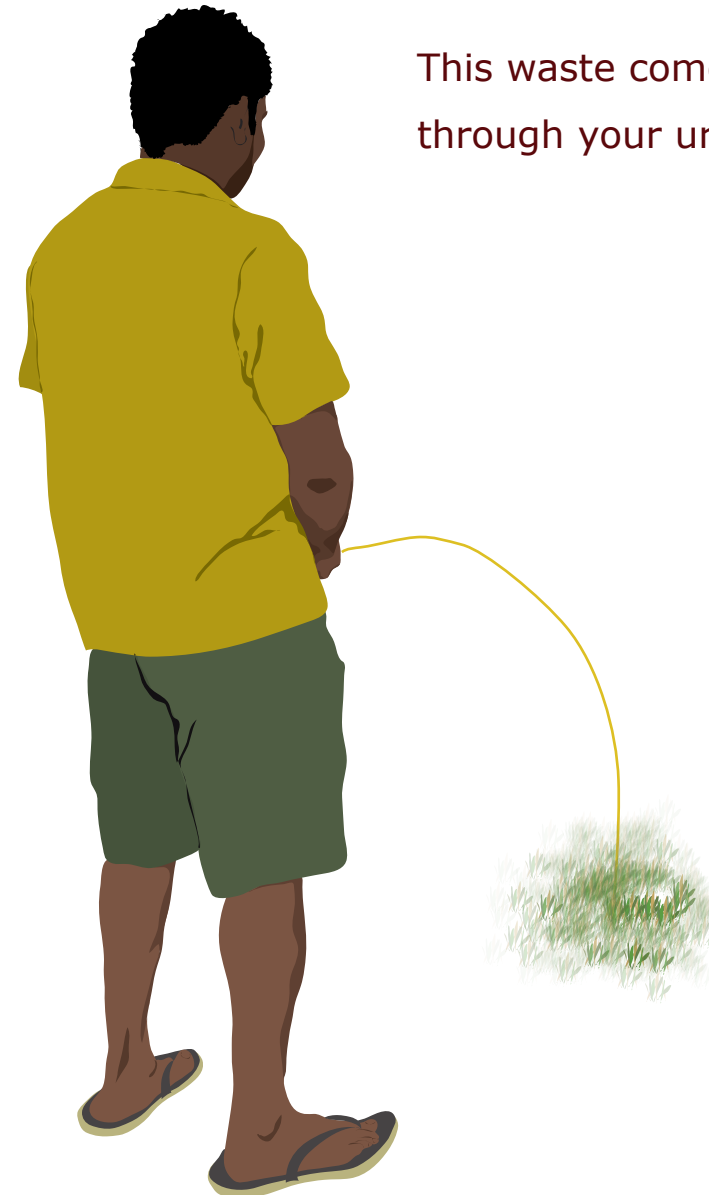


Your body makes energy to live from a mixture of food and air.

Like a car that makes waste from driving, your body also makes waste from living.



This waste comes out through your urine.

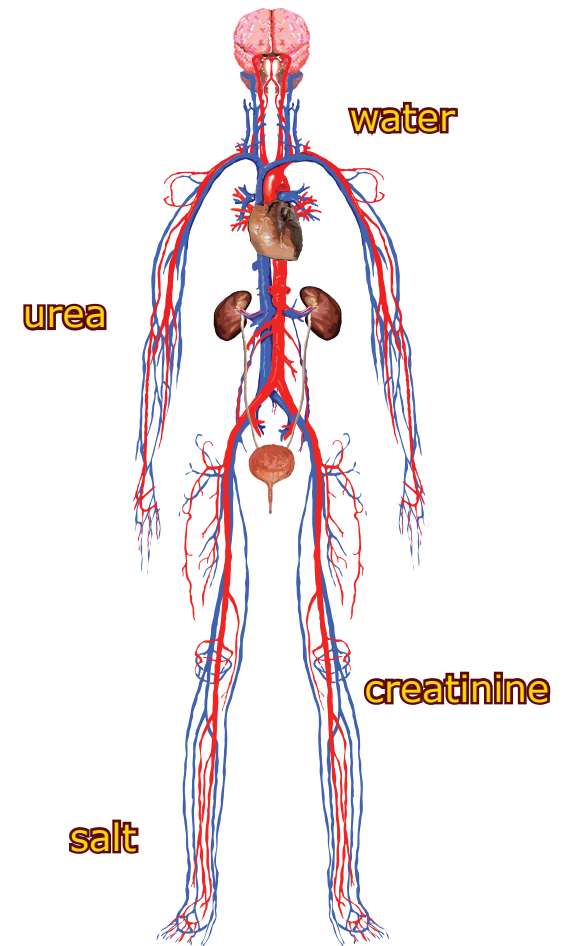


As your body uses energy for living it makes waste that it needs to get rid of.

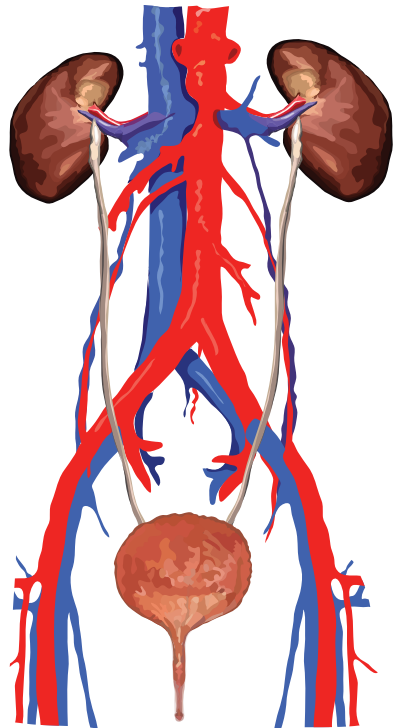


Some of this waste is:

- water
- salt
- creatinine
- urea



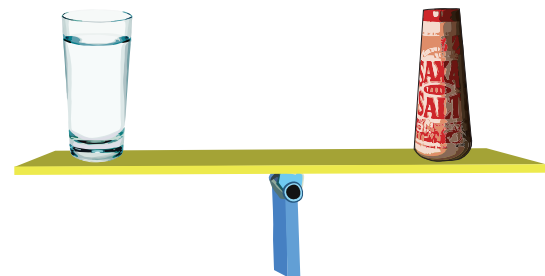
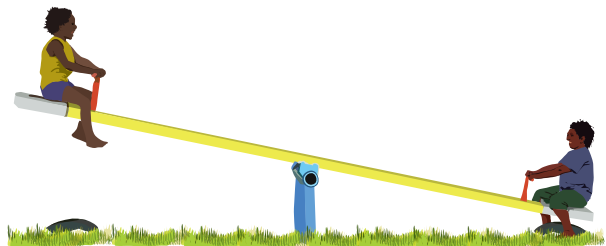
This waste travels around your body in your blood.



Your blood carries this waste through your kidneys.

Your kidneys do the jobs of:

1. Balancing the right amounts of water and salt in your blood.



2. Separating out the waste parts of your blood.

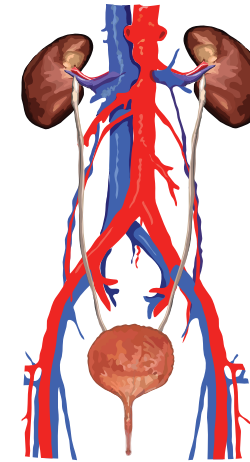
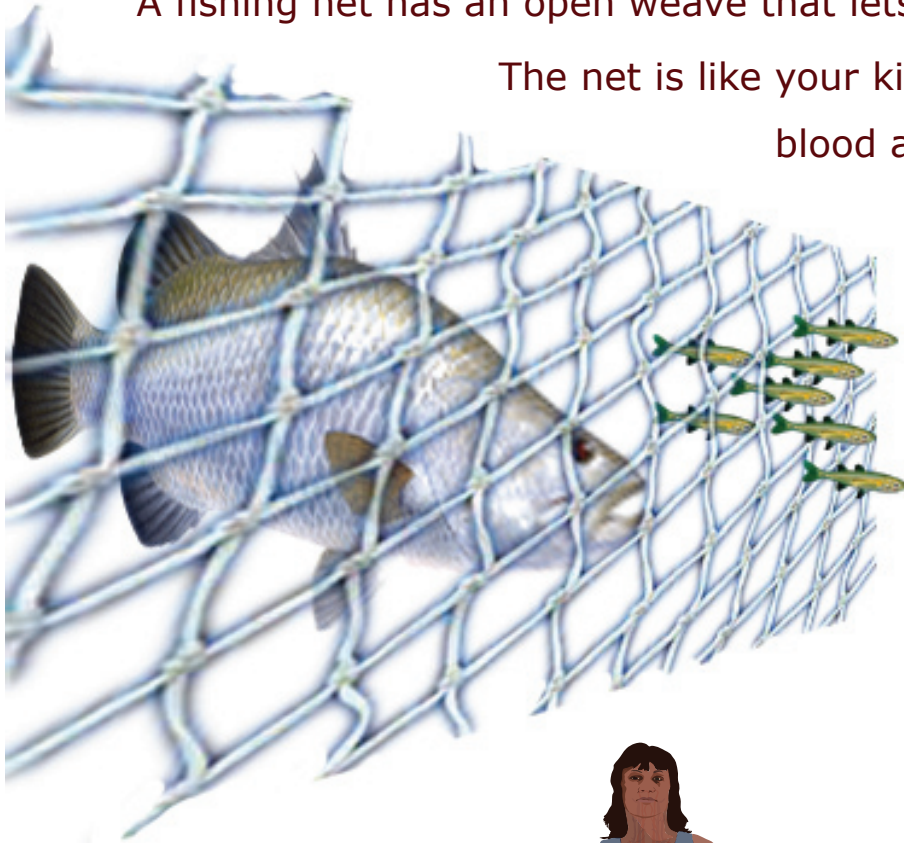
The waste goes into your urinary bladder and then leaves the body in your urine.



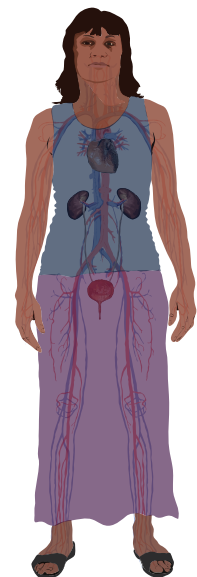
The kidneys do this work of getting rid of the waste by working like a fishing net.

A fishing net has an open weave that lets small fish through and catches big fish.

The net is like your kidney, the small fish are like the waste parts of your blood and the big fish are like the good parts of the blood.



Your kidneys filter out the waste from your blood.  
The waste goes out of your body in your urine.

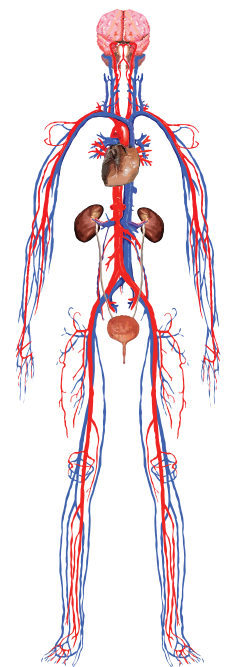


After your blood is cleaned your healthy blood leaves your kidneys and keeps going around your body.

To understand the other jobs of your kidneys it helps to understand what hormones are. Hormones are liquid chemicals that are made in your body and carried by your blood.

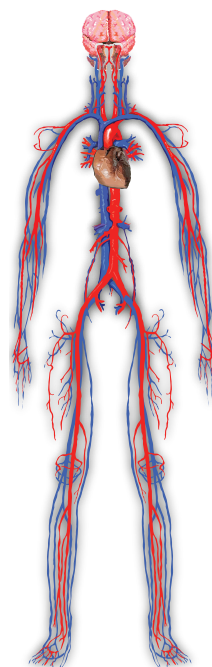
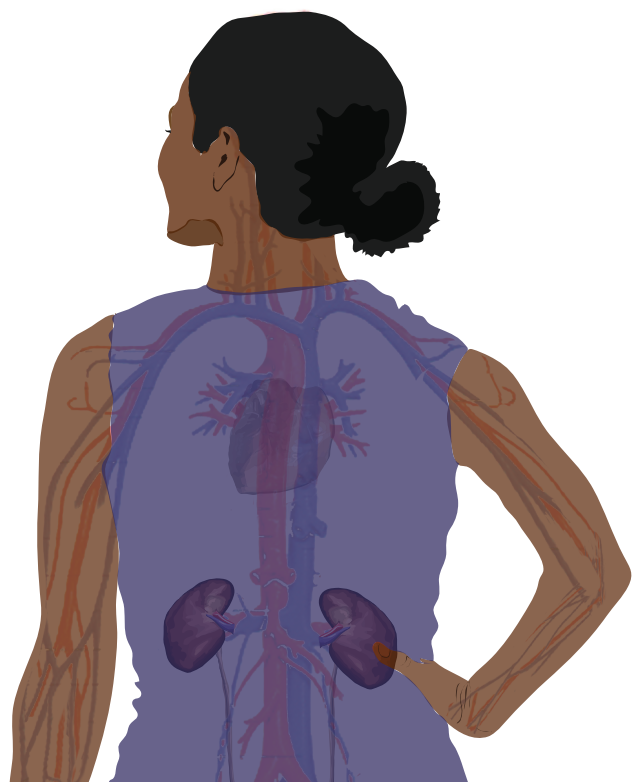


Hormones work like messengers, passing information between different parts of your body. Like talking on a telephone, the information travels through a wire.

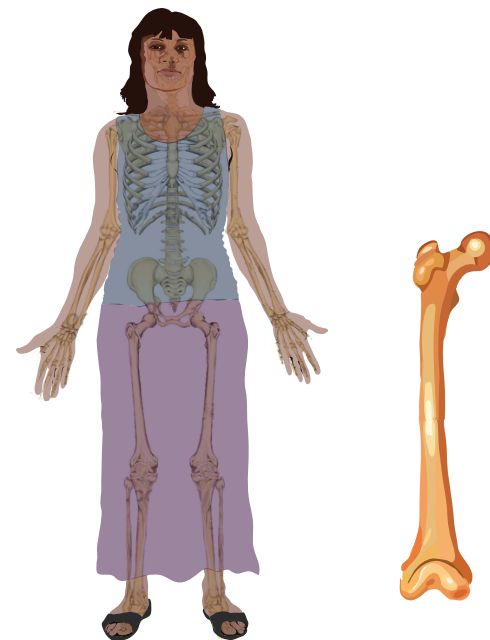


With hormones the information passes through your body in your blood.

Your kidneys make hormones that help your body to:



- Keep your blood healthy and strong



- Keep your bones healthy and strong



- Keep your blood pressure right

WORDS TO UNDERSTAND:

- blood pressure
- waste
- creatinine
- urea
- hormones
- level
- balance
- filter
- energy
- urine
- microscope

# THE WORK OF YOUR KIDNEYS - TEXT VERSION

## RESOURCE TOPICS:



*THE WORK OF YOUR KIDNEYS*



*WHEN YOUR KIDNEYS GET SICK*



*LIVING WITH KIDNEY DISEASE*



*DIET AND KIDNEY DISEASE*



*TREATMENT OPTIONS & PATHWAYS*



*PERITONEAL DIALYSIS*



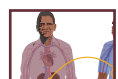
*HAEMODIALYSIS*



*FISTULA AND CATHETER*



*PALLIATIVE CARE FOR PEOPLE WITH SICK KIDNEYS*



*TRANSPLANT BOOKS 1 - 4*

NT Renal Services would like to thank all the renal patients and others who donated their time in posing for the photos that were used to make the illustrations in these resources.

### **Producer**

Gillian Gorham

### **Project Management Art work**

Michael Roseth

### **Content Development**

NT Renal Services

### **Consultants**

Renal patients, NT Palliative Care, PEPA Program, NT Preventable Chronic Disease Program, NT Aboriginal Interpreter Services, NT Aboriginal Services Support Unit, NT Aboriginal Workforce Development, Western Desert Nganampa Walytja Palyantjaku Tjutaka, Congress, Danila Dilba Health Service, Katherine West Health Board, Jeannie Devitt

### **Border art work**

From NT Palliative Care Model  
Design by Bev Derschow

Painting by Barrapuy Wanambi, Dipililnga Marika, Wayalwanga Marika, Samuel M Assan, Nina Puruntatameri, Karina Napagardi Penhall

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