

Get to Know Your Kidneys

March is National Kidney Month!

Did you know your kidneys filter all of your blood 25 times a day?

No matter your age, getting to know your kidneys can help you lead a healthier life and may prevent or slow the progression of kidney disease.



Your kidneys are two bean-shaped organs, each about the size of a fist. They are located just below the rib cage, one on each side of your spine.



Your kidneys filter your blood and make urine. They balance the water, salts, and minerals in your blood and remove waste, acid, and extra fluid.



If your kidneys are struggling, they will work harder to keep up—you can lose up to 60% of your kidney function before you notice any problems.

Ways to protect your kidneys include eating healthy foods, being physically active, and managing diabetes, high blood pressure, and heart disease.

Get to know more about your kidneys today! |     

Talk with a health care professional and visit niddk.nih.gov for more information.