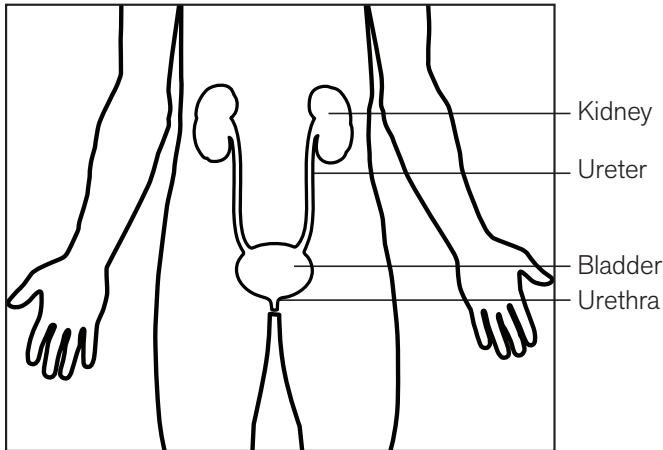
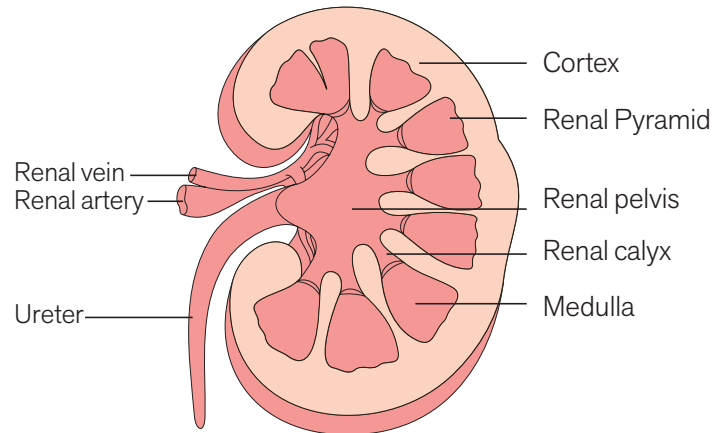


# What Do the Kidneys Do?



The Kidney



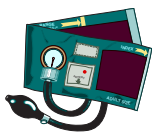
**The kidneys filter waste out of the blood.** When you eat, your body uses nutrients and minerals. The stuff it doesn't use becomes waste. The kidneys remove these waste products and make urine. The urine carries the waste products out of the body.

**The kidneys balance the amount of fluids and substances in the blood.** The kidneys make sure the body has the right mix of minerals for good growth.



**The kidneys make a hormone called calcitriol.** Calcitriol converts Vitamin D to a form that can be used by the body. Vitamin D helps regulate calcium and phosphorus balance in the body.

**The kidneys make a hormone called erythropoietin.** This hormone tells the body to make new red blood cells. Red blood cells carry oxygen to cells in your body.



**The kidneys make a hormone called renin.** This hormone helps to regulate blood pressure in the body.

Mary Bridge Nephrology Clinic