

KIDNEYS – your filter system

WHERE ARE YOUR KIDNEYS?

To feel your kidneys, place your hands on your hips with your thumbs pointing backwards. Your kidneys are just under your thumbs!

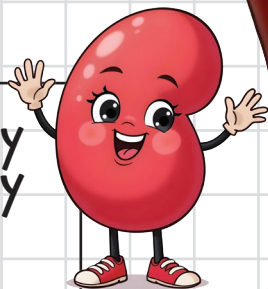
A KIDNEYS MAIN FUNCTION IS TO REMOVE WASTE PRODUCTS FROM THE BLOOD.

This waste forms urine and drains into the bladder. It is temporarily stored in the bladder and then leaves the body through the urethra.



Kidneys are roughly the size of a standard computer mouse or a small cellphone.

The right kidney is slightly lower than the left kidney because the liver is positioned just above it.

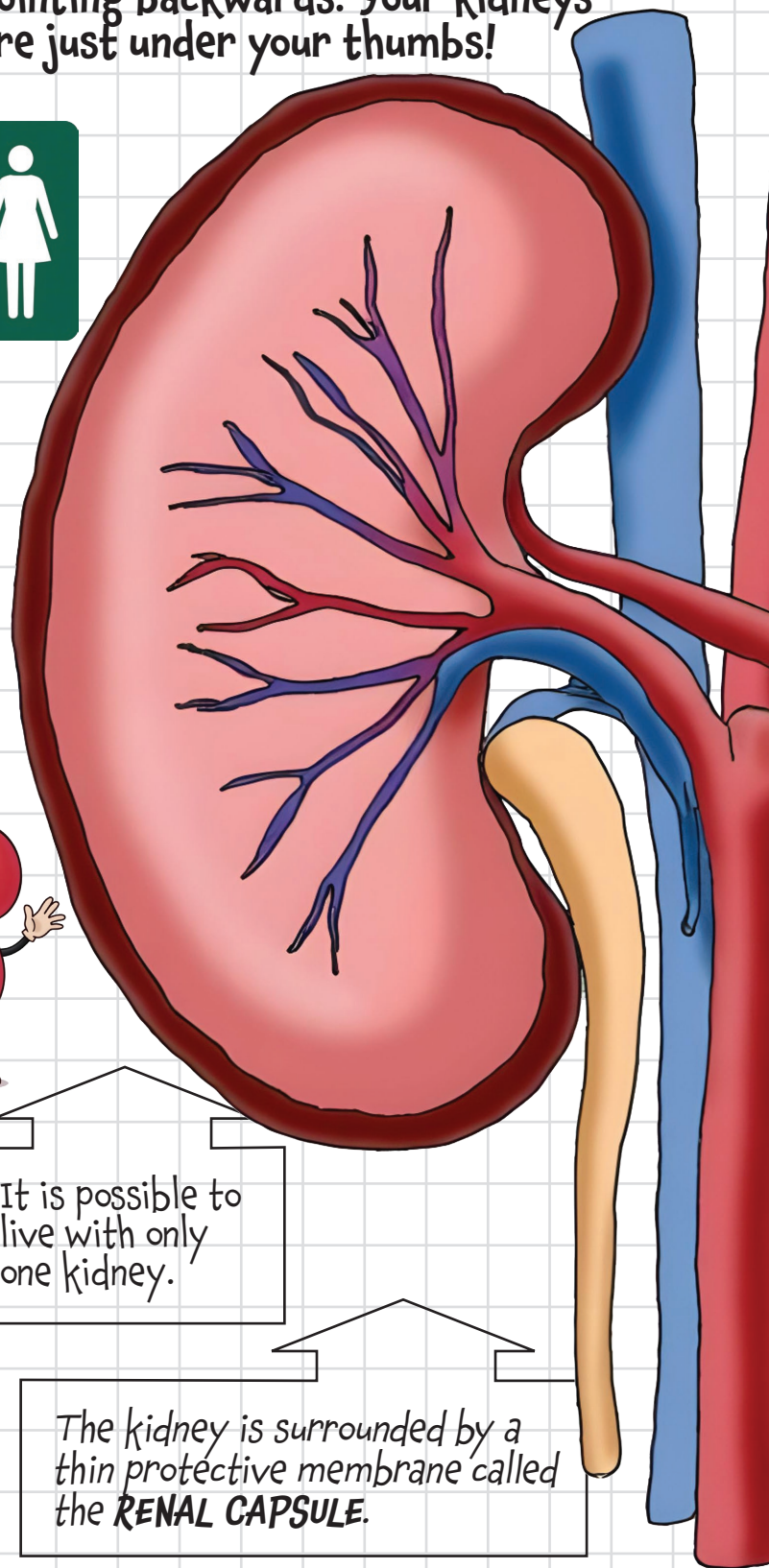


Kidneys filter around 180 litres of blood every day.

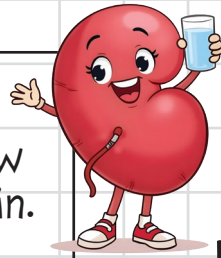
Kidneys control the production of red blood cells and release hormones that regulate your blood pressure.

It is possible to live with only one kidney.

The kidney is surrounded by a thin protective membrane called the **RENAL CAPSULE**.

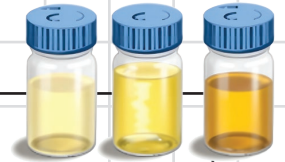


The blood flow in kidneys is higher than the blood flow in your heart, liver and brain.



Kidneys form part of the urinary system in your body.

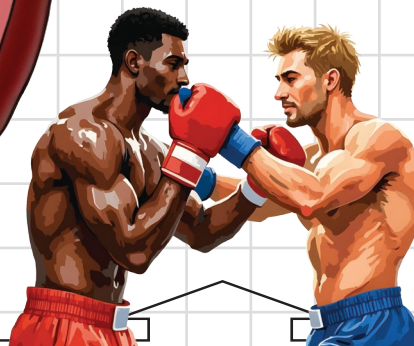
Healthy kidneys need a lot of water. Make sure you drink plenty.



THE NEED FOR WATER

The colour of urine reveals hydration needs. Dark yellow urine implies that the body needs rehydration, whereas light yellow urine indicates that the body is sufficiently hydrated. (Some types of medicine may influence the urine colour – such as vitamin B or vitamin B2.)

The bladder can hold between 600 to 800 ml of urine.



A kidney punch in boxing, refers to a strike aimed at the kidney area, located on the lower back, typically just below the rib cage. Because the kidneys are vital organs responsible for filtering waste from the blood, a punch to this area can cause severe injury, including bruising, laceration, or even kidney failure in extreme cases.

THIS TYPE OF PUNCH IS CONSIDERED ILLEGAL IN BOXING.

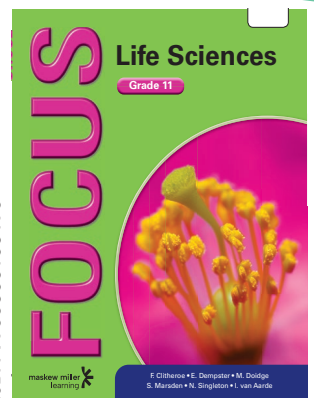
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