



Your Amazing Kidneys

The kidneys are complicated and amazing organs that do many essential tasks to keep us healthy.

The **main jobs of your kidneys** are to:

- Help control your blood pressure
- Help keep your bones healthy
- Help you make red blood cells and prevent anaemia (weak blood)
- Control your body's vitamins and minerals
- Remove acid from the body
- Remove waste and extra water from your blood as urine (pee/wee)

About the Jamaica Kidney Kids Foundation

Jamaica Kidney Kids Foundation (JKKF) is a nonprofit organization registered in July 2012 dedicated to improving the care of children with kidney disease.

Our Mission focuses on:

- Kidney Failure Care (Dialysis)
- Education in Paediatric Kidney Disease
- Patient Care (Support Group)

You can help!

Your generous donation to the JKKF will help make a difference to children in the kidney community through education, research, advocacy and support.

You may make donations via a secure, reliable PayPal account at:

<http://kidneykidsja.com/donate/>

Contact Us

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Things You Should Know About Your Kidneys

A JKKF
Public Information Initiative

JAMAICA
KIDNEY KIDS
FOUNDATION

In collaboration with



World Kidney Day is a joint initiative of



International Federation
of Kidney Foundations

Improving kidney health worldwide

Simple things you should know...

Each kidney is about the **size of your own clenched fist**

Your kidneys are like big red peas **just below your ribs, in your back**

When the kidneys or their drainage systems are not normal, this is called **kidney disease**

Chronic kidney disease (CKD) is kidney disease that will not go away

Every year about 6 new children get CKD

It is possible to live with only one healthy kidney

When both kidneys stop working properly, this is called **kidney failure**

When the kidneys stop working completely, a person needs special treatment to stay alive – **dialysis or a new kidney**



Keep Your Kidneys Healthy

To reduce risks to your kidney health, you must:

- Drink water often throughout the day
- Eat fruits and vegetables to avoid constipation
- Avoid salty food and junk food
- Keep fit and active
- Do not smoke
- Try to wear loose cotton underwear rather than tights
- Wipe properly after using the toilet; wiping from front to back
- Pass urine at regular times during the day; even at school
- Tell your parents if it hurts to pass urine – this may be due to kidney stones, infection or blockage
- Tell your parents if your urine changes colour
- Tell your parents if you cannot pee in a good steady stream
- Seek treatment for vomiting and loose stools to avoid dehydration
- Make sure your blood pressure is checked when you go to the doctor



When Kidneys Don't Work Well

Your Kidneys May Be Sick If:

- Your body starts to swell
- Your eyes look puffy in the mornings and it is not due to eye allergies
- Your pee looks like blood, dark soft drinks or tea
- Your pee is cloudy and strong smelling
- It hurts to pass urine
- You are passing less urine or a lot more urine than usual
- You suddenly start wetting yourself in the daytime
- You wet yourself both during the daytime and night time
- You still wet the bed although you are older than 6 years old
- You feel tired all the time
- Your mom thinks you are a lot smaller than other children your age

**SEE YOUR DOCTOR
AS SOON AS POSSIBLE!**