

Name: \_\_\_\_\_ Period: \_\_\_\_\_ Date: \_\_\_\_\_

Ms. Randall A & P

## KIDNEY DISEASE

### What's the Deal with Dialysis?

Don't you love swimming in a cool, blue pool? Splashing around in that clear water, floating like a lily pad, swimming like a shark. But imagine if the water wasn't clear or clean. What if it was filled with leaves, dirt, hair, and drowned bugs? Yeeech! You'd be one unhappy shark.

You'd probably want to clean it out before diving in. And you'd want to make sure the pool has a filter that removes the dirt, leaves, and other uninvited guests.

### The Kidneys and What They Do

That's kind of what your kidneys do for you. Your kidneys are fist-sized organs, shaped like beans. They're below your ribs, toward the back.

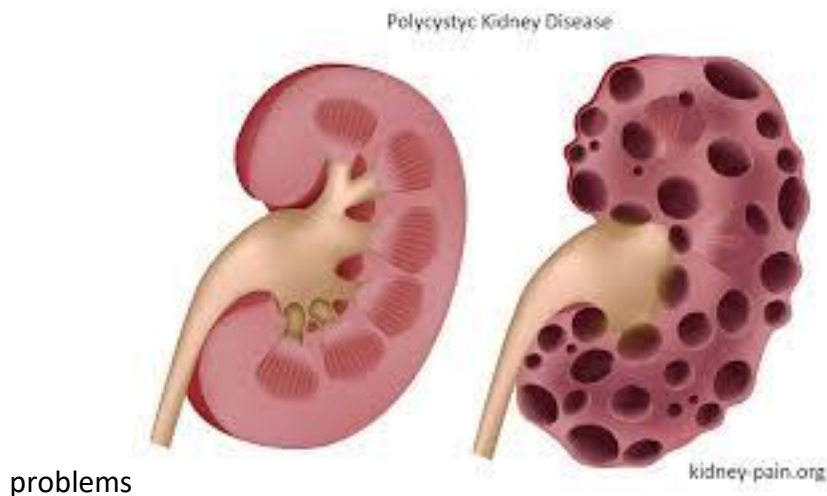
When waste that's left over from breaking down food and your body's other activities naturally builds up in your blood, your kidneys clean waste from your blood. Then they mix the waste with a little water.

That's what **urine is** — body waste mixed in water. The urine goes to your bladder, which you empty when you pee. Goodbye, waste!

### When Kidneys Don't Work Right

In addition to removing wastes from your bloodstream, the kidneys also make and regulate hormones and other chemicals in your body. When the kidneys aren't working correctly, your body can develop several problems, including:

- Joint problems, body aches and pains, fatigue
- Bone problems, blood problems, skin problems, sleep



### What Is Dialysis?

When someone's kidneys can no longer do their job and can't get better, a person has chronic kidney disease. A doctor might say the kidneys are failing. This means they are not working well and the person may need help. The person may be losing weight or feeling tired and sick.

A medical treatment called **dialysis** (say: dye-al-ih-sis) can take over the job of filtering your blood.

Through dialysis, a person is hooked up to an artificial filtering system that removes waste from the blood. Not that many people younger than 19 receive dialysis — about 2,300 young people in the United States do.

**Analysis Questions:**

**1) What do your kidneys look like?**

**2) Where are your kidneys located?**

**3) What do your kidneys do for your body?**

**4) What is urine?**

**5) What health issues could occur if your kidneys aren't working well? (Name at least 4)**

**6) What is the treatment for kidney problems?**

**7) How does dialysis work?**

**8) Which body system are the kidneys a part of?**

**9) What would happen to your blood and your body if you didn't have kidneys to clean your blood?**