

1.6 What do the kidneys do?

The **kidneys** are found below the rib cage at the back of the body.

They are a pair of bean-shaped organs, in an adult about the size of a computer mouse. Healthy adult. Healthy kidneys filter the blood to remove waste products and excess water from the body.



Words to learn

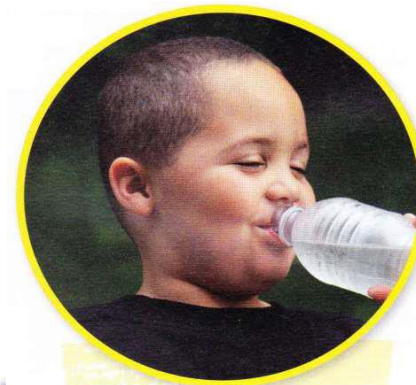
kidneys excretion
urine disease
dialysis



The process of removing of waste products from the body is called **excretion**. The kidneys excrete a liquid waste product called **urine**. The urine leaves our body when we go to the toilet.

What you have learnt

- ☺ The kidneys are pair of organs found at the back of the body, below the ribs.
- ☺ The main function of the kidneys is to remove waste from the body as urine. This is called excretion.



Drink six to eight glasses of water each day to keep your kidneys healthy.

When the kidneys don't work

If one kidney stops working because of **disease**, doctors can remove it. Your body can still work well with one healthy kidney.

Some people don't have healthy kidneys and their kidneys stop working. They need to go on a machine that acts like a kidney to filter and clean the blood. This is called **dialysis** (we say di-al-i-siss).



Dialysis machines are very expensive and dialysis takes several hours a day for three days a week.