



# Nephrology Primer Draft

## **What is Nephrology?**

Nephrology is the field of medicine that focuses on diseases and treatment of the kidneys, two organs below your ribcage that remove waste and excess fluid from your body, manage electrolyte balance, and release hormones affecting blood pressure and other related diseases.

## **Common Terms -**

- Bladder - A sac in your body that holds the urine (pee) produced by the kidney
- GFR (glomerular filtration rate) - A measure of kidney function It tells you how well your kidneys work
- Kidneys - Two bean-shaped organs in your body that clean the blood, help make red blood cells, and keep bones healthy
- Red blood cells - Cells in your blood that carry oxygen to all parts of your body
- Ureters - Two tubes that carry urine from the kidney to the bladder
- Urethra - A tube that carries urine out of the bladder when you go to the bathroom
- Urinary system (also called “Urinary tract”) - A system in your body that includes the kidneys, ureters, bladder, and urethra It acts as a plumbing system to drain urine from the kidneys, store it, and then release it when you pee
- Urine - A yellowish liquid made by the kidneys as a way to remove waste products and extra water that your body

## **Common Ailments -**

- Chronic disease - Lasts many years and may get worse over time
- Diabetes - A disorder in which the body cannot make insulin, a hormone that controls how much sugar is in your blood, or cannot use it properly
- Kidney disease - A treatable condition resulting in the loss of some kidney function, resulting in kidneys not being able to work as well as healthy kidneys
- Kidney failure - The loss of all kidney function, resulting in the need for a kidney transplant or dialysis treatment for the rest of life

## **Common Treatment -**

- Dialysis - One of the main treatments for kidney failure; a procedure in which waste products and extra water are filtered from your blood