

# Kidneys are the coolest



Your kidneys do a lot more than make pee. They get rid of toxins in your body, control blood pressure, keep bones strong, and help affect how other organs work. The best way to make sure you keep your kidneys healthy is with a simple urine test from your doctor. Because kidney disease is no joke. It's a life threatening condition with 1 in 3 people at risk, and most have no idea they're in danger.

Talk to your doctor about getting checked today.

**Learn more at [everybodypees.org](http://everybodypees.org)**



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