

World Kidney Day is a joint   International Federation of Kidney Foundations initiative

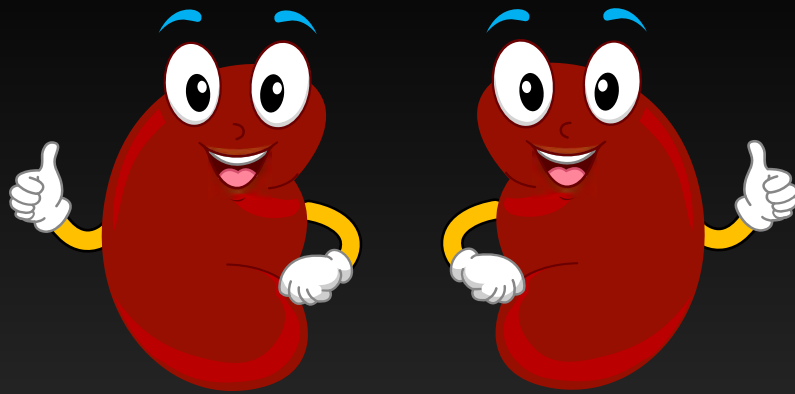


Doença Renal e Criança

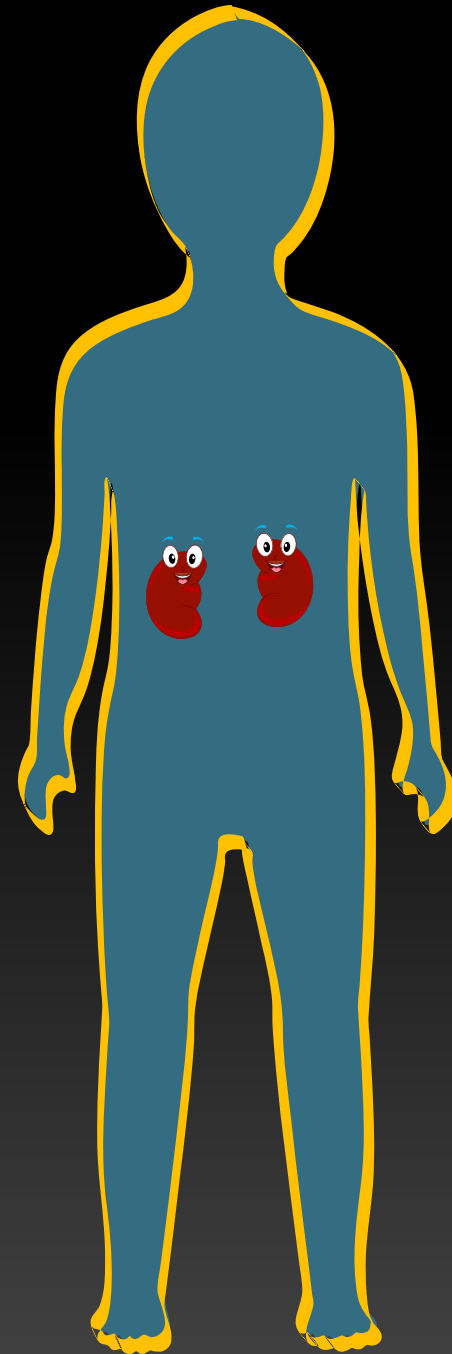
10 de março de 2016

Sociedade de Nefrologia Pediátrica  
Sociedade Portuguesa de Nefrologia

World Kidney Day is a joint   International Federation of Kidney Foundations initiative



O que são os  
rins?

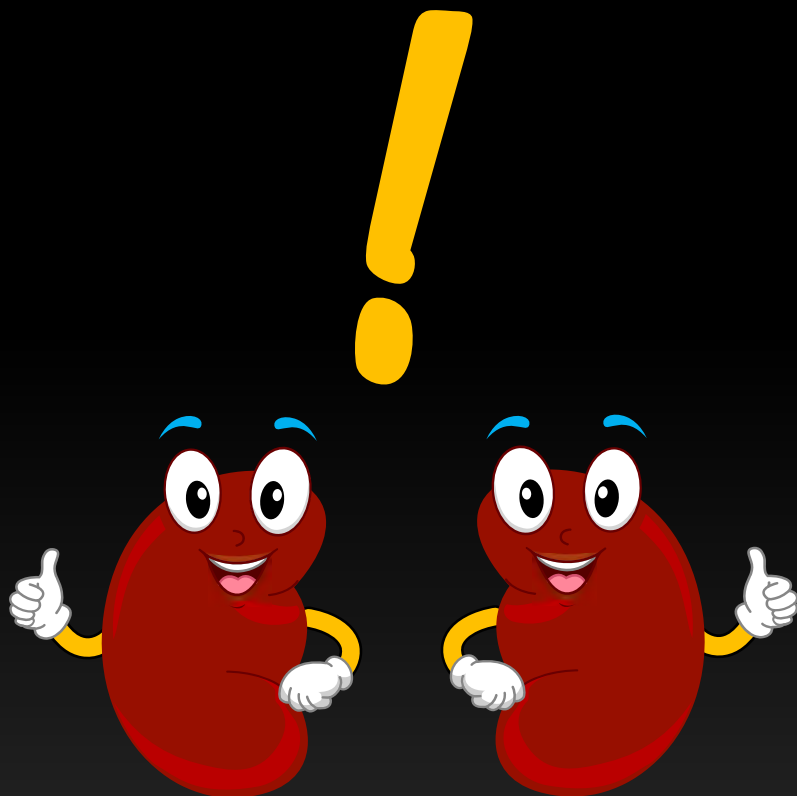




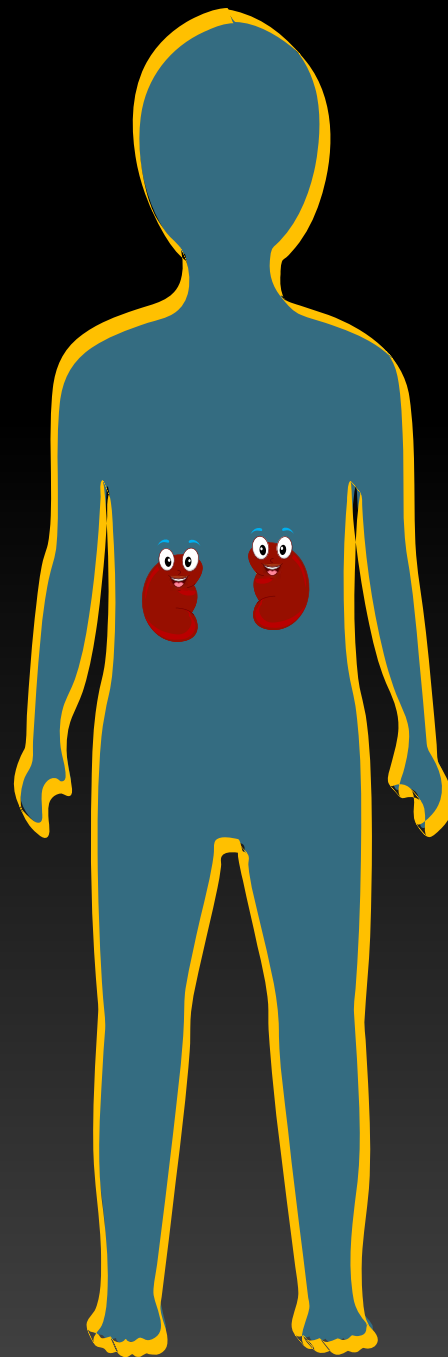
Forma



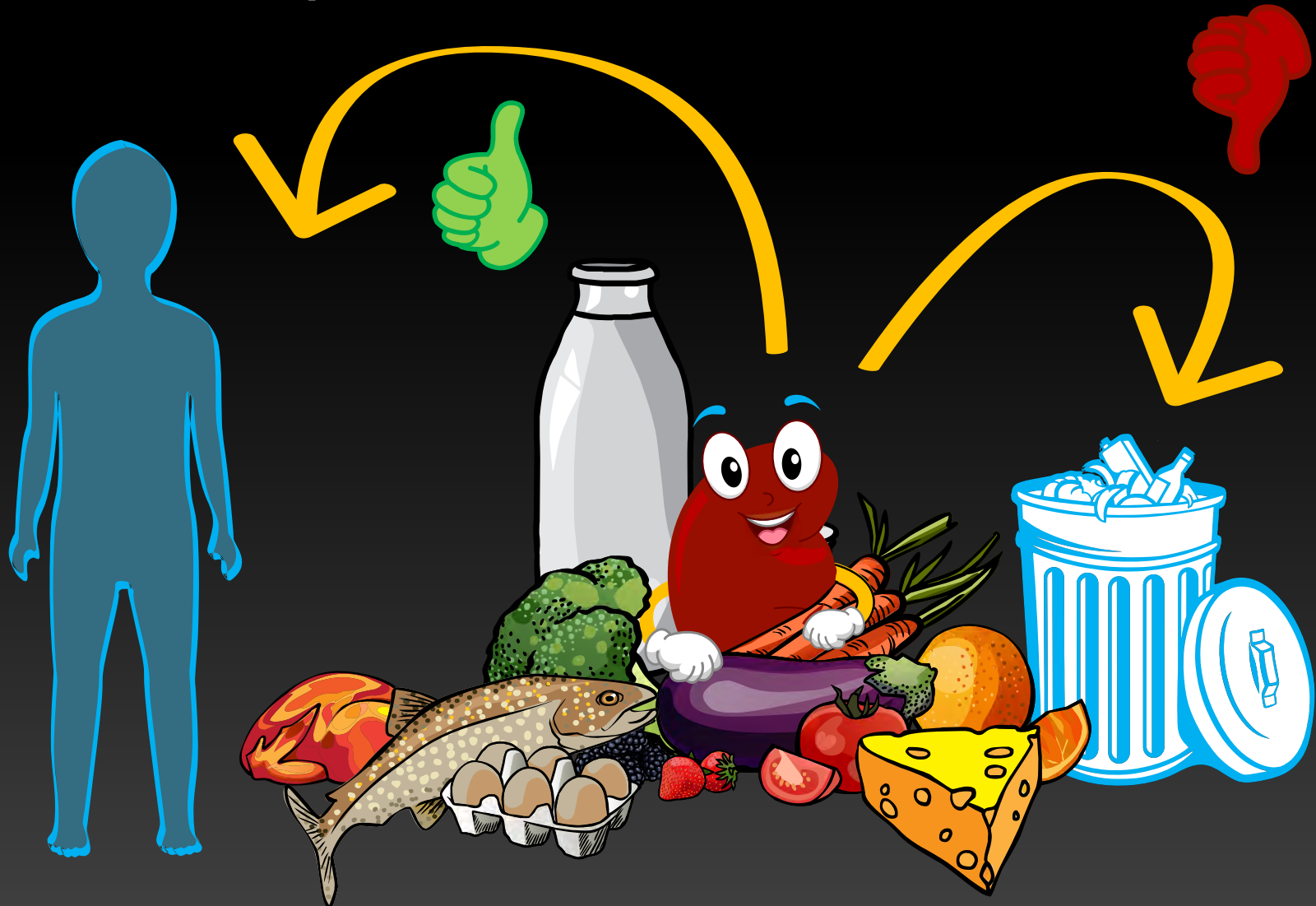
Tamanho

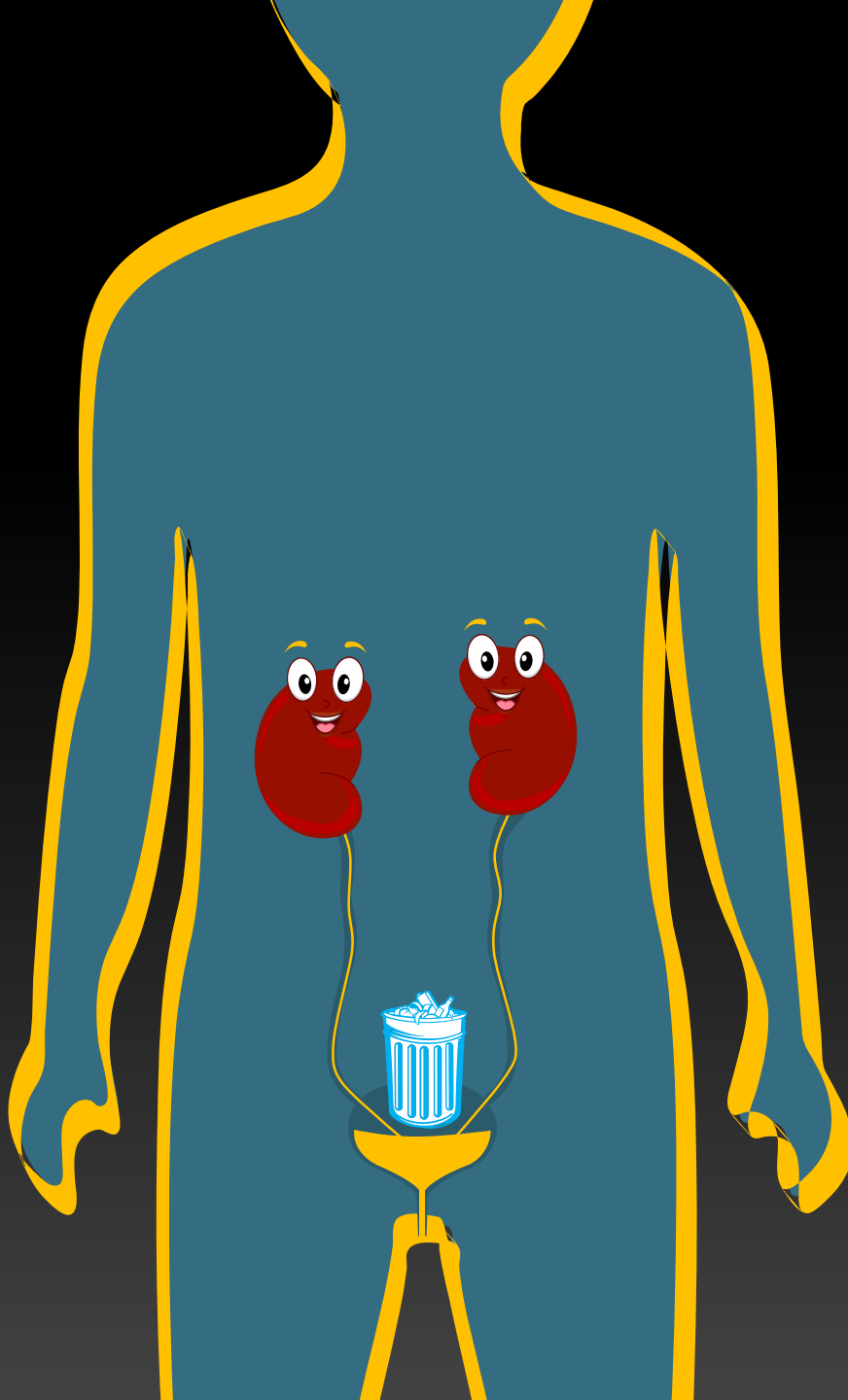


O que fazem os  
rins!

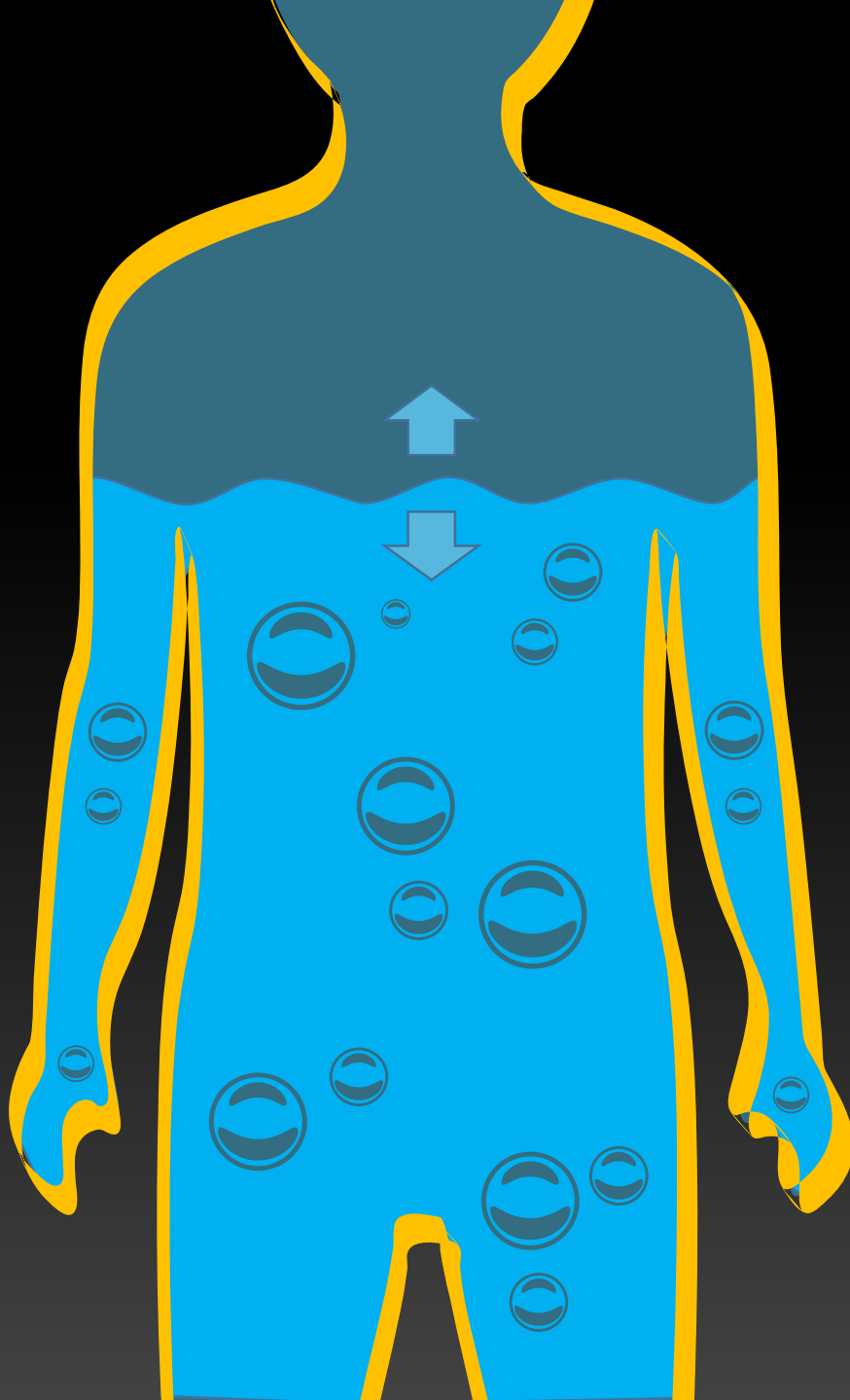


Os rins avaliam os nutrientes  
que recebes da comida



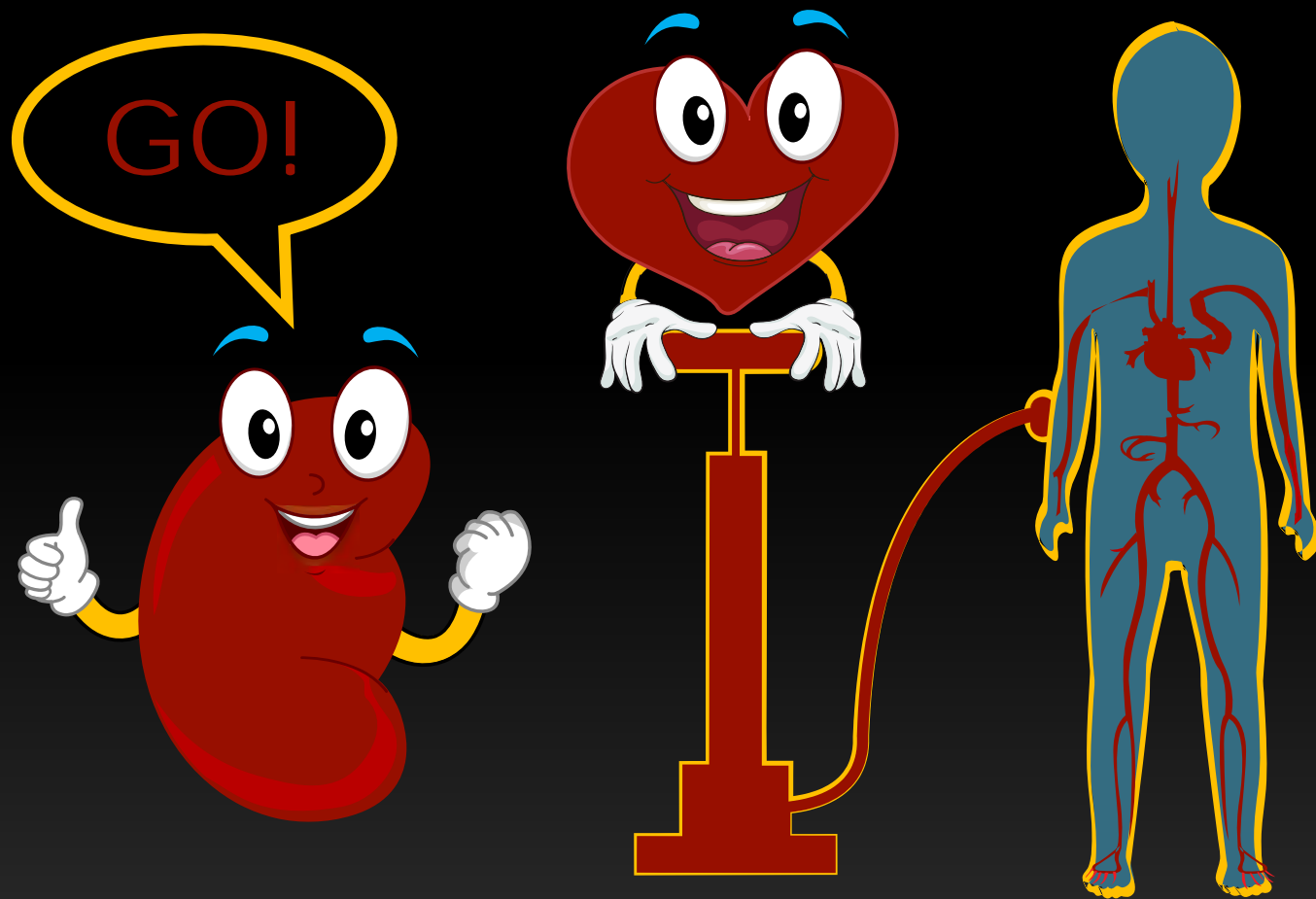


Os rins  
produzem  
urina para  
deitar fora a  
água e  
detritos em  
excesso

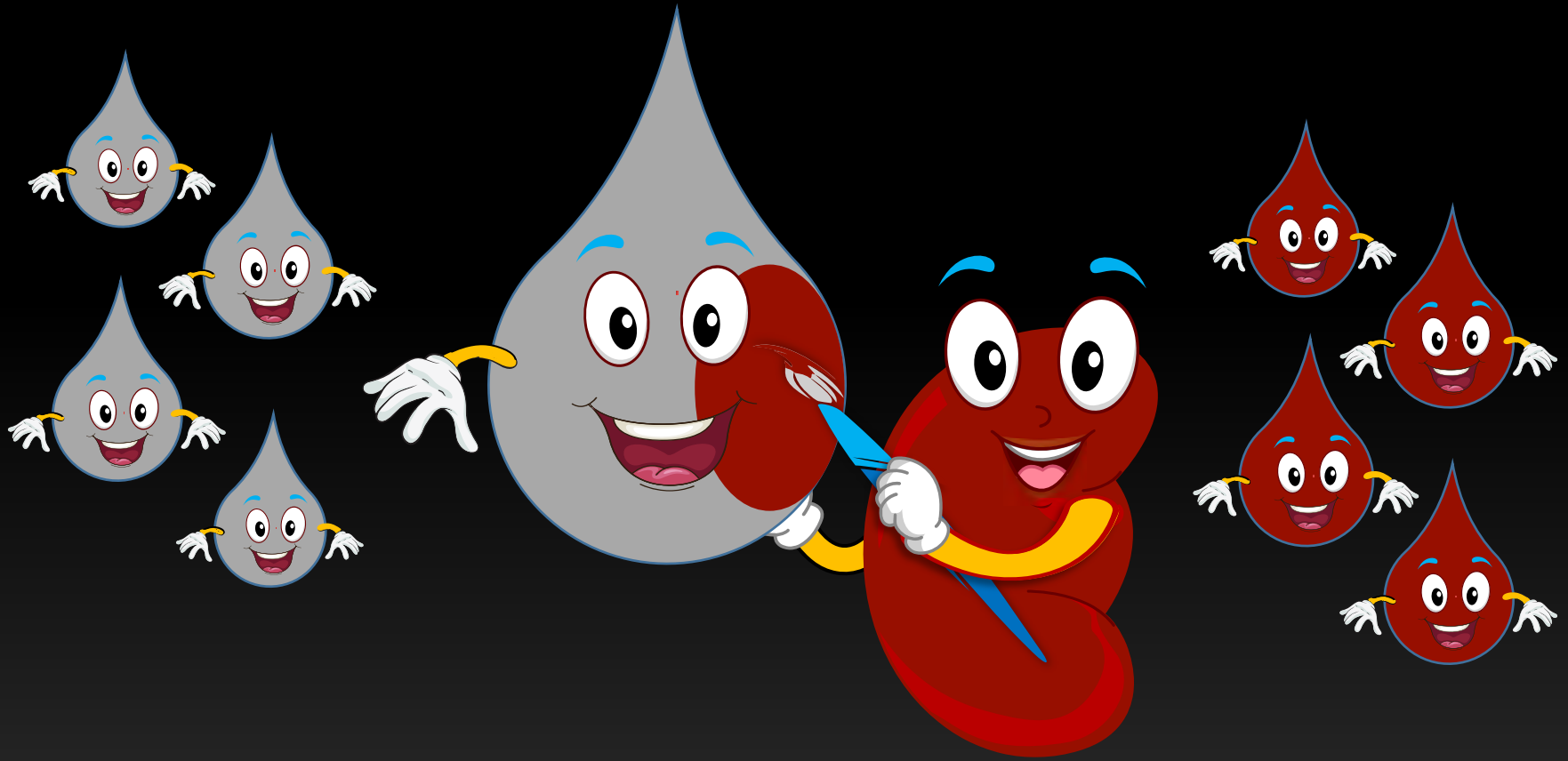


Os rins ajudam  
a manter a  
quantidade  
adequada de  
água no corpo



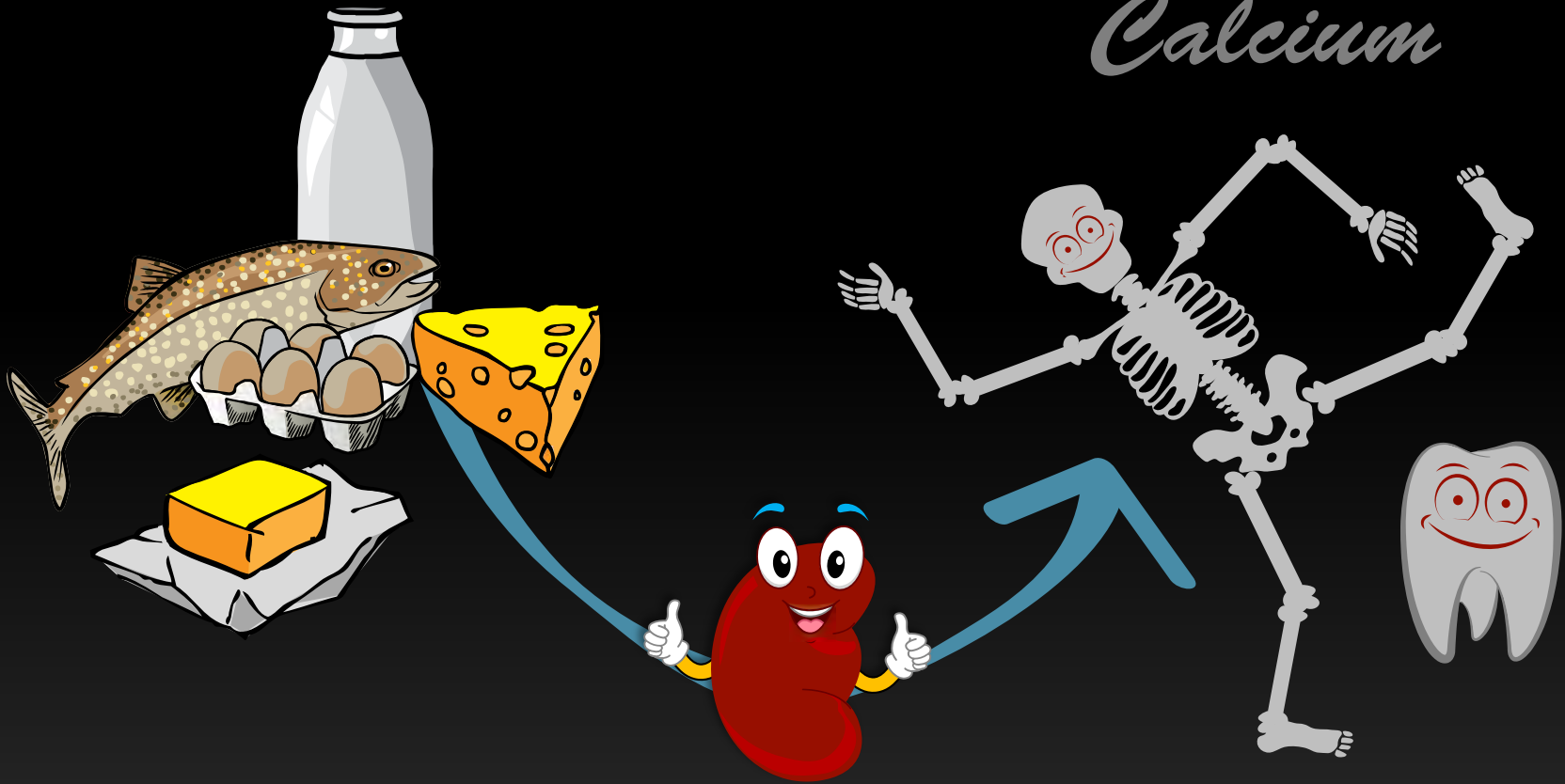


Os rins controlam  
a tua pressão arterial



Os rins ajudam o corpo a produzir  
os glóbulos vermelhos do sangue

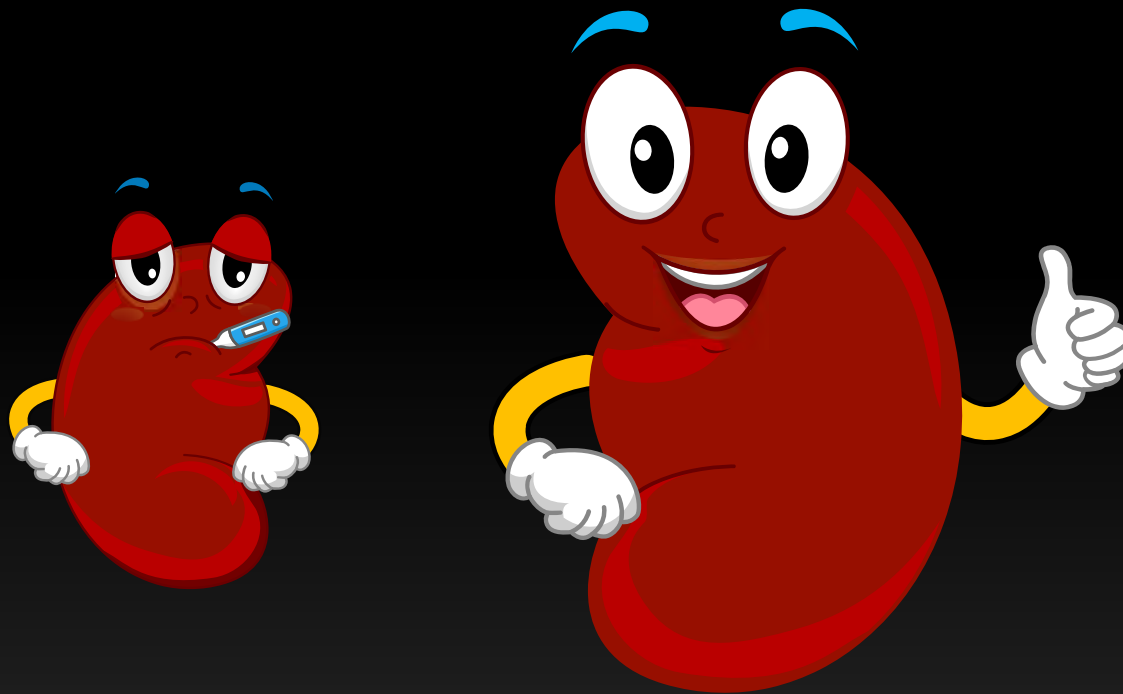
*Calcium*



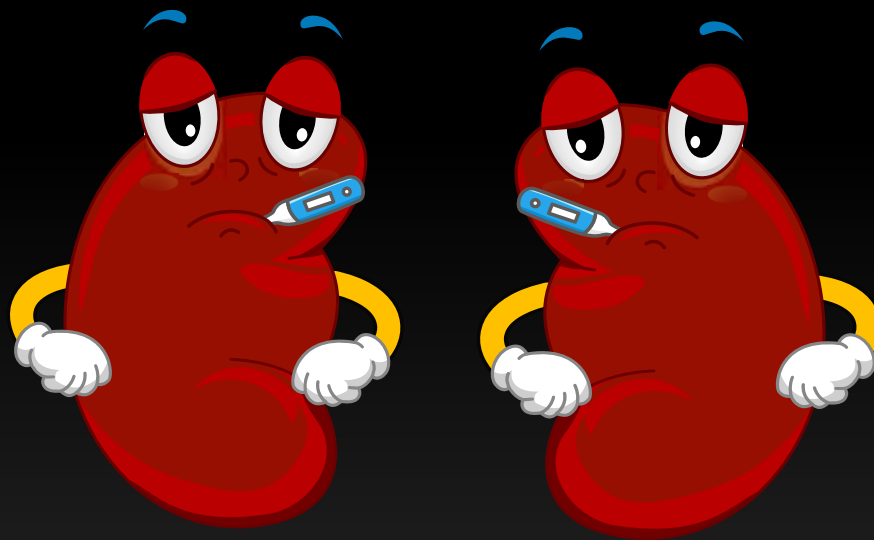
Os rins produzem  
vitamina D ativa



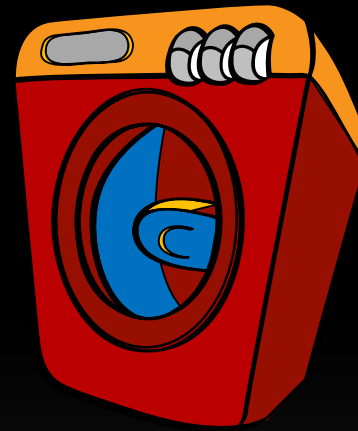
Quando os rins  
não funcionam  
bem



O teu corpo consegue funcionar  
com apenas um rim



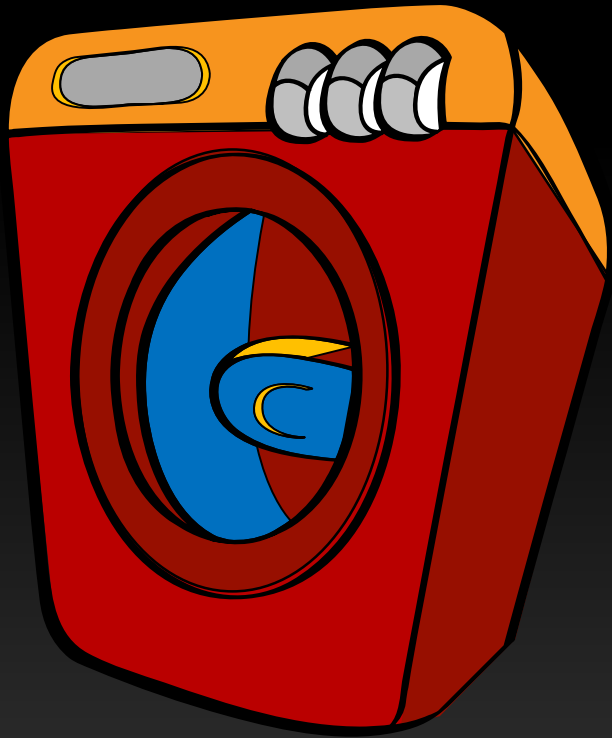
Se os dois rins  
deixarem de  
funcionar



Diálise



Transplante



Diálise



Hemodiálise



Diálise peritoneal



Transplante



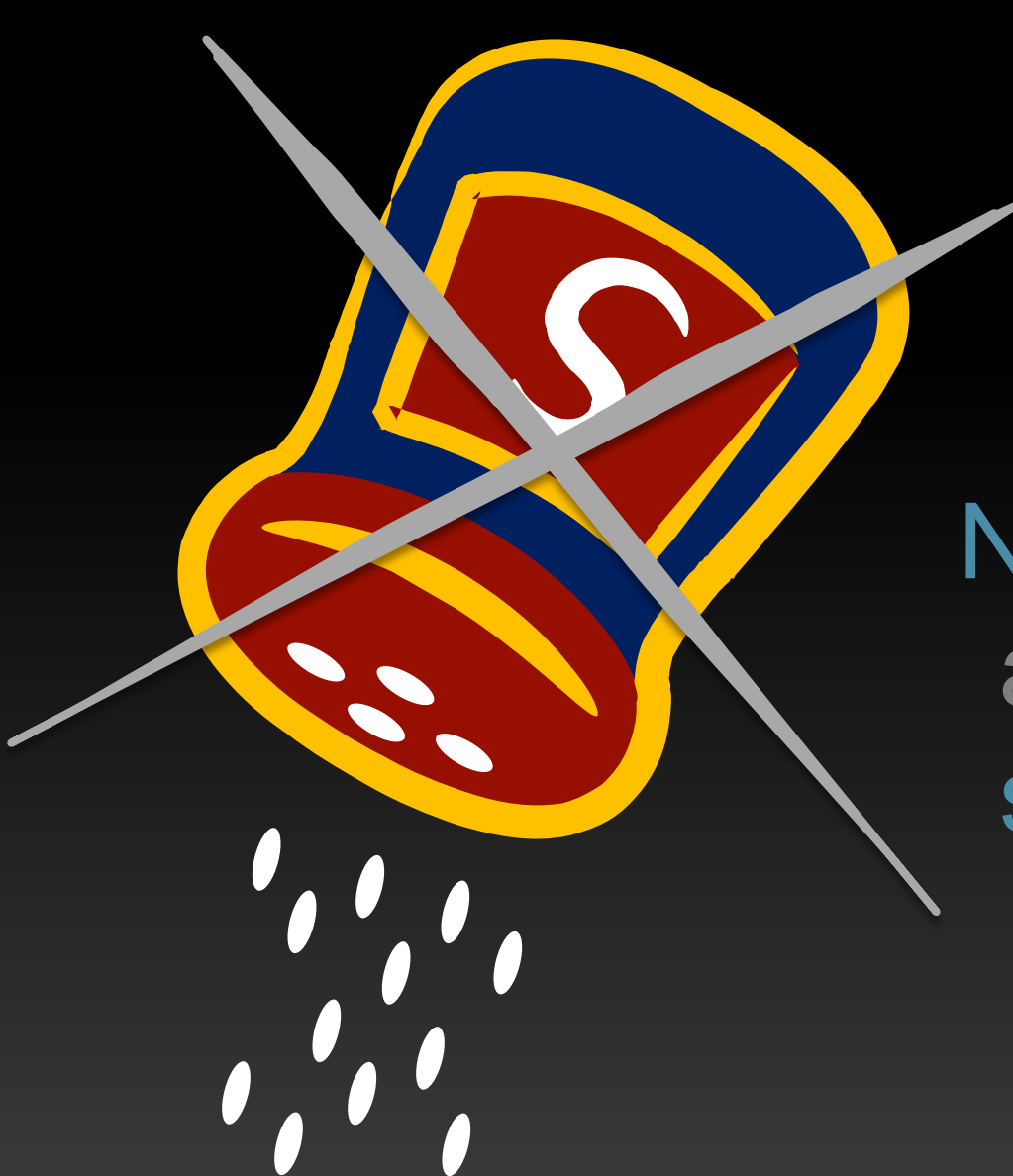


Mantém os  
teus rins  
saudáveis!

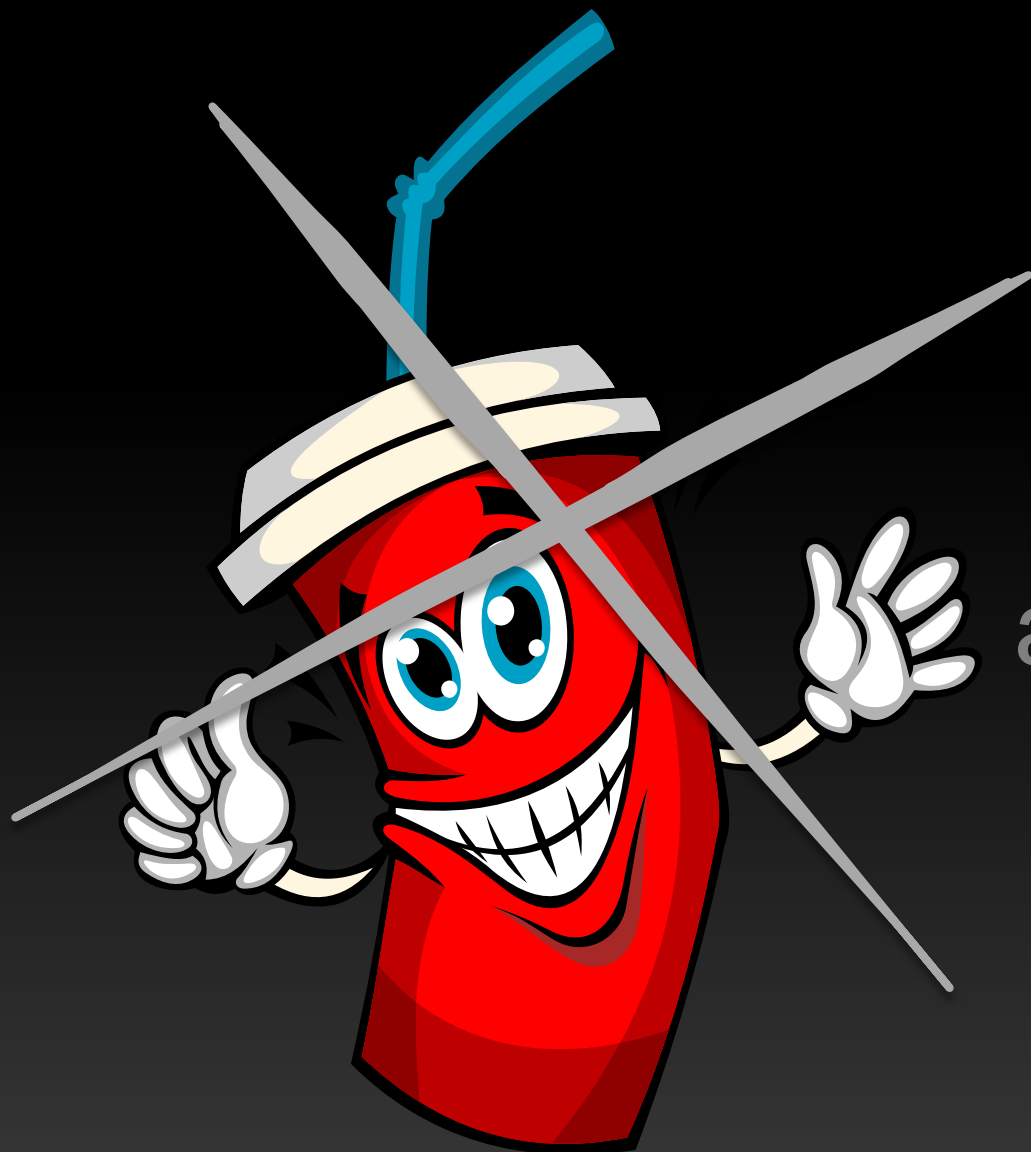


Bebe 1-1,5L de  
água todos os  
dias.

Os rins gostam  
**MUITO** de água!



Não comas  
alimentos  
salgados!



Não comas  
alimentos com  
muito açúcar  
e evita  
refrigerantes!

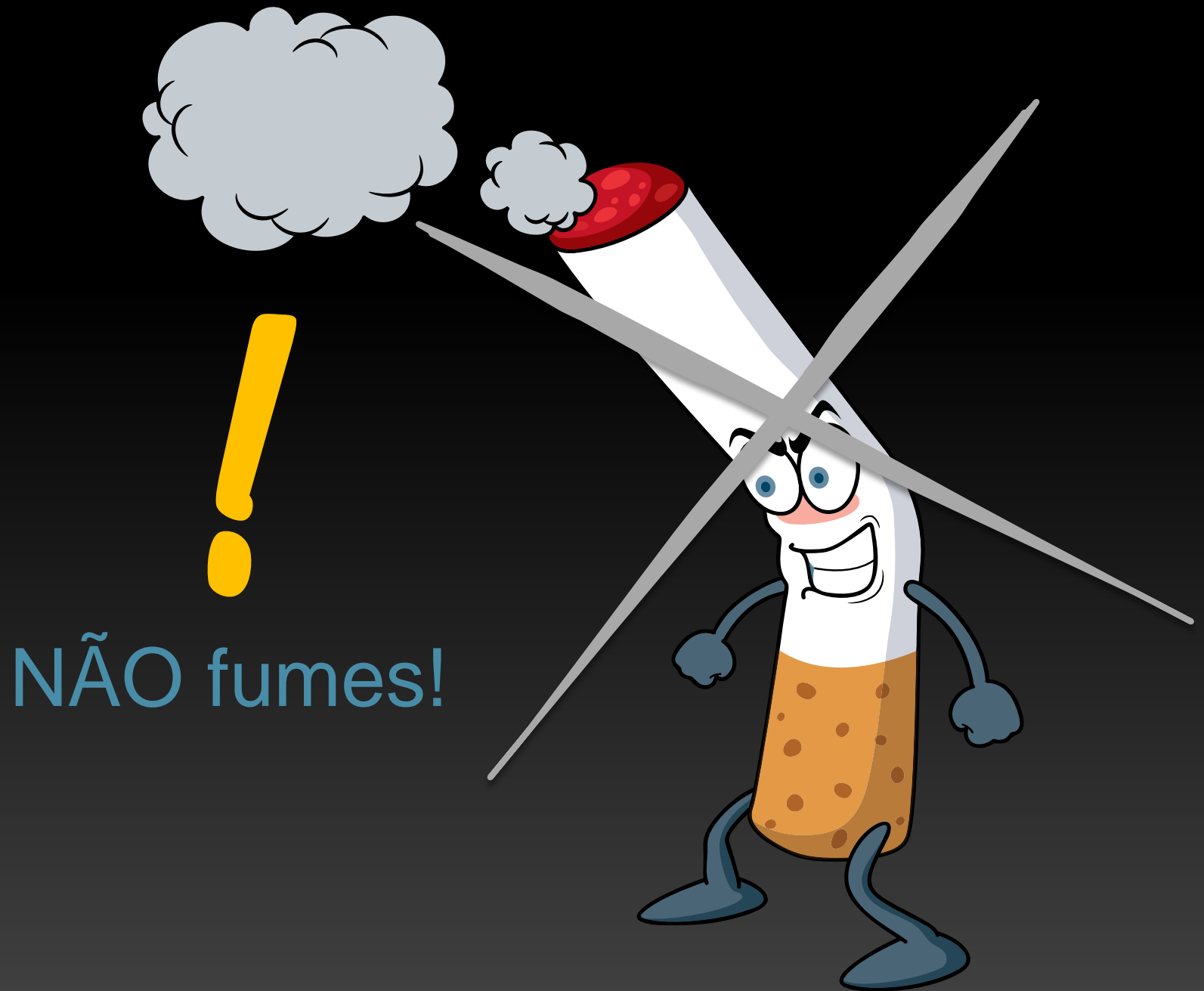
Come muitas  
frutas e vegetais!





Mexe-te!  
Pratica desporto!







NÃO uses drogas!





Move  
your feet  
for



World Kidney Day is a joint   International Federation of Kidney Foundations initiative