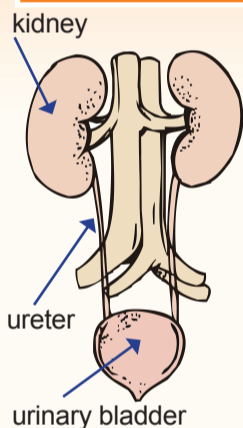


HAVE you had a kidney check-up yet? This is probably the most asked question among kids and parents in Hong Kong in the past month. Do you know why your kidneys are so important?

Kidney check-up



Get rid of body waste



EACH of us has two kidneys. They help us to **control** the amount of water and other **essential** substances in our blood. They also **remove** waste and pass it through the narrow **ureters** to the **urinary bladder**. **Urine** is collected and later passed out of our body.

This kid from Taiwan is holding his urine sample while he is waiting for a kidney stone test.



(AP)



(AP)

This boy is taking an ultrasound test to see if there are any stones in his kidneys.



(AP)

Young orangutans at zoos need a check-up too.

Vocabulary

control (v) 控制
essential (adj) 重要的
remove (v) 移除
ureter (n) 輸尿管

urinary bladder (n) 膀胱
urine (n) 尿液
digest (v) 消化
excrete (v) 排泄

Harmful melamine



OUR kidneys are important to our health. If they fail to function properly, we will get sick. The harmful substance melamine found in dozens of milk products cannot be **digested** by our body.

When it comes in a large amount, our kidneys cannot work fast enough to **excrete** all of it. Unexcreted melamine then stays in our kidneys and becomes kidney stones. These stones may block the ureters and cause great pain when we pee.

If you have difficulty in peeing, you must tell Mama and Papa and ask them to take you to the doctor for a check-up. Meanwhile, drink a couple more glasses of water. The kidney stones may pass out of our body, if they are not too big.

My goodness! Some of the snacks I always eat are found to have melamine. What am I going to do?

