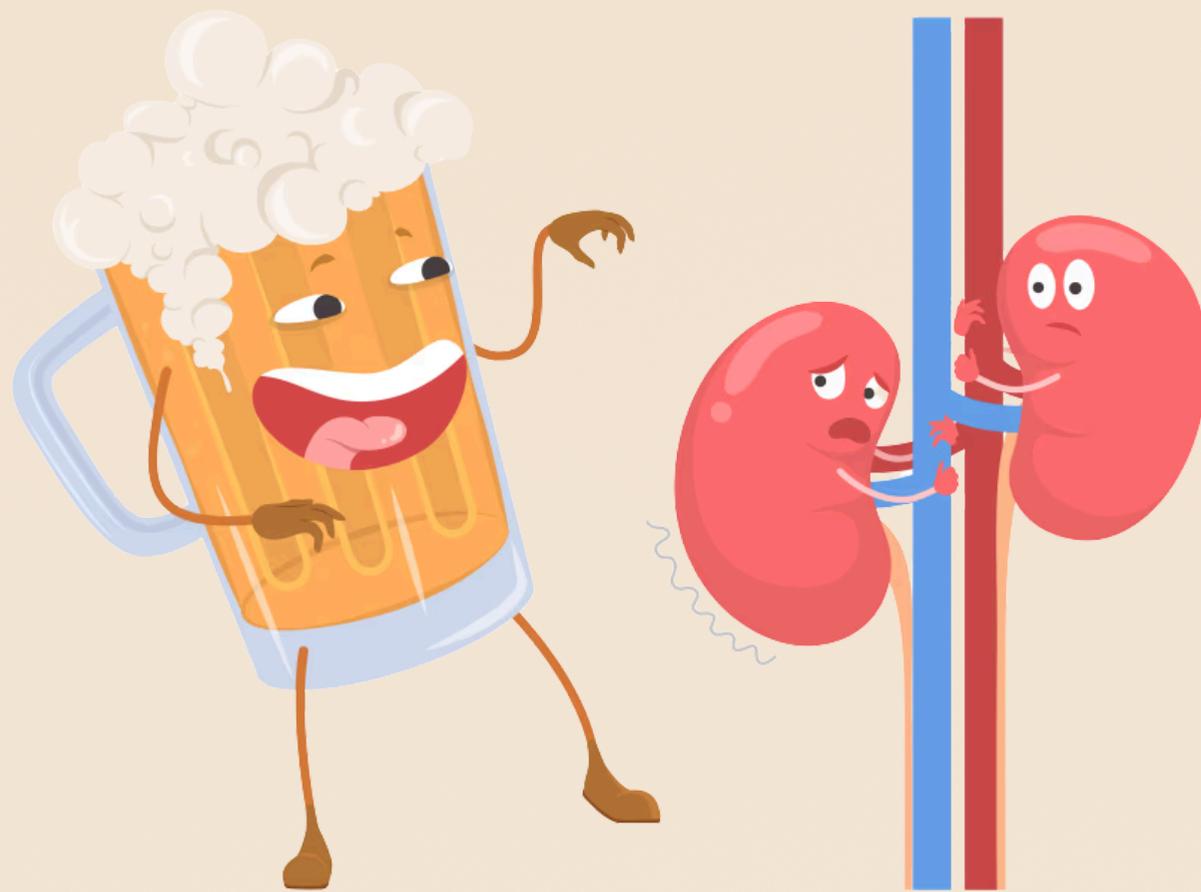


# Alcohol & your Kidneys



Your kidneys are responsible for filtering blood, balancing fluids, and regulating electrolytes. When alcohol is consumed—especially in large amounts—it can interfere with these functions. Some main ways alcohol impacts kidney health:

- Dehydration
- Electrolyte imbalance
- Increased blood pressure
- Can cause liver damage affecting the kidneys

Heavy drinking (more than three drinks a day for women or four for men) strains the kidneys and doubles kidney disease risk.