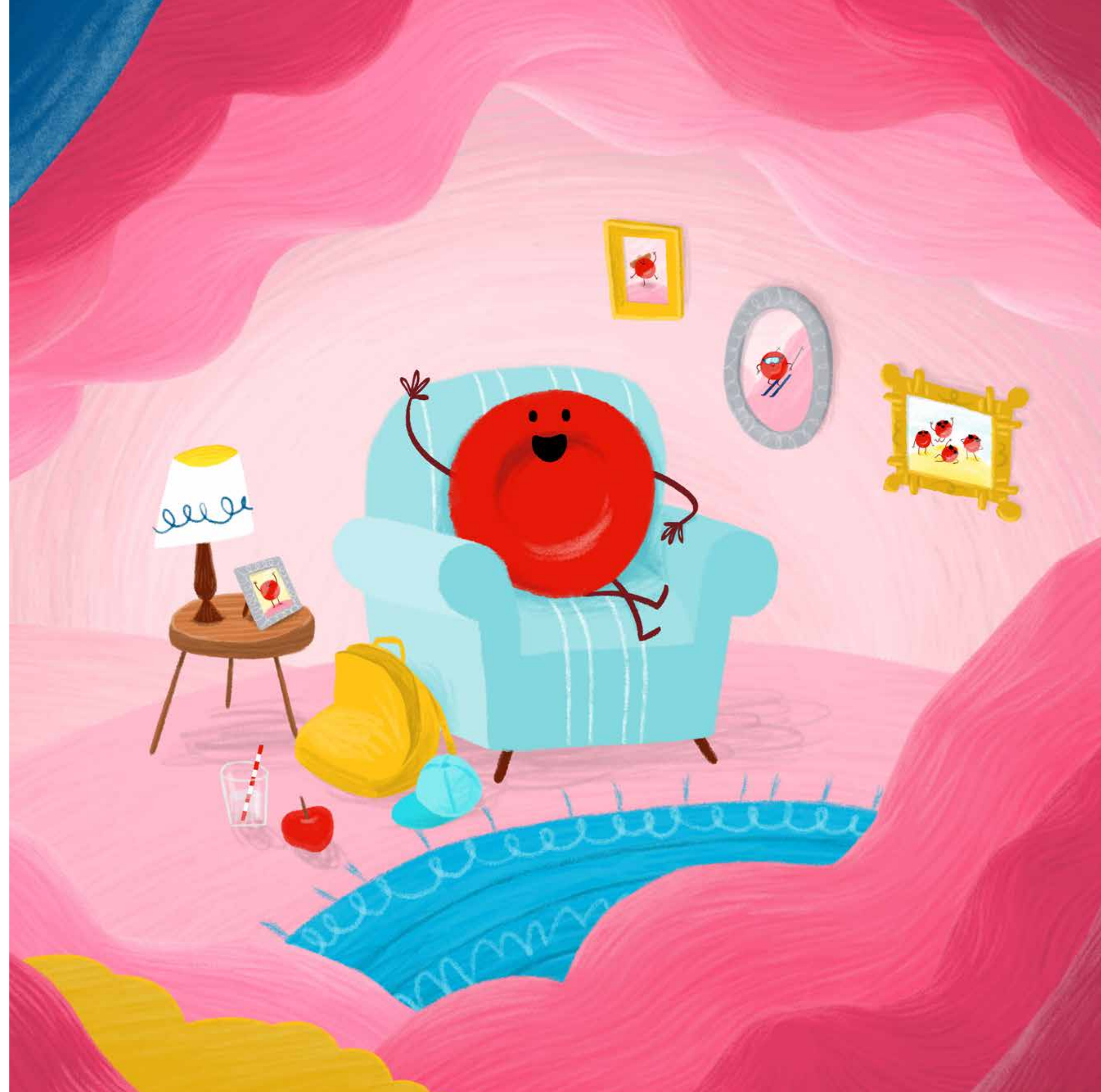


The
ADVENTURES
of **REGGIE** the
RED BLOOD CELL



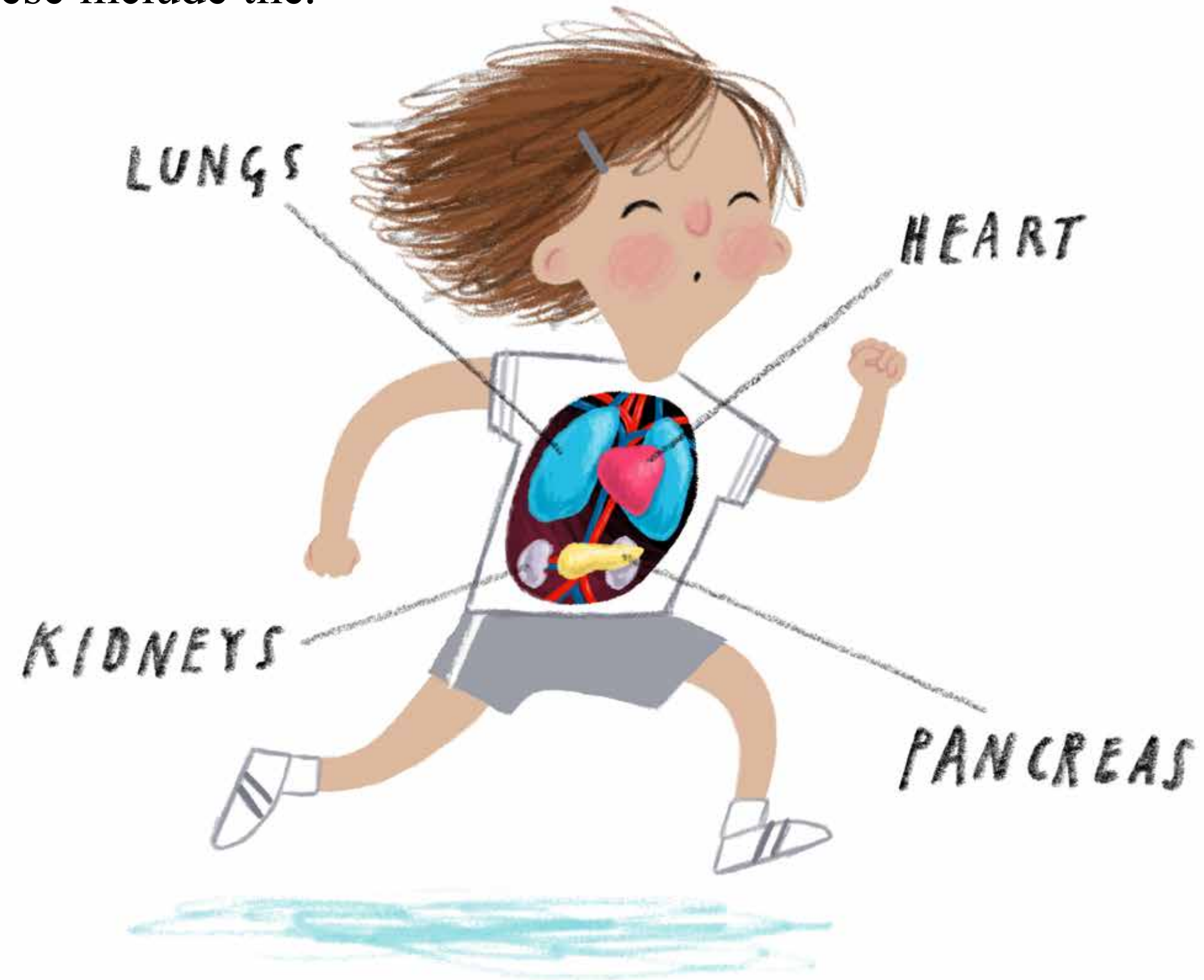
Hello. I'm Reggie
and I'm a red blood cell.
I live in a body a bit like yours.

Not EXACTLY like yours,
though, obviously.



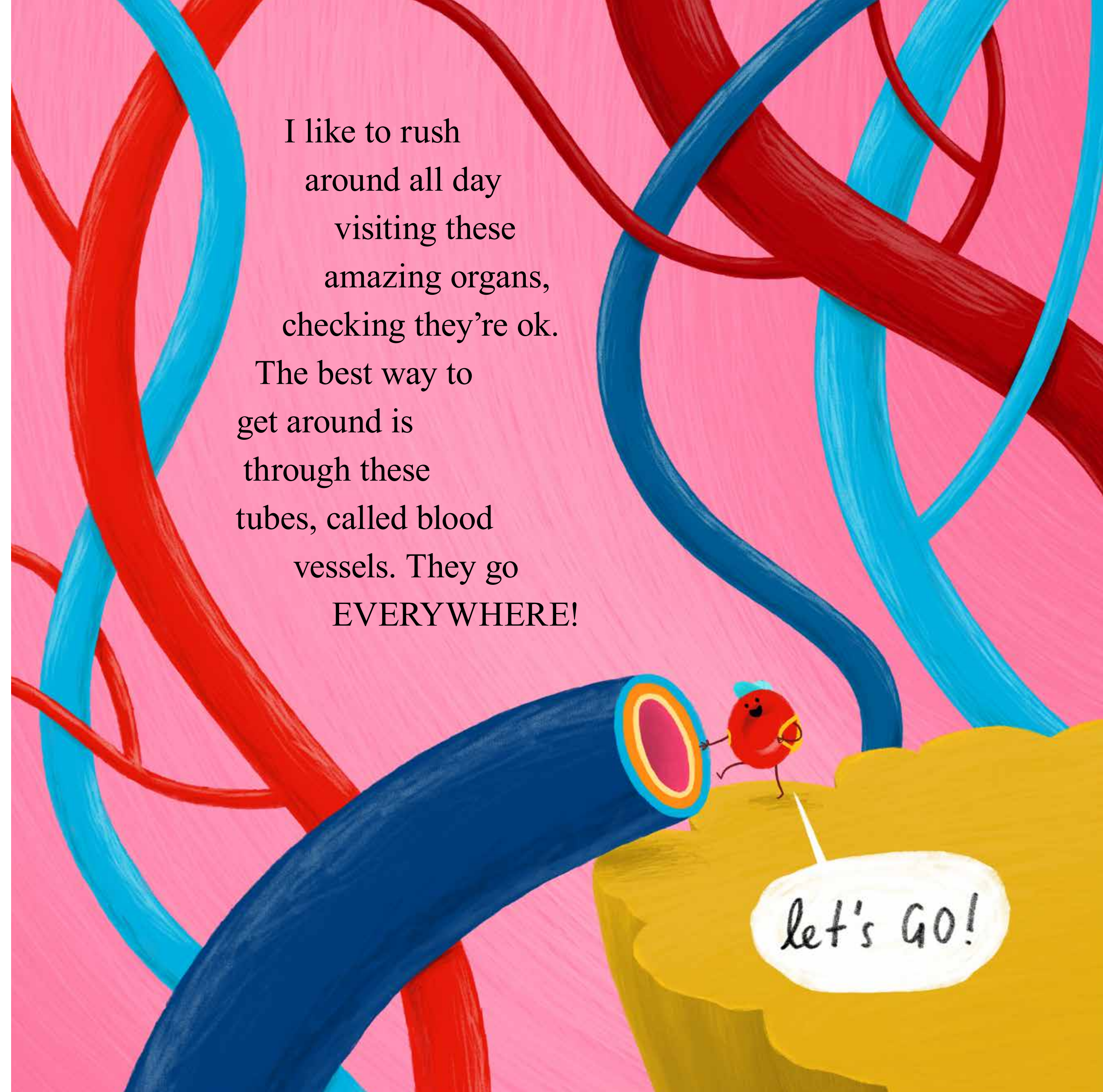
Like yours, this body is jam-packed full of organs.

These include the:

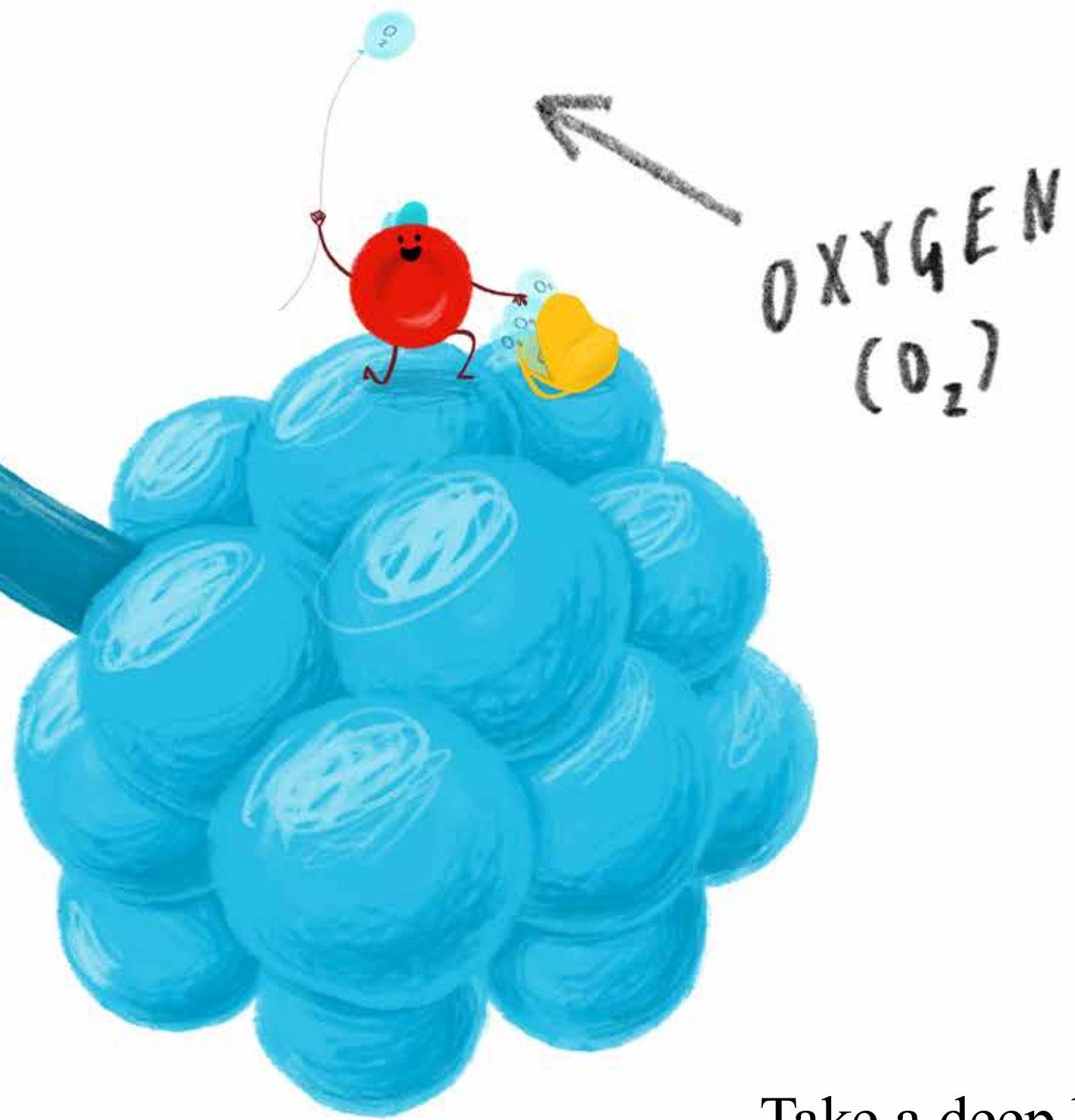


They all work together to keep it healthy, for running, jumping, skipping, swimming and ALL the interesting things you can do.

I like to rush
around all day
visiting these
amazing organs,
checking they're ok.
The best way to
get around is
through these
tubes, called blood
vessels. They go
EVERYWHERE!



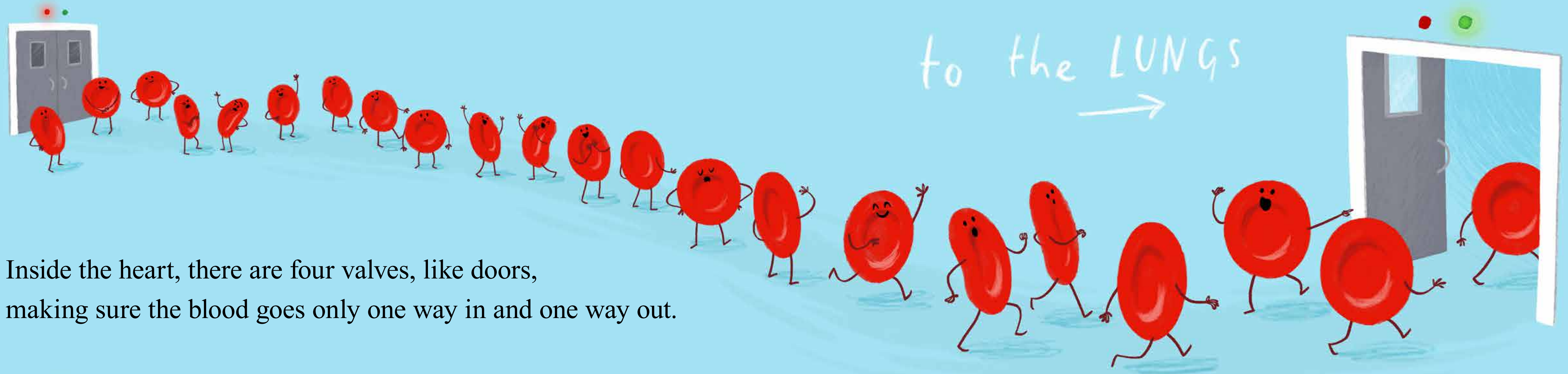
But first, we need supplies, so let's stop at the lungs. These are like big balloons inside you that fill up with air when you breathe in. We need this to take to the other organs.



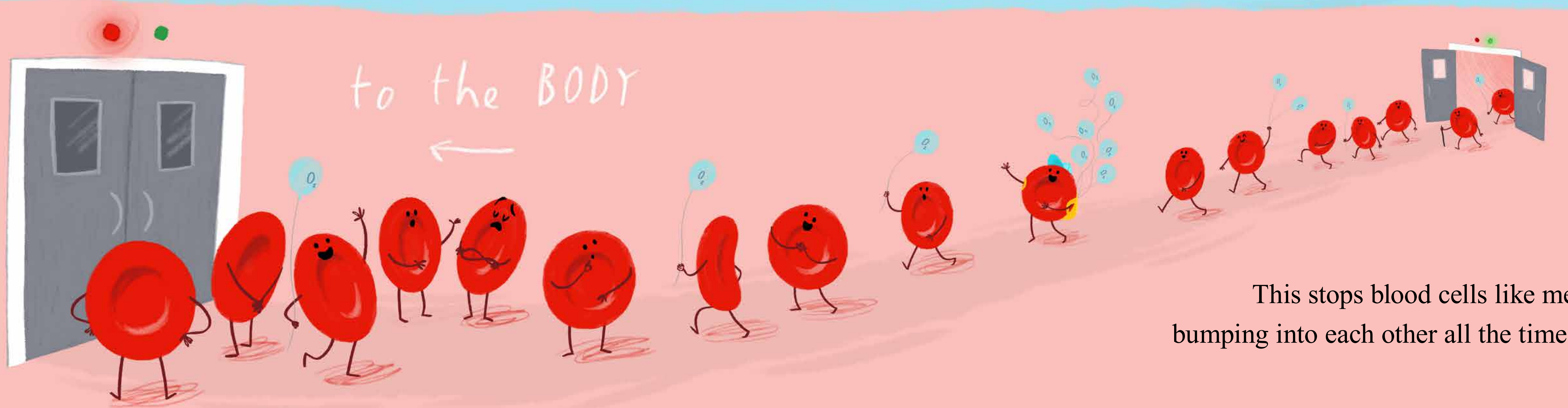
Take a deep breath!

We'll go to the heart next. This pumps blood around the body to deliver all the good things it needs to move, grow and repair itself.



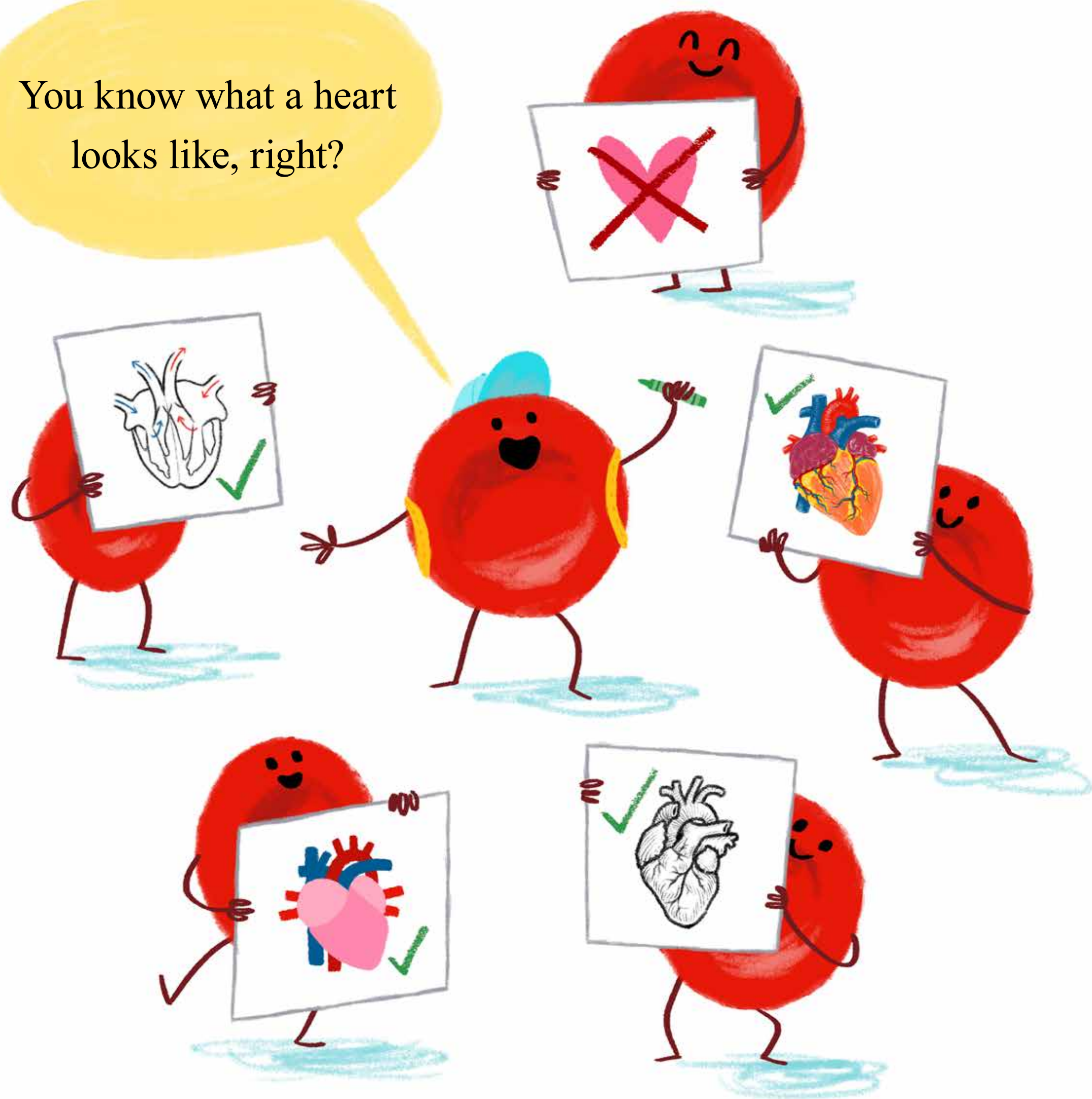


Inside the heart, there are four valves, like doors, making sure the blood goes only one way in and one way out.



This stops blood cells like me bumping into each other all the time!

You know what a heart looks like, right?



Uh oh. This one doesn't look right.
WHAT A MESS!

When the heart's messy, it can't do its job properly. I need to tidy this up before we can go anywhere else.



That's better.

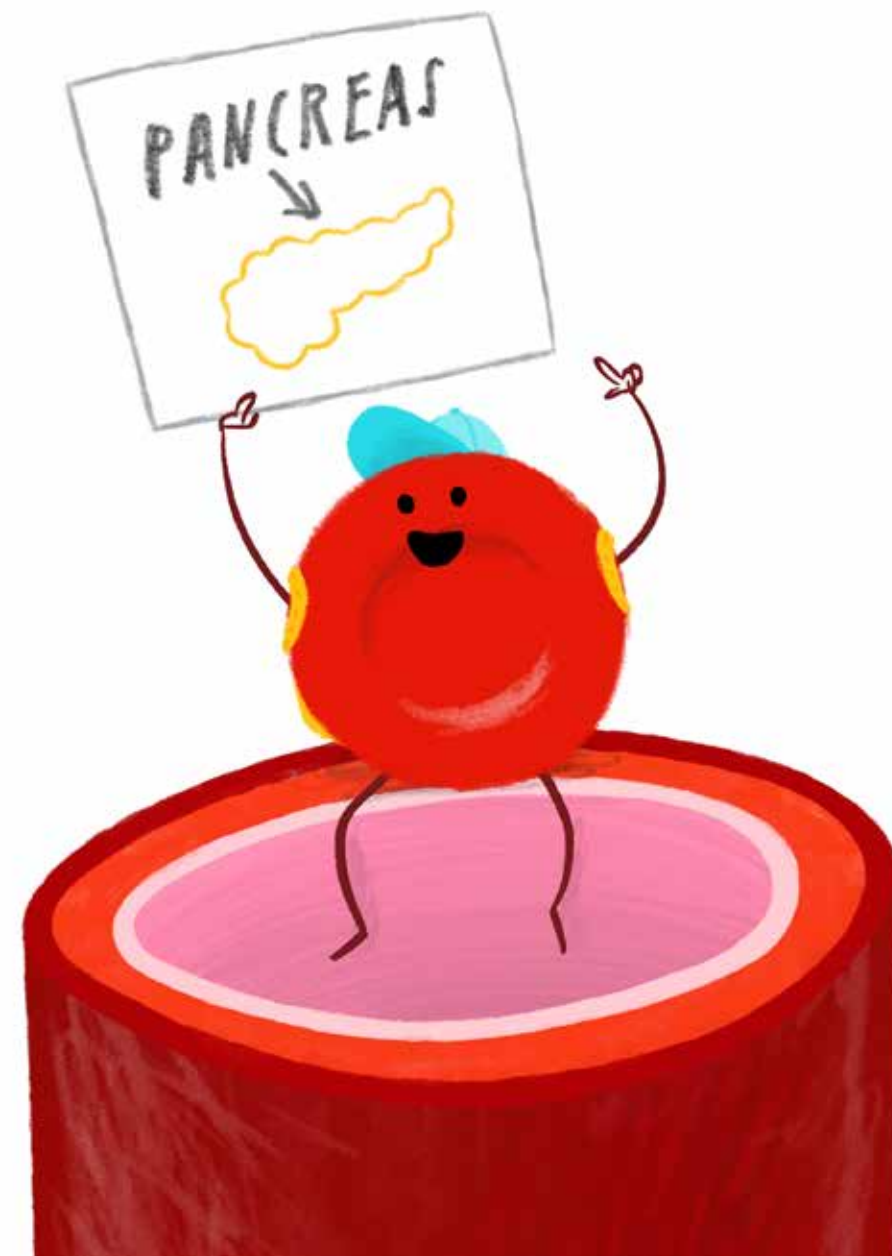


Hang on... if the heart's not been working properly, other organs may be sick too! We'd better check the pancreas next.

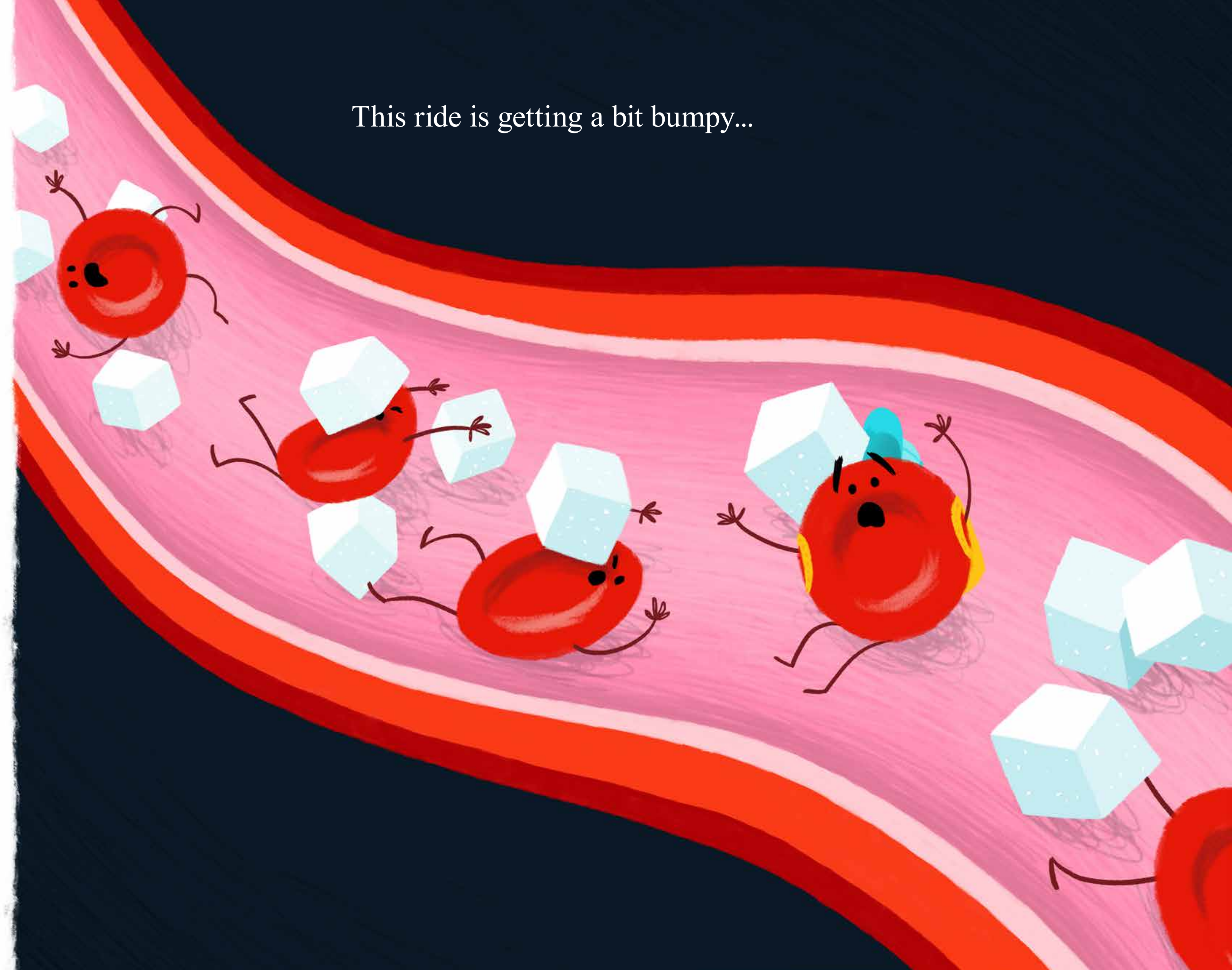
Funny word alert – P.A.N.C.R.E.A.S

– nothing to do with pancakes, pandas or even pants! Have you ever heard about it?

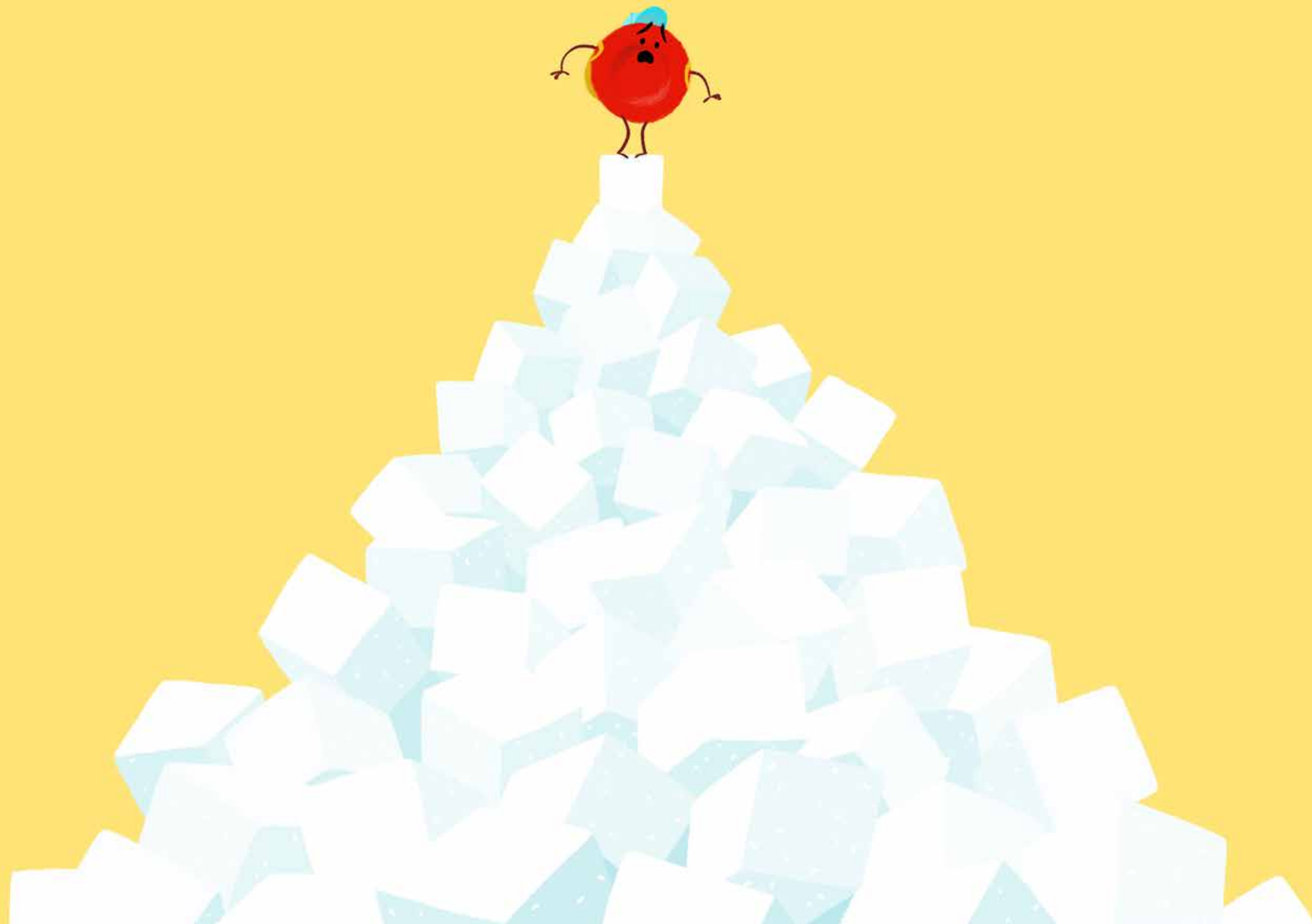
The pancreas is behind your stomach, breaking down the food you eat and making sure there's not too much sugar in your blood. Which would be BAD NEWS.



This ride is getting a bit bumpy...



Oh no! Look at all this sugar! This is bad. There's too much of it. If there's too much sugar, it's bad and could be a sign of diabetes. This also affects how the heart and kidneys work.

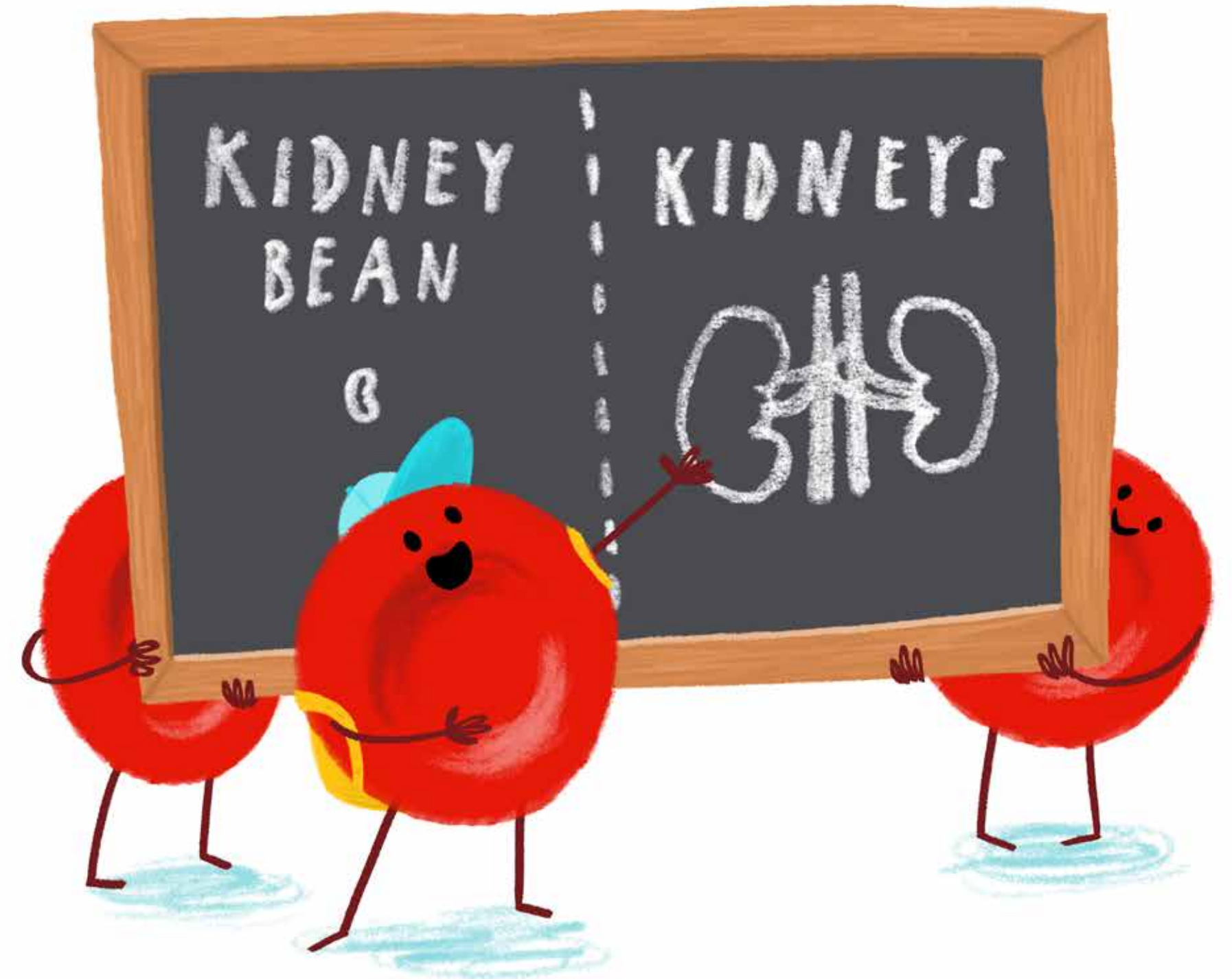


We need to get rid of it fast. The body makes something called insulin, which should do the trick. There's some around here **SOMEWHERE...**

That worked! That's the heart and pancreas sorted.
I feel like I'm forgetting something...

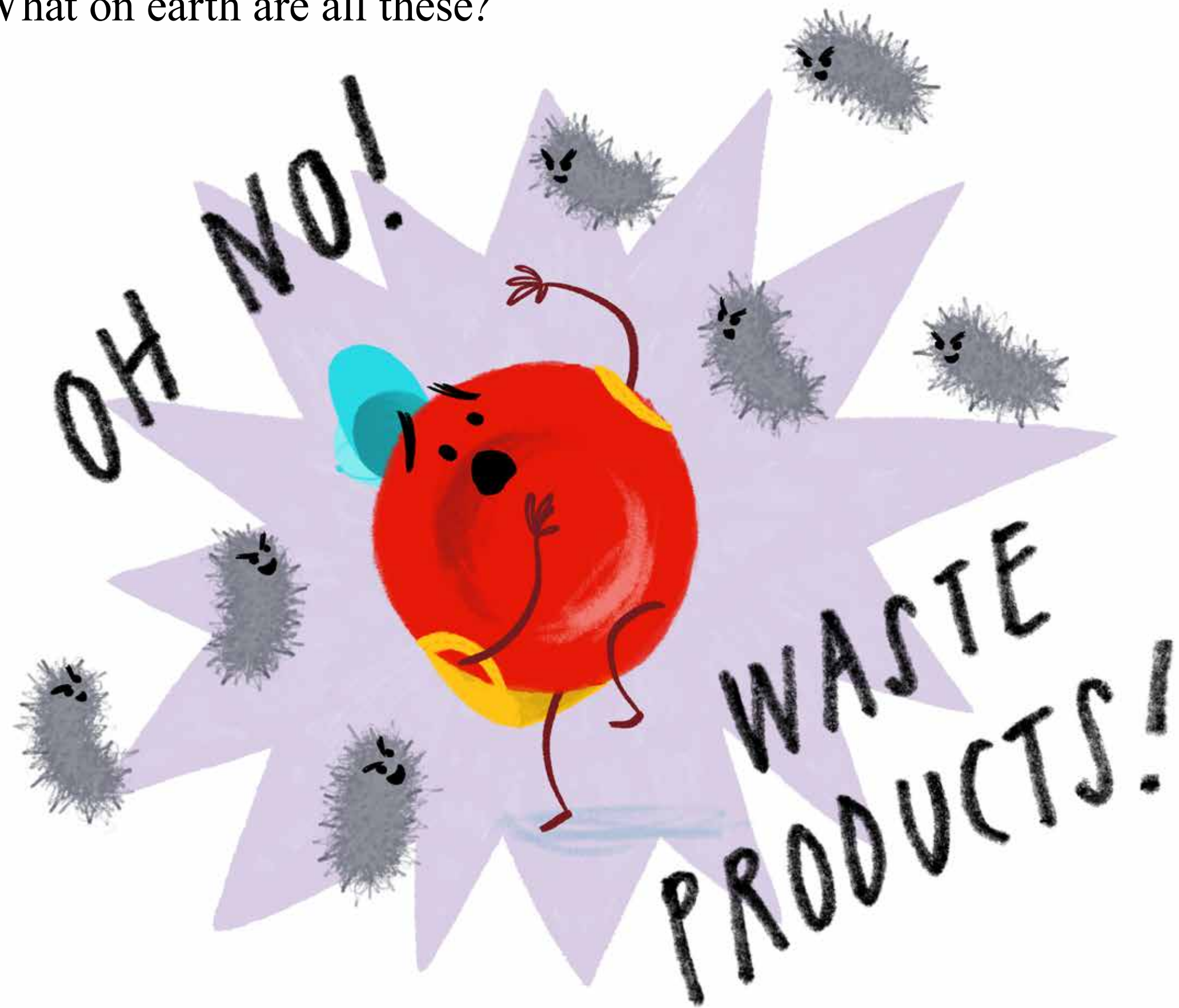


Wait a minute...
what about the kidneys?!
We need to check those, too.

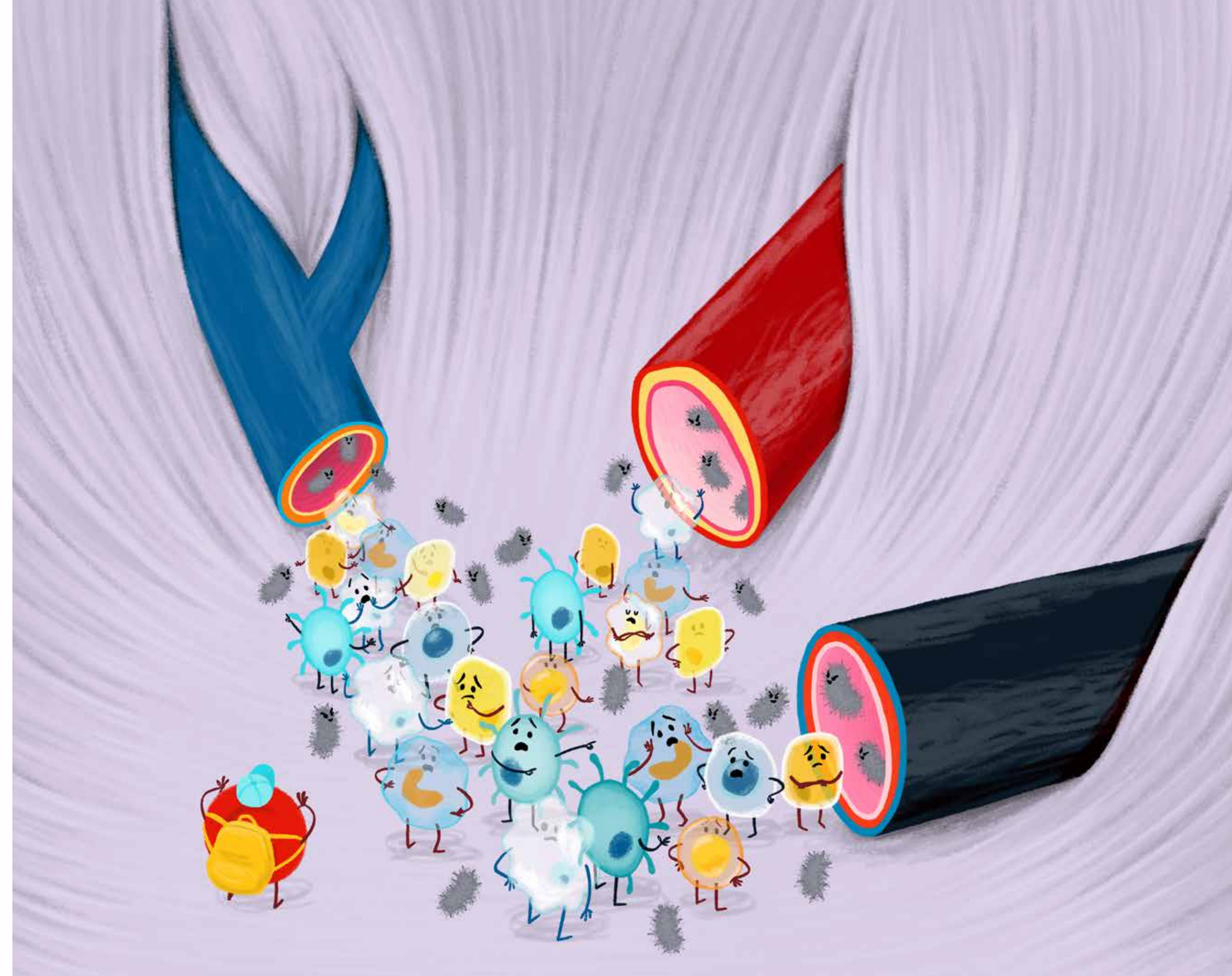


Have you ever seen a kidney bean? The kidneys look like two of those, only bigger, about the size of your fist. They clean the blood, getting rid of toxins that could make you sick.

What on earth are all these?

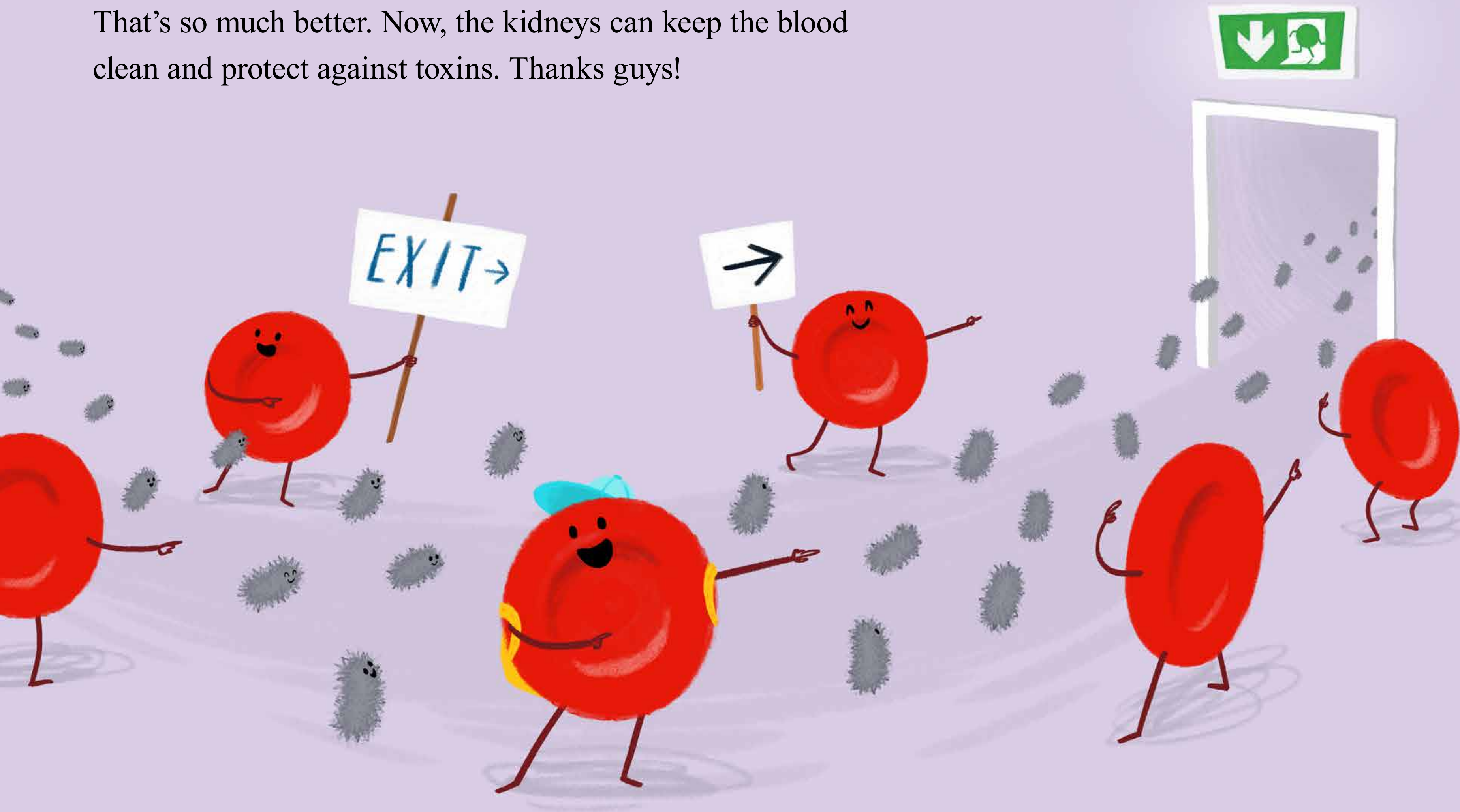


The filter funnels must be blocked.



There's too much to do! We need some help!

That's so much better. Now, the kidneys can keep the blood clean and protect against toxins. Thanks guys!



That was hard work!
I'm out of breath now...
let's head back to the
lungs and grab some air.
Deep breath!



Look at that!

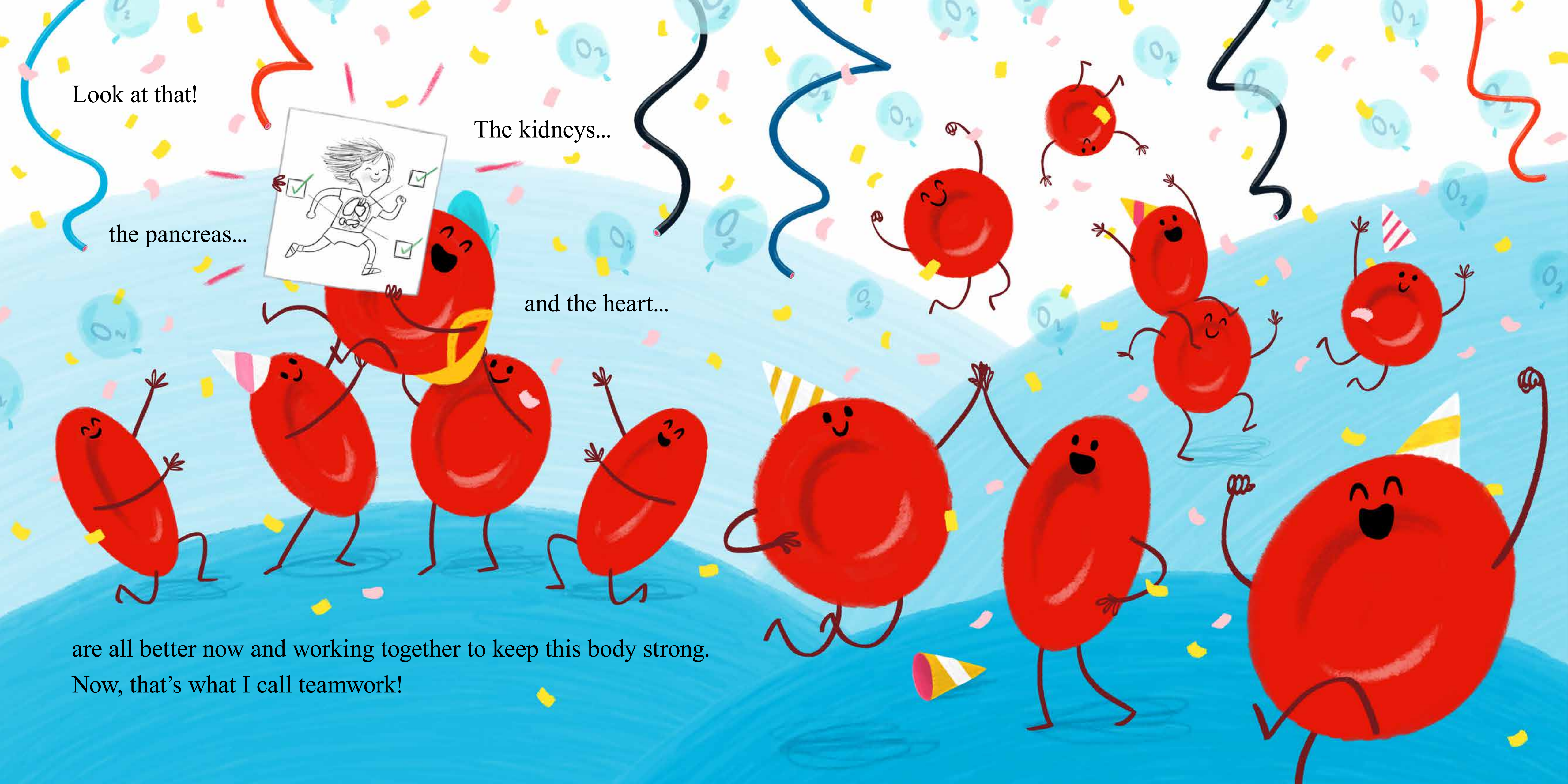
the pancreas...



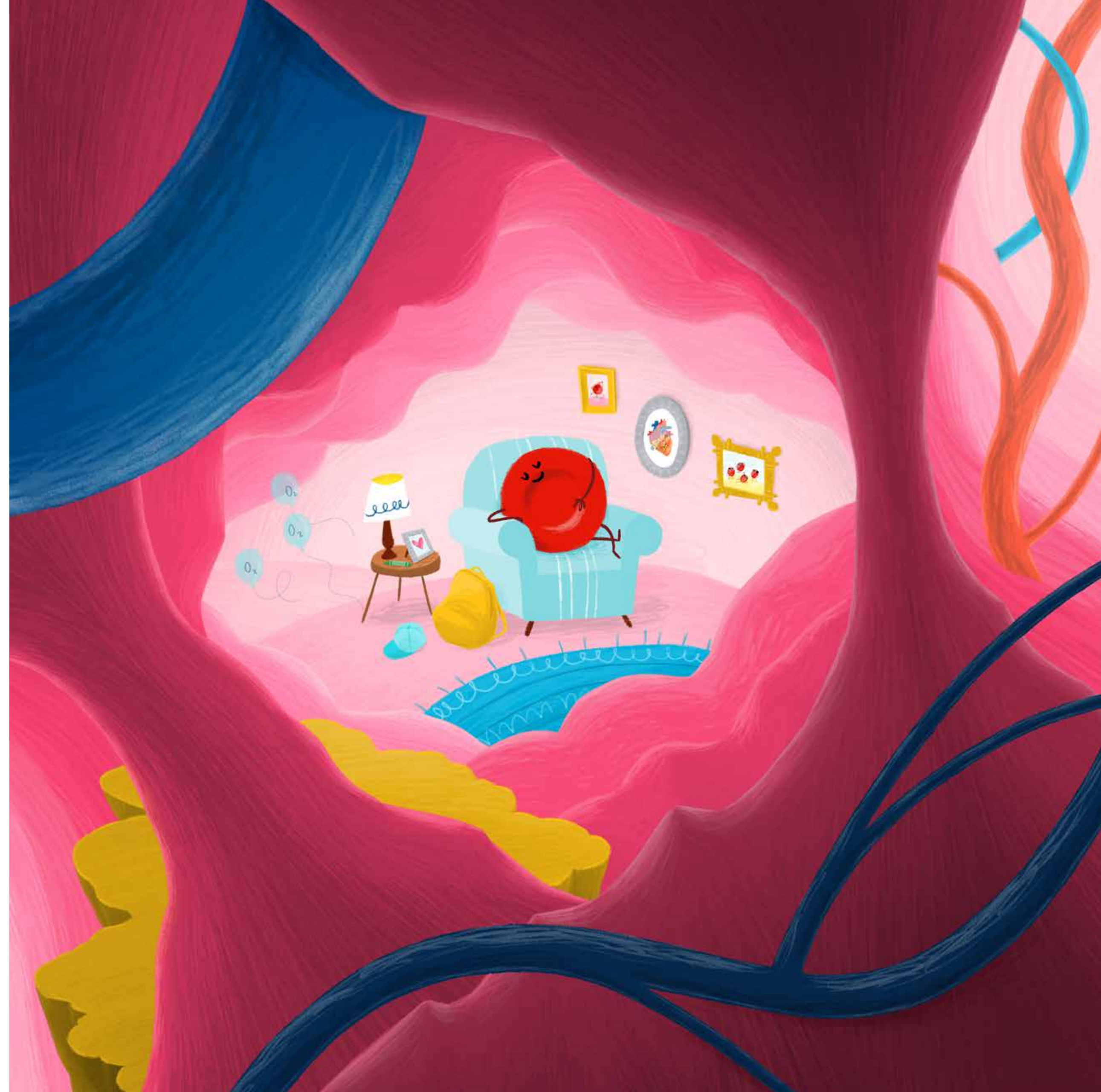
The kidneys...

and the heart...

are all better now and working together to keep this body strong.
Now, that's what I call teamwork!



What a ride!
I can't wait to see
what the next one brings...



The content of this e-book was developed in collaboration with patients and patient advocacy organisations. We would like to thank all those involved for their important contributions.

For more information about the topics explored in this book, visit:

The World Heart Federation: www.world-heart-federation.org

The International Diabetes Federation: www.idf.org

The International Society of Nephrology: www.theisn.org

