

Kidney Health



Why look after your kidneys?

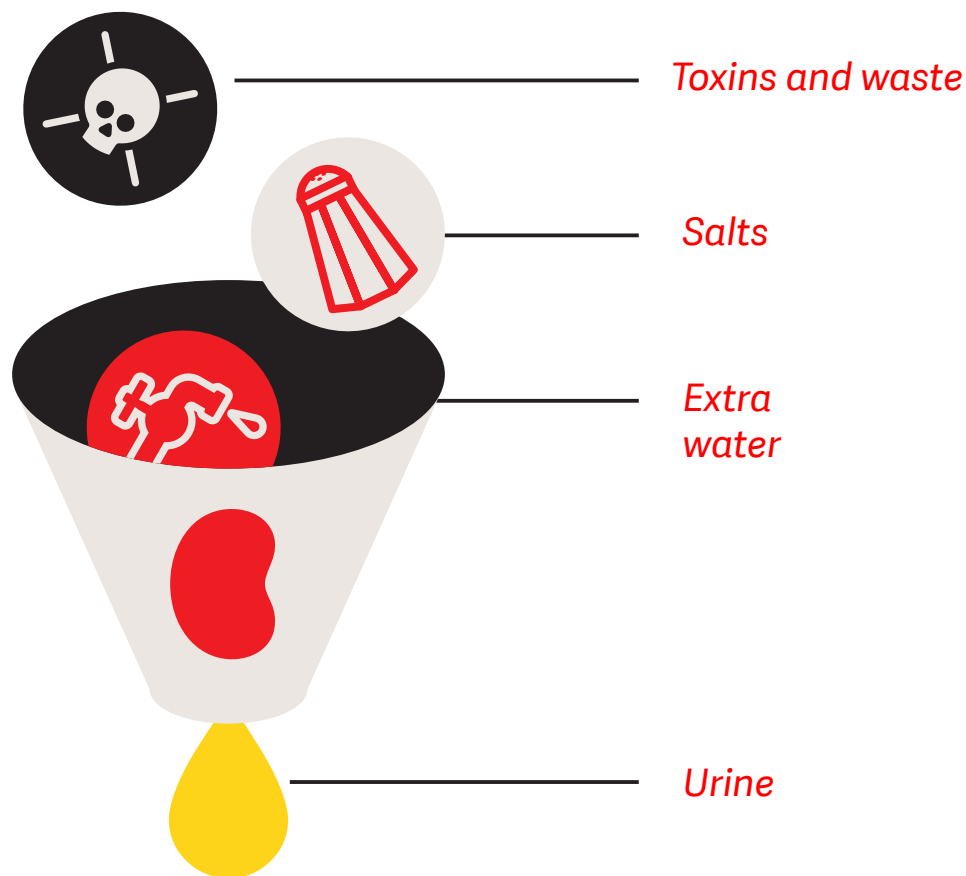
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Look after your
kidneys and they
will look after you.

Contact your doctor or Aboriginal Medical Service if you need more information.

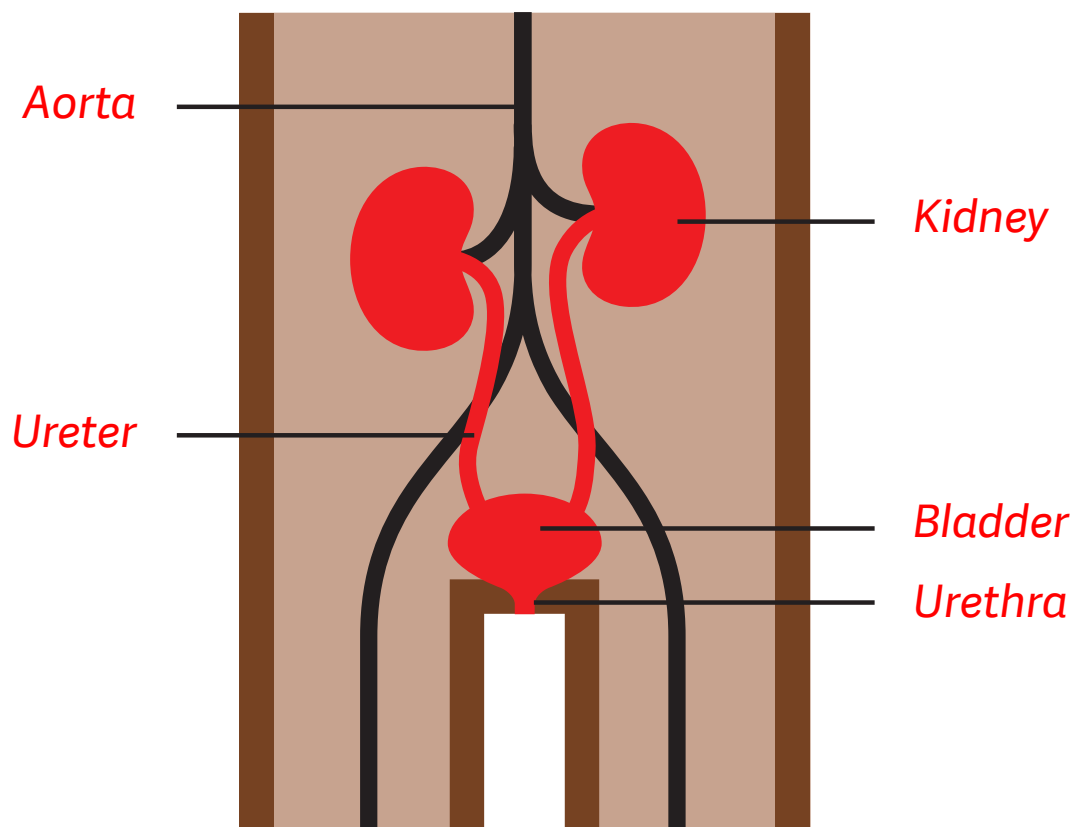
What do kidneys do?



Kidneys play a huge role in keeping you healthy. Kidneys clean your blood.

Contact your doctor or Aboriginal Medical Service if you need more information.

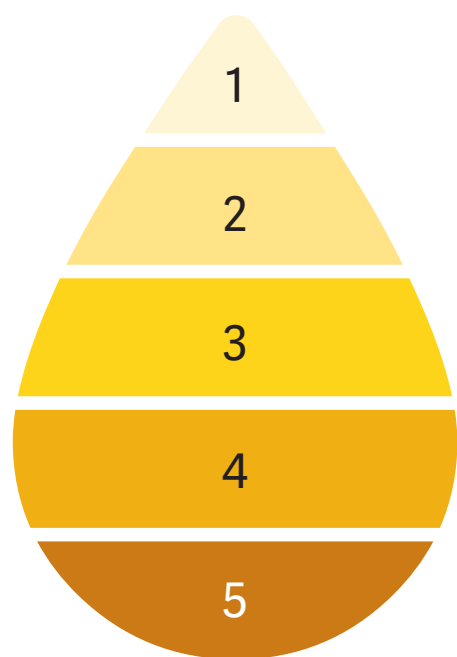
How do kidneys make urine?



Kidneys take excess fluid, unwanted rubbish and poison from your blood.

Contact your doctor or Aboriginal Medical Service if you need more information.

Colour of urine



Hydrated
Ideal

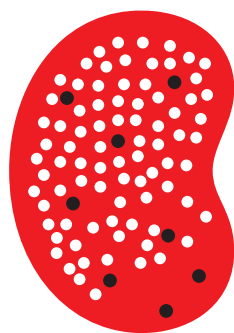
Mildly dehydrated
Start to increase water intake

Dehydrated
Drink more water

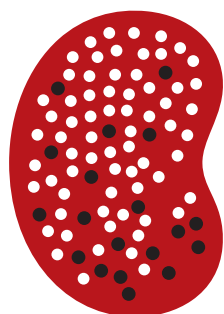
**Urine should
be pale yellow.
Drinking water
keeps your urine
pale yellow.**

What is chronic kidney disease?

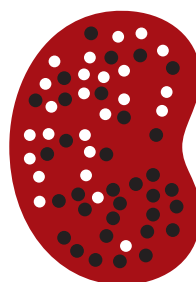
Stages of disease: healthy kidney to dead kidney



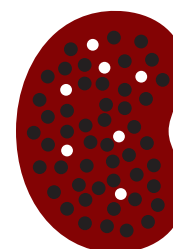
Stage 1
eGFR More than 90



Stage 2
eGFR 60-89



Stage 3
eGFR 30-59



Stage 4
eGFR 15-29

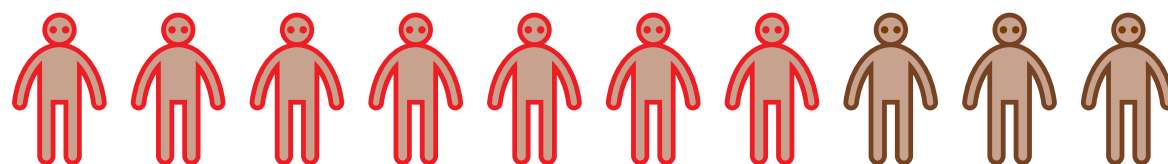


Stage 5
eGFR Under 15
or on dialysis

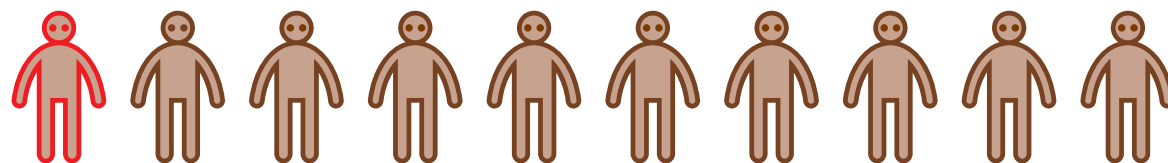
Long term disease where the kidneys slowly stop working.

Contact your doctor or Aboriginal Medical Service if you need more information.

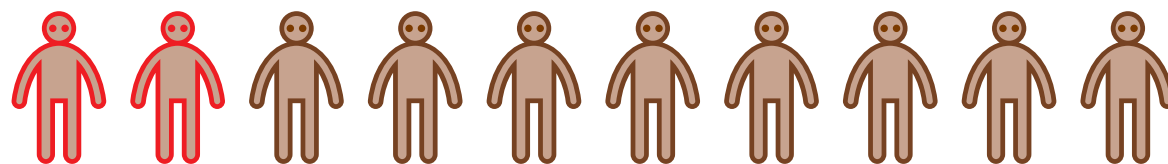
Cause of kidney disease



7 in 10 from Diabetes



1 in 10 from High Blood Pressure

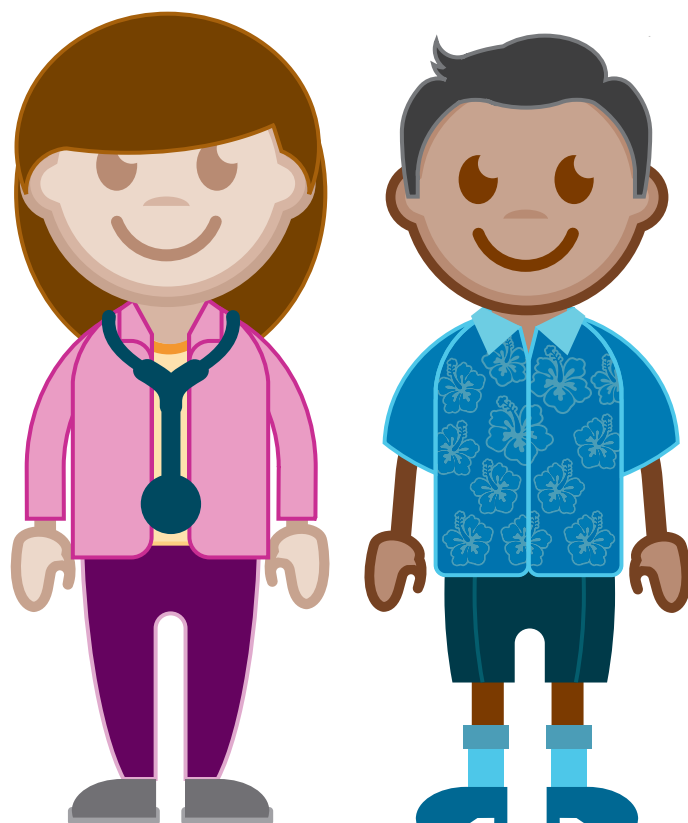


2 in 10 from Other reasons

Diabetes and high blood pressure cause most kidney disease.

Contact your doctor or Aboriginal Medical Service if you need more information.

Changes when you have kidney disease



High blood pressure.
Changes in urine.
Generally feeling no good.

Contact your doctor or Aboriginal Medical Service if you need more information.

How to slow down kidney damage



**It is never too late.
Don't wait until you
get signs of kidney
disease.**

Contact your doctor or Aboriginal Medical Service if you need more information.

Quit smoking



**Smoking damages
the blood vessels
in your kidneys
and heart.**

Contact your doctor or Aboriginal Medical Service if you need more information.

Maintain a healthy weight



**Weight is a
balancing act
between food and
exercise.
Are you a good
weight?**

Be active

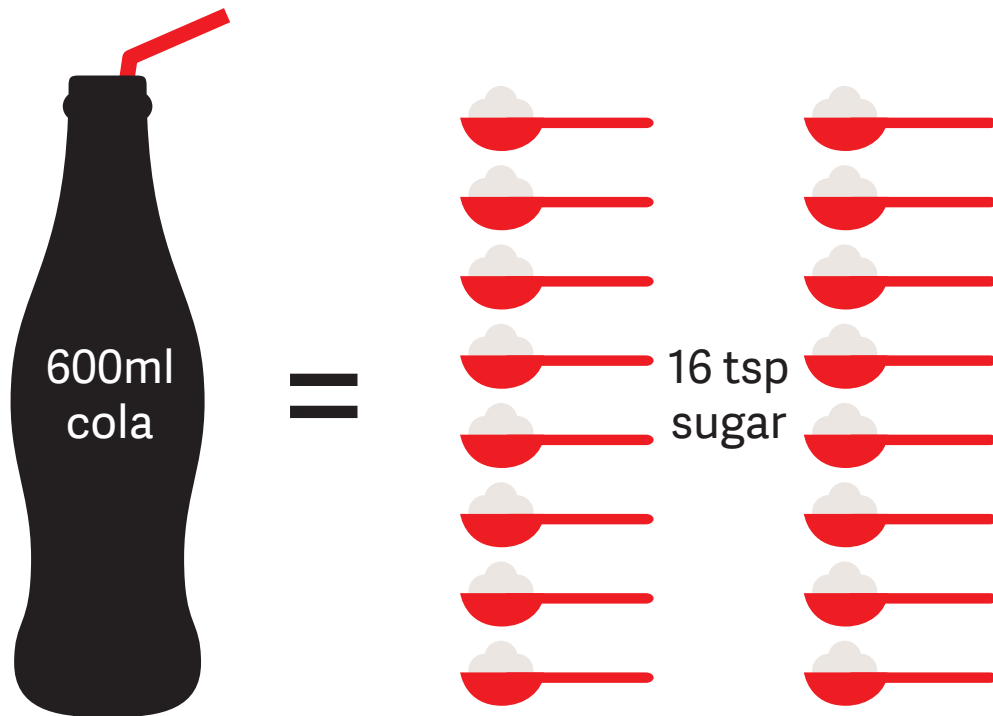


**Exercise is good
for your heart and
kidneys.
Even walking is
good exercise.**

Contact your doctor or Aboriginal Medical Service if you need more information.

Avoid sugary foods and drinks

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Most fizzy drinks
have lots of
sugar.
Sweet foods
also have lots of
sugar.

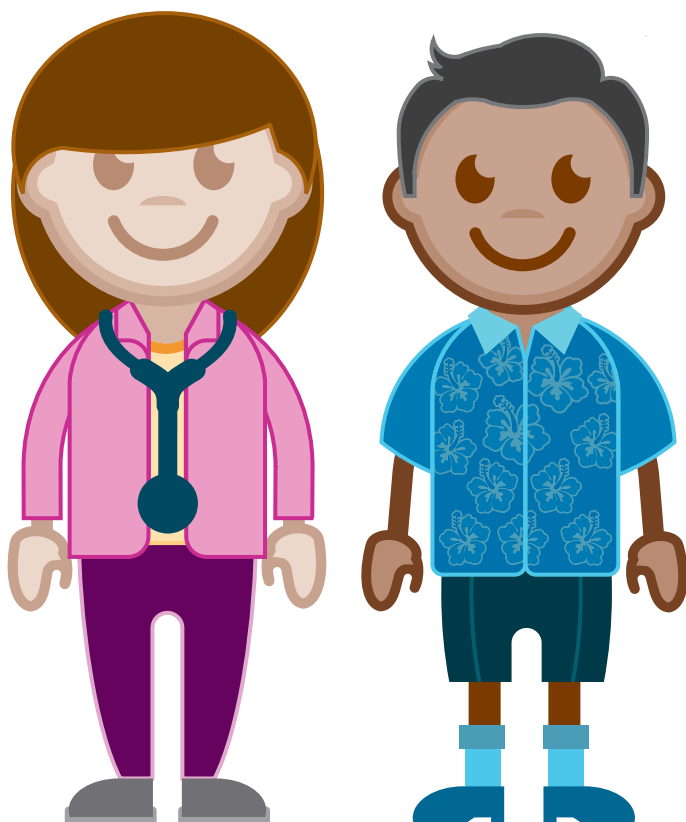
Drink water



**Water is good for
kidneys.
Choose drinks
with less sugar.**

Contact your doctor or Aboriginal Medical Service if you need more information.

Look after your blood pressure



Get your blood pressure checked.
What is a healthy blood pressure for you?

Contact your doctor or Aboriginal Medical Service if you need more information.

Look after your diabetes

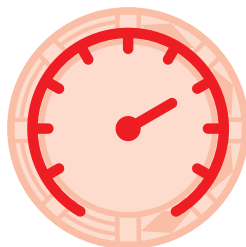
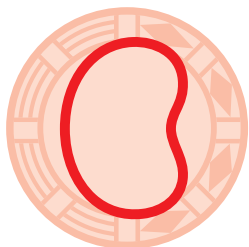
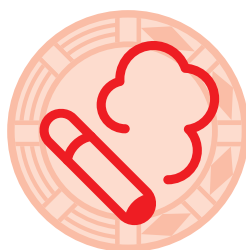
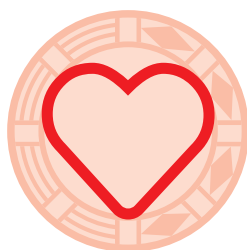


If you have
diabetes get
your sugar level
checked.
What is a healthy
sugar for you?

Contact your doctor or Aboriginal Medical Service if you need more information.

Who needs a kidney health check?

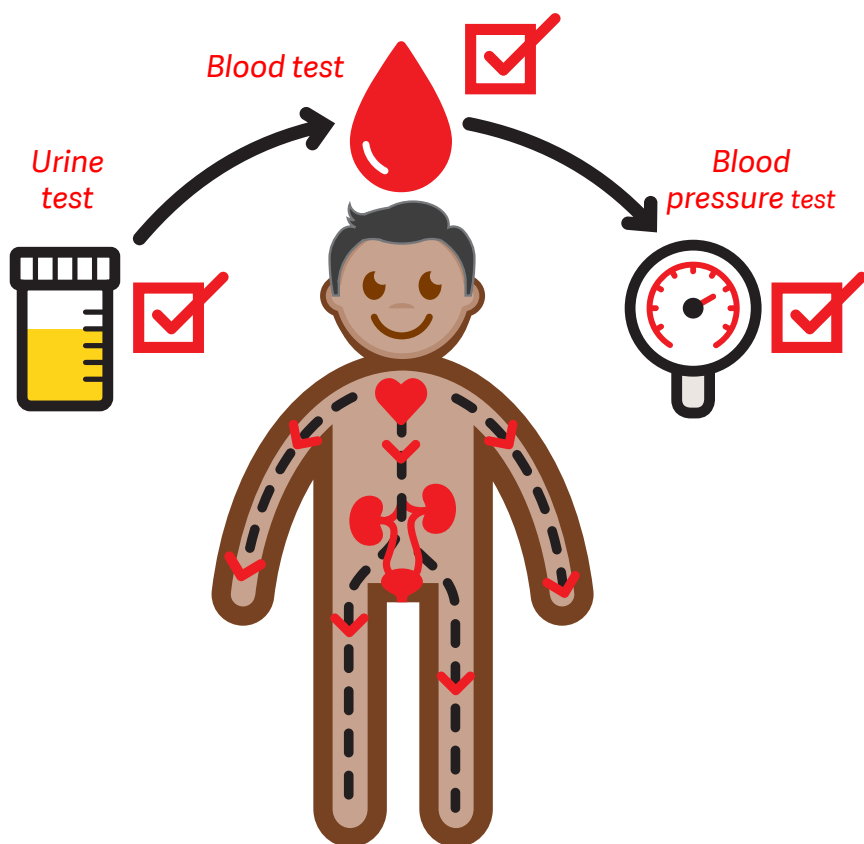
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Anyone with Diabetes or high blood pressure, who is over 30, smokes, is overweight, or who has a family history.

Contact your doctor or Aboriginal Medical Service if you need more information.

How do I check if I have kidney disease?



- ## Three easy steps:
1. Blood pressure.
 2. Urine test.
 3. Blood test for eGFR.

Contact your doctor or Aboriginal Medical Service if you need more information.

How regularly should I get my kidneys checked?

My kidney health check

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At least once a year.
More if your kidneys are sick.

Contact your doctor or Aboriginal Medical Service if you need more information.

For more information



For more information about Kidney or Urinary health, please contact our free call Kidney Health Information Service (KHIS) on 1800 454 363.

Or visit our website **kidney.org.au** to access free health literature.

This is intended as a general introduction to this topic and is not meant to substitute for your doctor's or Health Professional's advice. All care is taken to ensure that the information is relevant to the reader and applicable to each state in Australia. It should be noted that Kidney Health Australia recognises that each person's experience is individual and that variations do occur in treatment and management due to personal circumstances, the health professional and the state one lives in. Should you require further information always consult your doctor or health professional.

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If you have a **hearing or speech impairment**, contact the National Relay Service on **1800 555 677** or **relayservice.com.au**

For all types of services ask for 1800 454 363