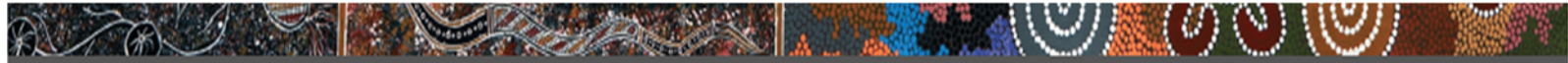


HOW DO MY KIDNEYS WORK?

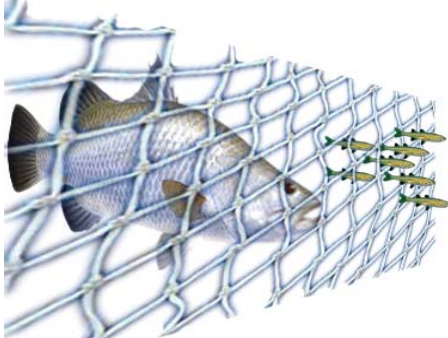
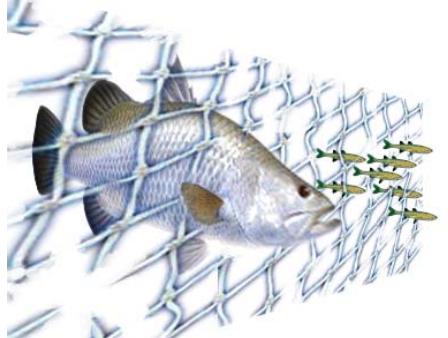



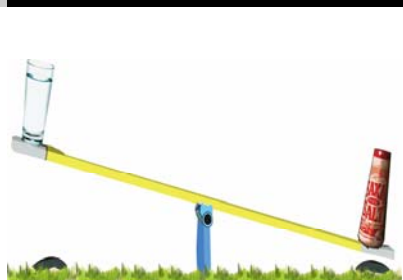






Too many Indigenous Australians are dying of sick kidneys!

Living, breathing and moving makes waste in the blood - healthy kidneys keep you healthy by filtering waste. Kidneys can be 90% sick, before you feel sick!

You can stop your kidneys from getting sick, if you find out early.

Your kidneys do five important jobs in the body.

<p>Healthy kidneys filter rubbish from your body</p>	<p>Sick kidneys do not filter rubbish well</p>
 <p>Healthy kidneys do their filtering jobs well. They keep in the good and get rid of the bad.</p>	 <p>A fishing net with holes doesn't do its job. Sick kidneys cannot do their job of filtering blood.</p>
<p>Healthy kidneys keep good blood pressure</p>	<p>Sick kidneys cause high blood pressure</p>
 <p>Your blood pressure stays at the correct level. You feel good.</p>	 <p>High blood pressure damages your kidneys. You may feel sick and have headaches.</p>
<p>Healthy kidneys keeps salt and water balance</p>	<p>In sick kidneys salt and water builds up</p>
 <p>Your body works well and you feel good.</p>	 <p>You may feel unwell, tired, your feet may be puffy, you may feel sad or confused at times.</p>
<p>Health kidneys keep our bones strong</p>	<p>Sick kidneys can't keep bones strong</p>
 <p>You can do almost anything and not be afraid of bones breaking.</p>	 <p>Your bones become weak and may break easily.</p>
<p>Healthy kidneys help make strong blood</p>	<p>Sick kidneys can make your blood weak</p>
 <p>Strong blood gives you lots of energy to work, play and feel good.</p>	 <p>Weak blood can make you very tired and sleepy.</p>

*Images from Kidney Stories Toolkit—NT Renal Services

Ask your health worker if your kidneys are OK

www.kidney.org.au



KIDNEY HEALTH INFORMATION SERVICE
1800 454 363

