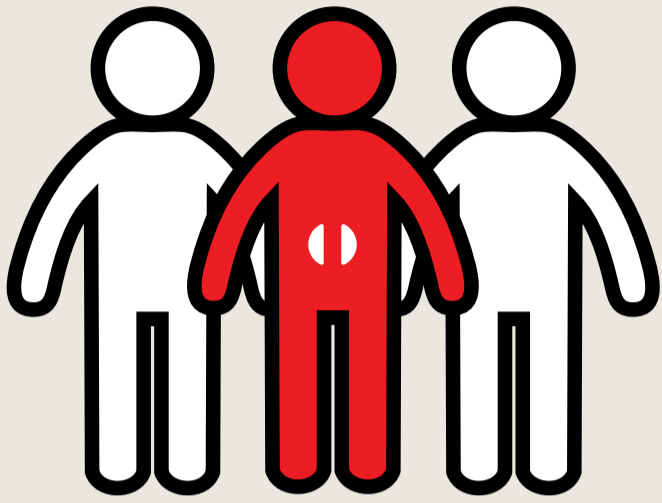


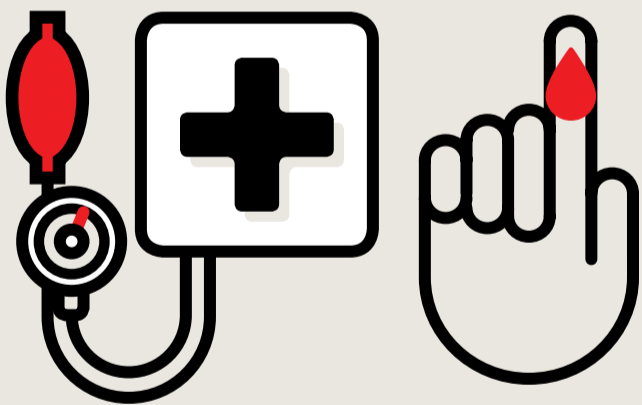
1 in 3 Australians
is at increased risk of kidney disease



Most dialysis patients need treatment at least 3 days a week for 5 hours a session to stay healthy



Diabetes and high blood pressure are two of the most common causes of kidney disease



90%

of kidney function can be lost without experiencing any symptoms



Kidney disease currently affects an estimated 1.7 million Australians

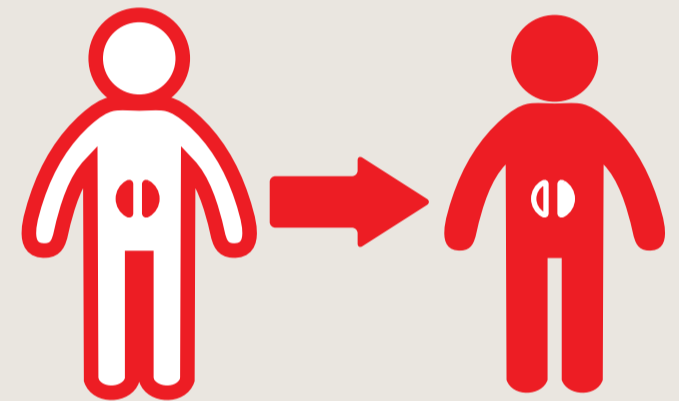


The average waiting time for a transplant is about 3 years, but waits of up to 7 years are not uncommon

Every day, 60 Australians die with kidney-related disease



12,461
Australians are on dialysis



955 Australians are waiting for a kidney transplant

Kidney disease contributes to approximately



of all hospitalisations in Australia



What can you do?
Your kidneys look after you...
It's time to look after them!



Maintain a healthy body weight

Aim to be physically active for at least 30 minutes every day, eat a variety of nutritious foods, and control your portion size.



Manage your salt intake

A high salt diet can lead to a variety of health problems, such as high blood pressure, obesity, kidney stones, and stroke. Most of the salt we eat is already in the food we buy. Check the food label and also try removing the salt shaker from your dinner table.



Make water your first choice

Drinks containing sugar may cause or worsen health related conditions and should be enjoyed in moderation.



Monitor your kidney health

People with diabetes or high blood pressure are recommended to visit their doctor every year for a Kidney Health Check (blood test, urine test, blood pressure). A kidney self-monitoring program is also available for people at increased risk of kidney disease from Amcal or Guardian pharmacies.