**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.

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**Healthy kidneys filter rubbish from your body**

- Healthy kidneys do their filtering jobs well. They keep in the good and get rid of the bad.

**Sick kidneys do not filter rubbish well**

- A fishing net with holes doesn't do its job. Sick kidneys cannot do their job of filtering blood.

**Healthy kidneys keep good blood pressure**

- Your blood pressure stays at the correct level. You feel good.

**Sick kidneys cause high blood pressure**

- High blood pressure damages your kidneys. You may feel sick and have headaches.

**Healthy kidneys keep salt and water balance**

- Your body works well and you feel good.

**In sick kidneys salt and water builds up**

- You may feel unwell, tired, your feet may be puffy, you may feel sad or confused at times.

**Healthy kidneys keep your bones strong**

- You can do almost anything and not be afraid of bones breaking.

**Sick kidneys can’t keep bones strong**

- Your bones become weak and may break easily.

**Healthy kidneys help make strong blood**

- Strong blood gives you lots of energy to work, play and feel good.

**Sick kidneys can make your blood weak**

- Weak blood can make you very tired and sleepy.

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*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