Why look after your kidneys?

Look after your kidneys and they will look after you.

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

Connect with us www.kidney.org.au Freecall 1800 454 363
What do kidneys do?

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

- Toxins and waste
- Salts
- Extra water
- Urine

Contact your doctor or Aboriginal Medical Service if you need more information.
Kidneys take excess fluid, unwanted rubbish and poison from your blood.

Prevent, Detect, Support.

How do kidneys make urine?

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

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

1. Hydrated
   Ideal
2. Mildly dehydrated
   Start to increase water intake
3. Dehydrated
   Drink more water

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

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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

Diabetes and high blood pressure cause most kidney disease.

- 7 in 10 from Diabetes
- 1 in 10 from High Blood Pressure
- 2 in 10 from Other reasons

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.

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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.

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Smoking damages the blood vessels in your kidneys and heart.

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

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www.kidney.org.au

Freecall 1800 454 363
Maintain a healthy weight

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

Contact your doctor or Aboriginal Medical Service if you need more information.
Exercise is good for your heart and kidneys. Even walking is good exercise.
Avoid sugary foods and drinks

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

600ml cola = 16 tsp sugar

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

Connect with us www.kidney.org.au Freecall 1800 454 363
Drink water

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

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

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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.

Connect with us  www.kidney.org.au  Freecall 1800 454 363
Who needs a kidney health check?

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.

Connect with us  www.kidney.org.au  Freecall 1800 454 363
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.

Connect with us
www.kidney.org.au
Freecall 1800 454 363
How regularly should I get my kidneys checked?

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 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](http://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.

Kidney Health Australia would like to thank Perpetual for the IMPACT funding grant that supported this project.

If you have a **hearing or speech impairment**, contact the National Relay Service on 1800 555 677 or [relayservice.com.au](http://relayservice.com.au)

For all types of services ask for 1800 454 363