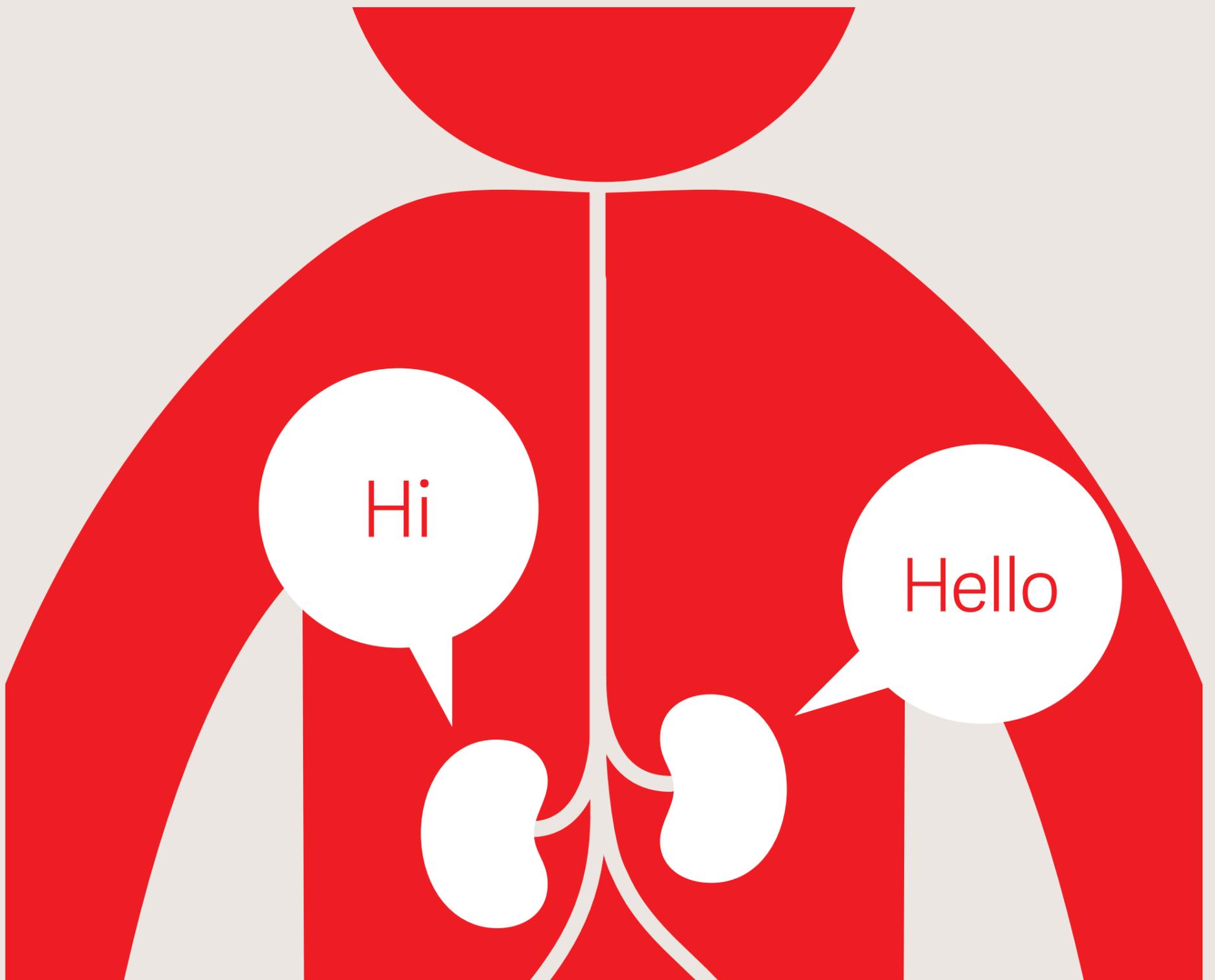# Meet your kidneys

Hi

Hello

Kidneys are the unsung heroes of our bodies and perform a number of very important jobs!

Blood pressure regulators
They keep your blood pressure regular

Blood cleaners
They filter your blood to remove wastes and toxins

Water balancers
Kidneys add excess water to other wastes, which makes your urine

Vitamin D activators
They manage your body's production of Vitamin D, which is vital for strong bones, muscles and overall health

Why you need to know about kidney disease

Kidney related disease kills more people each year than breast cancer, prostate cancer and even road traffic accidents.

Nephrons
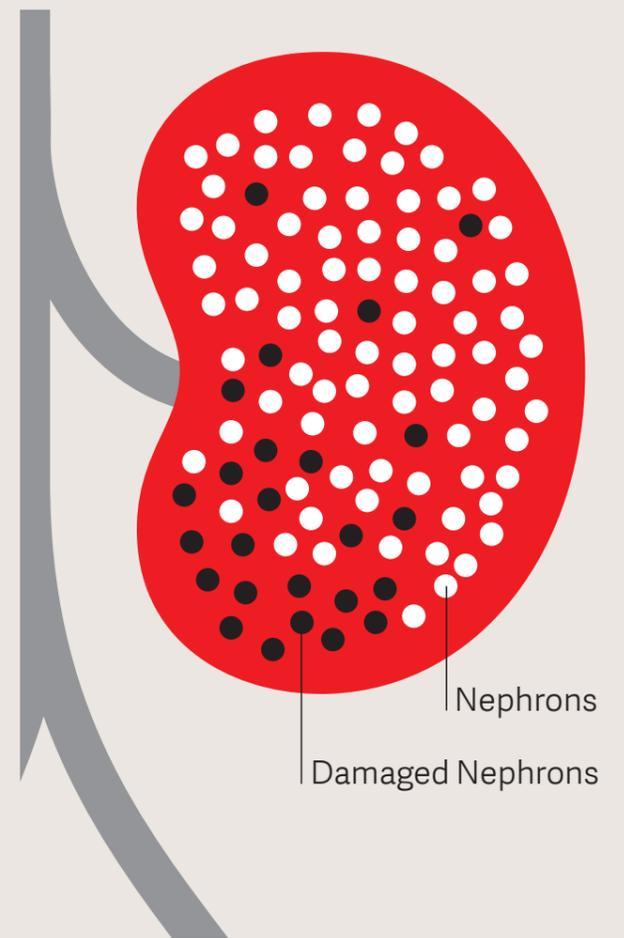
Damaged Nephrons

What is kidney disease?
Inside your kidney you have millions of tiny blood filters called nephrons. When these nephrons are damaged, they can't filter blood like they should and kidney disease occurs.

How do I know if I have kidney disease?
You may not, because 90% of kidney function can be lost before you feel sick. You can get tired, breathless, puffy, think less clearly and be passing urine more often at night. A blood test is needed to know for sure.

Is there a cure?
There is no cure for kidney failure. Once your kidneys stop working completely, you will need regular dialysis treatments or a kidney transplant to stay alive.

Can early detection help?
Yes! If kidney disease is found early, medication, dietary and lifestyle changes can increase the life of your kidneys and keep you feeling your best for as long as possible.

Adult Australians are at increased risk of chronic kidney disease if they have one or more of the following:

Have high blood pressure

Are over 60 years old

Have a family history of kidney failure

Have diabetes

Smoke

Are obese

Have established heart problems or have had a stroke

Are of Aboriginal or Torres Strait Islander origin

If you are at risk of kidney disease visit your doctor, health care professional, local Amcal or Guardian pharmacy for a kidney health check today!