LIVING WITH KIDNEY DISEASE
IMPORTANT MESSAGES:
1. You can slow down kidney disease
2. Learn about kidney disease
3. Live well
4. Remember to take your medicines
5. Have checkups often

TOPICS:
• Learning to stay healthy
• Eating good food
• Taking care of your body
• Weight & size
• Being active
• Medicines for kidney disease
• Diabetes
• Blood pressure
• Smoking and grog
• Infections
• Problems-salt, sugar, fat
Live well and make good choices

be active

don't smoke

don't drink much alcohol

drink water

eat well

visit health clinic

have medications

keep clean
Take your medicines all the time

- Tablets for blood pressure
- Iron & Erythropoietin for healthy blood
- Calcium for strong bones
Not smoking

Not drinking too much grog
Being active - get moving!
Eat good food
Drink water
Be a good body weight; be a good body size
Keep yourself clean; keep your house clean
Have good blood pressure

medications

active

health clinic

eat well
Watch your diabetes

eat well

health clinic

medications

active
Get sores fixed; get infections fixed

clean
medications

health clinic
eat well
Have regular check ups
Take care of your whole body

- Dental clinic
- Foot clinic
- Woman's clinic
- Men's clinic
You can slow down kidney disease
WORDS TO UNDERSTAND:
- anemia
- blood pressure
- body weight
- body size
- erythropoietin
- infection
- kidney disease
- renal
- checkups
- diabetes
- dietician
- energy
- foot clinic
- sugar levels
- urine
- waste
- active
- healthy
- slow down
LIVING WITH KIDNEY DISEASE

RESOURCE TOPICS:

- THE WORK OF YOUR KIDNEYS
- WHEN YOUR KIDNEYS GET SICK
- LIVING WITH KIDNEY DISEASE
- DIET AND KIDNEY DISEASE
- TREATMENT OPTIONS & PATHWAYS
- PERITONEAL DIALYSIS
- HAEMODIALYSIS
- FISTULA AND CATHETER
- PALLIATIVE CARE FOR PEOPLE WITH SICK KIDNEYS
- TRANSPLANT BOOKS 1 - 4

NT Renal Services would like to thank all the renal patients and others who donated their time in posing for the photos that were used to make the illustrations in these resources.

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Proudly supported by
Northern Territory Government

Australian Government
Department of Health and Ageing