WHEN YOUR KIDNEYS GET SICK
IMPORTANT MESSAGES:
1. Lots of things can make your kidneys sick
2. You can have sick kidneys but not feel sick
3. Sick kidneys can't be fixed
4. You can slow down kidney disease with the help of the health team

TOPICS:
- Why your kidneys get sick
- What to do when your kidneys get sick
- What happens when your kidneys are sick
- Blood and urine tests
- Slowing down the kidney sickness
- Talking about kidney disease with your family
Diabetes can cause kidney disease

Being overweight can cause kidney disease

High blood pressure can cause kidney disease
Infections can cause kidney disease

- Boils
- Scabies
- Infected feet
- Coughs and colds
- Infected teeth
Family history

Mothers smoking, not eating well, drinking grog
Sick kidneys can’t keep the water and salt levels in the blood right.

Sick kidneys can’t do their filter job properly.
Sick kidneys can't control blood pressure properly

Sick kidneys can't keep blood healthy

Sick kidneys can't keep bones strong
Health clinics and doctors can test for kidney disease
Blood tests and urine tests show kidney disease
Sick kidneys get worse

Stage 1

Stage 2

Stage 3

Stage 4

Stage 5

Blood and urine tests show kidney disease getting worse
You might have stages 1 - 4 kidney disease and not feel any sickness

People with kidney disease will get sick

Stage 1  Stage 2  Stage 3  Stage 4  Stage 5
Really sick kidneys make you feel no good

- Short Wind
- Itchy
- Not feel like eating
- Headache
- Tired & sleepy
- Can't see clearly
- Can't think clearly
- Swelling ankles, fingers, eyes or stomach
Visit health clinics to test for kidney disease
Care for your body, care about your kidneys
Visit health clinics:

- Dental clinic
- Foot clinic
- Woman's clinic
- Men's clinic
Talk things over with your family

Stay well and live longer
Sick kidneys is also known as:

- Kidney Disease
- Chronic Kidney Disease
- CKD
- Renal Failure
- Renal Disease
- End Stage Kidney Disease

WORDS TO UNDERSTAND:

- blood pressure
- diabetes
- over weight
- infections
- family history
- waste
- creatinine
- urea
- stages
- swelling
- woman’s clinic
- men’s clinic
- dental clinic
- foot clinic
WHEN YOUR KIDNEYS GET SICK

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

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