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 pressue
- Smoking and grog
- Infections
- Problems-salt, sugar, fat
Live well and make good choices

be active

don't smoke

drink water

eat well

visit health clinic

don't drink much alcohol

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

eat well

health clinic
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
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