

## MEDIA RELEASE

### **SILENT KILLER: 90% OF KIDNEY FUNCTION LOST WITHOUT ANY SYMPTOMS**

*Australians urged to take online Kidney Risk Test this Kidney Health Week*

More Australians die with kidney-related disease each year than breast cancer, prostate cancer and road accidents combined, yet awareness of this silent killer remains low, according to Australia's leading kidney health organisation.

For **Kidney Health Week (8-14 April 2019)** Kidney Health Australia is urging everyone to take a simple online Kidney Risk Test to see if they are at increased risk of developing chronic kidney disease.

Kidney Health Australia CEO, Chris Forbes, explained that kidney-related illness is estimated to cost the Australian economy \$4.1 billion a year yet, if caught early, the disease can be slowed. The Kidney Risk Test, which helps people to understand their risk factors, could help prevent this devastating and costly toll.

"While there has been enormous progress there are still 1.7 million people living in Australia affected by kidney disease, yet 1.5 million are not aware of it," says Mr Forbes.

"It's devastating to see new patients with 90% of kidney function already lost when a simple online test could have moved them to act sooner and ultimately halt irreversible damage.

"Since there can be no symptoms of kidney disease, it is vital for people to be vigilant. It's high time for Australians to take action and not be blind to this devastating illness," he says.

Kidney Health Australia Clinical Director, Associate Professor, Shilpa Jesudason, described Australians at risk of developing chronic kidney disease as those who have diabetes, high blood pressure, established heart problems, have had a previous stroke, a family history of kidney failure, are obese, smoke, have a history acute kidney injury, are 60+ years or, are of Aboriginal and Torres Strait Islander origin.

"Early detection and referral saves lives, and the more Australians know their risk by taking the online Kidney Risk Test, the higher chance we have of sparing millions from unnecessary suffering, dialysis and death," she says.

To take Kidney Health Australia's online Kidney Risk Test, to find out if you are at increased risk of developing chronic kidney disease, and for more information on Kidney Health Week, visit [www.kidney.org.au](http://www.kidney.org.au)

Hashtags: #iKidneyCheck #KHW19

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- Kidney-related disease kills more people than breast cancer, prostate cancer and road accidents combined
- Figures released by the Bureau of Statistics late last year revealed that 65 people are dying with kidney-related disease every day
- Kidney disease sufferers can lose 90% of kidney function without experiencing any symptoms
- One in three people living in Australia is at risk of developing chronic kidney disease
- Of the staggering 1.7 million people affected by kidney disease, 1.5 million are not aware they have it
- Tragically, one in five Aboriginal and Torres Strait Islanders have indicators of chronic kidney disease and are four times more likely to die from it than the non-Indigenous population
- Kidney-related disease is estimated to cost the Australian economy \$4.1 billion a year

### **About Kidney Health Australia**

Kidney Health Australia, formerly the Australian Kidney Foundation, is a national healthcare charity and peak body of kidney disease with a vision to save and improve the lives of Australians affected by kidney disease.

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